



ABC NEWS

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Sunday 23rd August 2026

Psalms for the Journey

"Help for the journey"

Psalm 121

Simon Downing

SUNDAY'S SERVICE – 23rd August. Brenda's band will be leading us in worship before Simon continues with our series, 'Psalms for the Journey'. In this series we are exploring some of the Bible's most loved and encouraging Psalms. This week Simon will be looking at Psalm 121: **'Help for the journey.'** Whether you're a regular member of our church or visiting us over the summer, we'd love to welcome you as we journey together through these timeless songs of faith. If you are unable to attend in person, the service will be available online at: <https://www.alldwickbaptist.co.uk/category/current-sermons>

NEXT SUNDAY'S WORSHIP SERVICE – 30th August. Simon and his band will be leading our worship before Derek brings our series, '**Psalms for the Journey**', to a close. In this final talk we will looking at Psalm 139 as we can be reassured that we are 'known and loved by God'.

WELL OF HOPE – UKRAINE APPEAL - As the war in Ukraine continues, families are still facing immense hardship. Brenda and Ian are inviting us to support the Well of Hope charity, which sends monthly aid lorries to Ukraine, bringing practical help and hope to those in desperate need.

We are collecting donations from now until Christmas, including:

- Children's toys (small), clothes and bedding
- Adult clothing, shoes and boots
- Kitchen utensils
- Dry and tinned food

Children are also invited to include a small gift for a child in Ukraine, with an optional tag giving their first name, age, "Bognor Regis, England", and a short message of encouragement.

Please speak to Brenda or Ian if you would like to contribute.

SUNDAY'S FLOWERS - We are urgently looking for folk from within our fellowship to donate towards the flowers you see in church every Sunday. Some donate in memory of someone or to celebrate a birthday/ anniversary, or for no special reason!

The flowers don't just make the church look good each week but, after every service, are distributed to folk who are ill, housebound or just to say "thinking of you", and are always really appreciated by the recipient.

We have a dedicated small team of flower arrangers (we can always do with more if anyone loves arranging flowers!!!), so all you have to do is donate and the arrangement will magically appear!

This week's poem

Every day is a journey into the unknown. We make plans, face decisions and encounter joys and disappointments we could never have predicted. Yet Psalm 121 reminds us that, whatever the road ahead may hold, we never travel it alone.

The Road Before Us

Each day begins with ordinary things,
A list to write, a place to be;
A hundred tasks, familiar roads,
Yet none can tell what waits to see.

Some paths are bright with laughter's song,
Where hopes unfold like morning skies;
Some wind through valleys, quiet and long,
Where tears are hidden from our eyes.

There are decisions still to make,
New doors to open, fears to face;
And often, as we walk ahead,
We long for wisdom, strength and grace.

Yet every step, both great and small,
Is known before the journey starts;
The God who shaped the earth and sky
Still gently holds His children's hearts.

So lift your eyes beyond the hills,
Beyond the worries of today;
The One who never sleeps nor tires
Will walk beside you all the way.

TAB (The Aldwick bard)

CRAFT CLUB, TABLE TENNIS, COMMUNITY CAFÉ AND TODDLER TIME will all be closed throughout August and will reopen in early September. There will also be no children's group on Sundays.

FOODBANK - We are very grateful to all those who donate items for the Bognor Foodbank. Current urgently needed items are: **Tinned rice puddings, UHT milk, Biscuits, Tinned vegetables, Tinned Tomatoes.** Please place them in the donation point on the left-hand side of the church foyer.

CLEAR UP SATURDAY – We are organising a clear up morning on Saturday, September 5th starting at 9.00am as we dispose of unwanted items that have accumulated at the church over the last few years. More details next week.

PRAYER CORNER

PRAYER REQUESTS. If you are in need of prayer, then email contact@aldwickbaptist.co.uk

MARION COLLINS – Marion is back at home following a successful operation to repair the tear in her lung. She can now breathe on her own but needs to take it easy for the next six weeks. Do thank God that the operation went well and pray for ongoing healing and peace of mind for Marion and Ray.

JOY SMITH – Do pray for Joy as she continues to struggle with her health. Pray too for John who is concerned about Joy's health and for the rest of the family who have been having a difficult time of late.

ARTHUR MAGEE – Arthur is still in a lot of pain following his recent operation. Please pray for pain relief and ongoing healing. Arthur loves to talk to people, so why not pay him a visit?

GILL AND TREVOR GUY – We would be grateful for the continued prayer of the church family for our daughter in law Kay as she undergoes a long, intense course of chemotherapy.

MICHELLE CRANE –Michelle remains unwell and is very weak. Please pray for healing, renewed strength and peace of mind.

PLEASE CONTINUE TO PRAY for Daphne Ashby who is in a lot of pain and for Perrie who has been ill but is now recovering. Pray too for healing and pain relief for Dorothy Ridley and Lou Freezer who are both suffering with back problems.

DON'T FORGET TO PRAY – For Mo Howland, Jakki Burns, and Cilla who is just about managing as Tony is now bedridden but misses the children so much.

GIVE THANKS TO THE LORD – For Anaya who achieved the grades she needed to go to university.

Contact and Church office information

Head of the Church	Jesus Christ
Minister	Simon Downing (Tel. 07411 919 928) email: pastor@aldwickbaptist.co.uk
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