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Dear friends

### Holiday Blessing

I wonder if there's a place where you've often gone on holiday? Tywyn, on the mid-Wales coast, has been a favourite of our family for a number of generations. As soon as we see the Welsh hills there's a sense of excitement and expectation.

Psalm 121 always reminds me of travelling to Wales, and of every sort of journey, even when not going on holiday.

- <sup>1</sup> *I lift up my eyes to the hills - from where will my help come?*  
<sup>2</sup> *My help comes from the Lord, who made heaven and earth.*  
<sup>3</sup> *He will not let your foot be moved; he who keeps you will not slumber.*  
<sup>4</sup> *He who keeps Israel will neither slumber nor sleep.*  
<sup>5</sup> *The Lord is your keeper; the Lord is your shade at your right hand.*  
<sup>6</sup> *The sun shall not strike you by day, nor the moon by night.*  
<sup>7</sup> *The Lord will keep you from all evil; he will keep your life.*  
<sup>8</sup> *The Lord will keep your going out and your coming in  
from this time on and forevermore.*

The Psalm starts with 'I lift my eyes to the hills' – such a natural thing to do on a journey. 'Where does my help come from?' asks one traveller/worshipper. 'My help comes from the Lord, who made heaven and earth,' replies another, recognising that every step we take is lovingly watched by the God who provides and protects, and that all is in the realm of the One who has created everything.

God is there at the start of the journey as we depart (v 3), as we travel day and night (vs 5,6), arrive (v 8), and then as we lie down to sleep (vs 3,4).

May God richly blessing you at this time and may you find again and again how uplifting it is to know God's presence with you as you go with God.

With my love and prayers.

Kip

## CHURCH FAMILY NEWS

- Many of you will know that Julia will be on sick leave until mid-September as she is donating a kidney to her brother. The surgery will take place in early August, so do keep her, her brother Michael and all the family in your prayers.
- Sunday services through the summer:  
We will continue to have a service at 8 am and 10.30 am each Sunday. The 8 am service will be a Communion service, the 10.30 am service continues to be for all ages, with a mixture of content, aiming to provide something for everybody. Each week there will activity sheets and pens etc for young people.  
Our theme for the summer at both services is Jesus the Healer and we'll be taking different stories from the Gospels, looking for Jesus' healing touch on our lives.
- While we acknowledge that coming to church is still not as it was before lockdown, we continue to work very hard to gradually make things more normal. We want to try to ensure that everyone feels safe in all our buildings. We are displaying the following information in church, the Hall and the Simon Peter Centre and it will be updated as and when the PCC decide to make any changes:
  - *We will strongly support the use of face masks in our buildings*
  - *We will provide hand sanitizer for you to use when entering and leaving our buildings*
  - *We will give you access to QR codes to assist with the government's track and trace arrangements*
  - *We will guide you to be seated comfortably and encourage people to be seated apart from others outside their family bubble wherever possible*
  - *We will not be singing as part of our services for the time being*
  - *We will not be serving refreshments just yet*