Open Space

SAINT STEPHENS SOUNDWELL

KNOWING JESUS... MAKING JESUS KNOWN!

THE THREE P's
Pause, Pray... and then Proceed

SANDRA ROSSER, may she rest in Peace, used to use the above phrase regularly. It was one of the mantra's she lived by. Whenever she faced an issue, a decision or any problem, she adopted **The Three P's**.

Her thinking came from...

"Understand this, my dear brothers and sisters: You must be quick to listen, slow to speak, and slow to get angry.

Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls." JAMES 1:19-21

Or to put it another way:

PAUSE – PRAY – PROCEED!

The first time she shared those three words it was as if a lightbulb went off in my mind. So simple, yet so empowering.

PAUSE.

When you're on a long journey and you really need to take a break, maybe you drank too much coffee before you left, you know you need to stop. Or when you just need a good meal, you're hangry.

Becoming Angry because you are Hungry = Hangry).

I think life is like that too. We get weary, we get hangry, and it is good for us to stop every once in a while, and take a rest.

The earth isn't going to stop spinning if we do that.

Selah, is a Hebrew word found throughout the Psalms in the Bible. Experts believe it simply means a moment of silence in a song, or just a moment to pause. It's beautiful to pause and consider God's words as you're reading them, to not just let them fly by, but to stop and allow each word to be rich in meaning.

Think about your favourite cake, accompanied by a good cup of coffee or tea –isn't it wonderful to savour each mouthful as you eat and drink. What if you and I stopped and savoured God's words like that? Wouldn't it be wonderful? I really think it would.

Selah is like a rest stop in his Word. Not only does this work when we are reading and pondering God's Word, but it works in the everyday of our lives. Take the appropriate amount of time to really listen and discern what is going on behind the scenes of the situation. More often than not, things aren't usually as they appear.

By taking a moment, your emotions are not in control... **God is**.

PRAY.

Pray continually as you read Scripture – believe it or not, we can all do these two things at once.

Ask God to reveal to you what He wants you to see or to notice or to learn.

In your everyday decisions or times of testing, especially the big ones, have a moment alone with God before using your voice.

Our opinions aren't the most important elements in a conversation – the voice of God is, and He can speak through you.

Continued on page 2>

OCTOBER 2026

Mission Partners with St Stephens:

Beloved

Bristol Churches City Fund

Bristol City Centre Soup Run

Bristol Schools Connection

Christian Aid

Community of the Sisters of the Church

Emmaus

Harvest for The Hungry

One25 Project

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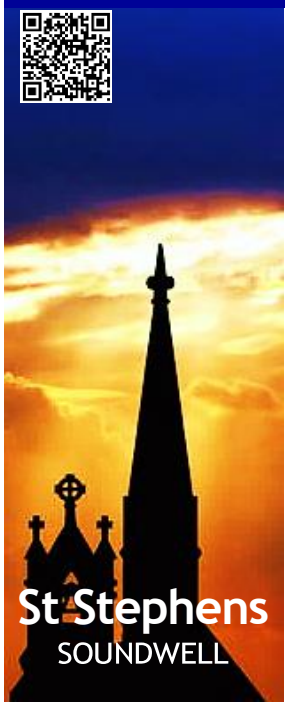

Pause, Pray... and then Proceed

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God's voice changes circumstances. His voice moves the very mountains and shakes the heavens. He wants to speak through you, and by doing that, new life can be given to what otherwise is a dead situation.

PROCEED.

After you have paused and prayed, then it is safe to move forward.

You have surrendered your own opinions and thoughts to the only one whose opinions and thoughts matter.

We have the ability to bring goodness into people's lives, through Jesus!

We just need to have the wisdom when given a difficult situation to pause, pray and proceed.

A prayer to help us:

JESUS, help me to learn the importance of pausing, praying and knowing when to proceed. Help me to always use wisdom when faced with a trying situation that so I can bring goodness to it, through You.

Amen.

"IT HELPS, now and then, to step back and take a long view.

The kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work.

Nothing we do is complete, which is a way of saying that the kingdom always lies beyond us.

No statement says all that could be said. No prayer fully expresses our faith.

No confession brings perfection. No pastoral visit brings wholeness.

No program accomplishes the church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own.

Amen."

[Attributed to Oscar Romero, quoted on the website of St Mark's Badshot Lea and Hale]

Join us for

COFFEE/ CHAT & COMPANY

11AM WEDNESDAY 7th OCTOBER

at the Turnpike on Soundwell Road.

A time to be, be known, and be together.

SHOW US THE WAY

THROUGHOUT our very diverse world, people worship in their own way.

There are sacred sites and temples and churches where we pray.

Some venerate Buddha, a prophet or holy being.

All may seem different, but there's something that I am seeing.

They all have the ethos of caring for one's fellow man, of loving and protecting and helping where one can.

SO why do we have terrorists and people fleeing for their life?

Why do we have school kids who want to carry a knife?

SUCH awful things are happening and your people hurt and cry,

God, wrap your love around them till all their tears are dry.

HOW can we makes the perpetrators see what they have done?

How can we unite our world, so each loves everyone?

WHILE our leaders meet to find a way, the problems often grow.

No one has an answer, and no one seems to know.

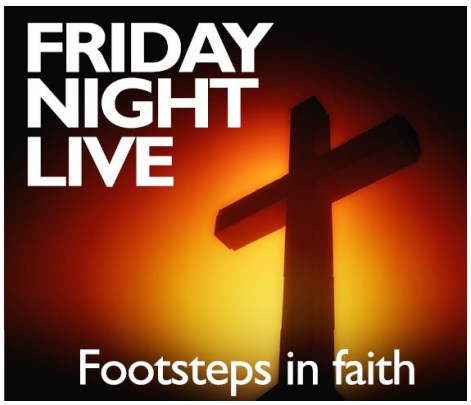
PLEASE God, can you teach us to make this a better place.

Each to their own worship, in their hallowed space.

May we all come together to love and celebrate.

And let it be in happiness when we all can congregate.

Gill Mayo



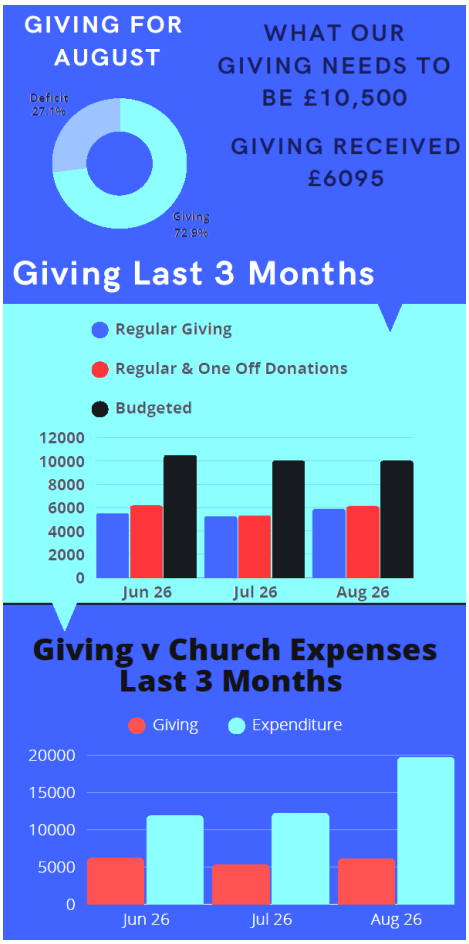
NO MEETING IN OCTOBER

But see you again soon!

MEMORIAL SERVICE

6.30PM SUNDAY 18th OCTOBER

A service and time to remember loved ones



WEDNESDAY Bible Chat

in the Church Room

2.30PM *(2PM for a cuppa)*

OCTOBER

14th & 28th

NOVEMBER

11th & 25th

Tuesday 9 to 11.30am

13 & 27 October

Please note that under 17s must be accompanied by an adult).

IN OUR CHURCH ROOM

Community Chaplain FUNDING CHALLENGE

AS YOU are probably all aware, a very generous member of the Church community set us all a challenge to raise funds towards the cost of having a Community Chaplain for 2027.

Up to **£3000** was promised as a match for funding raised until 31st August 2026.

Well I am pleased to report that the Church family and community really stepped up to the challenge.

A total of **£4329.50** has been donated in response to the challenge for the Community Chaplain, plus the promised £3000 match funding.

When Gift Aid and everything else is taken into account we have paid off the deficit for 25/26 AND we have a total of **£6309** towards the £17,000 shortfall for 26/27.

Isn't that absolutely amazing!

Thank you Lord for what you are doing in this community and are continuing to do through your people here.

On behalf of the PCC, I would like to say a very big thank-you to all who have donated, you are absolutely fabulous! *Love and blessings*

Lorraine Sanderson *Treasurer*

READINGS & COLLECTS

SUNDAY 04 OCTOBER

18th Sunday after Trinity

Exodus 20:1–4, 7–9, 12–20; Psalm 19; Philippians 3:4b–14; Matthew 21:33–*end*

GOD, our judge and saviour, teach us to be open to your truth and to trust in your love, that we may live each day with confidence in the salvation which is given through Jesus Christ our Lord. Amen.

SUNDAY 11 OCTOBER

19th Sunday after Trinity

Exodus 32:1–14; Psalm 106:1–6, 19–23 Philippians 4:1–9; Matthew 22:1–14

FAITHFUL LORD, whose steadfast love never ceases and whose mercies never come to an end: grant us the grace to trust you and to receive the gifts of your love, new every morning, in Jesus Christ our Lord. Amen.

SUNDAY 18 OCTOBER

20th Sunday after Trinity

Exodus 33:12–end; Psalm 99 1 Thessalonians 1:1–10; Matthew 22:15–22

GOD, our light and our salvation: illuminate our lives, that we may see your goodness in the land of the living, and looking on your beauty may be changed into the likeness of Jesus Christ our Lord. Amen.

SUNDAY 25 OCTOBER

Last Sunday of Trinity

Deuteromomy 34:1–12; Psalm90:1–6, 13–17, 1 Thessalonians 2:1–8; Matthew 21:34–end

ALMIGHTY GOD, in whose service lies perfect freedom: teach us to obey you with loving hearts and steadfast wills; through Jesus Christ our Lord. Amen.

BRING your Bible!

WEDNESDAY EVENINGS

7.15pm to **8.15**pm

OCTOBER CYCLE OF PRAYER *BEGINNING SUNDAY OF EACH WEEK*

04	Deerhurst Care & Nursing Home	Neil, Carey, Marin & Eliza Humphrey Sue and Martyn Humphrey Paul, Laura, Alexander and Zara Idodo	Station Road Sweets Close Sweets Road
11	Kingswood Court Care Home	Jan Johns, Linda Krause, Anita Leakey Suzan Lewis, Megan & Richard Kristine, Ian, Emily & Jack Lockwood	The Close The Crescent The Elms
18	The PCC: Fabric Team	Mike Long, Lauren, Dan & Remy Lyon Gill Mayo, Leona and Clive Meares Julia Merrifield	The Gardens The Green The Haven
25	The PCC: Finance Team	Clive Milkins, Carol Millard Margaret Moore Josie, Tanya & Bradley Morris	The Reddings The Ride The Wickets

SUNDAYS: 10.30am **Community Worship Service** weekly.
Youth Church in the Church Hall 10.30am weekly.

Bubble Church 9.15am *on the 2nd Sunday of the month*, ie: 11th October

Prayer Ministry is offered after the 10.30am Service on the 1st and 3rd Sundays *or at any other time by request, so do please ask as necessary.*

WEDNESDAYS: 10am **Service of Holy Communion** *on the 1st and 3rd week each month*, ie: October 7th & 21st

OCTOBER DIARY

01 Thursday	10am	**See & Know** Toddler's Group *in the Church Hall (then weekly)*
	1pm	**Ladies Group** Harvest Lunch *in the Church Hall* (then fortnightly at 2pm)
06 Tuesday	1.30pm	**Knit & Natter** *in the Church Room (then weekly)*
07 Wednesday	11am	**Coffee/Chat/Company** *at the Turnpike Pub*
	7.15pm	**BRING YOUR BIBLE** *in the Church Room*
08 Thursday	1.30pm	**Men's Group** *in the Church Room* (then fortnightly)
09 Friday	1.45pm	**Pensioner's Group** *in the Church Hall*
12 Monday	10.15am	**Retreat Memory Café** *in the Church Hall* for Dementia sufferers and their carers
13 Tuesday	9~11.30am	**WELCOME SPACE** *in the Church Room*
14 Wednesday	2pm	**BIBLE CHAT** *in the Church Room* (then fortnightly)
	7.15pm	**BRING YOUR BIBLE** *in the Church Room*
15 Thursday	2pm	**Ladies Group** *in the Church Hall* (then fortnightly)
18 Sunday	6.30pm	**MEMORIAL SERVICE** *in Church*
21 Wednesday	7.15pm	**BRING YOUR BIBLE** *in the Church Room*
22 Thursday	1.30pm	**Men's Group** *in the Church Room* (then fortnightly)
23 Friday	1.45pm	**Pensioner's Group** *in the Church Hall*
26 Monday	10.15am	**Retreat Memory Café** *in the Church Hall* for Dementia sufferers and their carers
27 Tuesday	9~11.30am	**WELCOME SPACE** *in the Church Room*
28 Wednesday	2pm	**BIBLE CHAT** *in the Church Room*
	7.15pm	**BRING YOUR BIBLE** *in the Church Room*
29 Thursday	2pm	**Ladies Group** *in the Church Hall* (then fortnightly)
30 Friday	2pm	**FAMILY FUN EVENT** **'Light Party'** *in the Church Hall*

NOVEMBER DIARY

03 Tuesday	1.30pm	**Knit & Natter** *in the Church Room* (then weekly)
04 Wednesday	11am	**Coffee/Chat/Company** *at the Turnpike Pub*
	7.15pm	**BRING YOUR BIBLE** *in the Church Room*
05 Thursday	10am	**See & Know** Toddler's Group *in the Church Hall*
	1.30pm	**Men's Group** *in the Church Room* (then fortnightly)
08 Sunday	10.30am	**REMEMBRANCE** All age Service *in Church*

FROM THE REGISTERS

Funeral:

• August 17th: **Margaret Cooney.**

Please hold daughters Jacqui and Suzie, together with their families and friends and all those who love and support them, in your prayers.

easyfundraising

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