

Contact

JULY/AUGUST 2026



Dear Friends,

Have you ever tried to grow sunflowers? When my children were young, their grandad planted sunflower seeds every year for each of his grandchildren and it became something of a competition to see whose sunflower would grow the tallest!

Sunflowers first originated around 1000 BC in the Americas, mainly in what is now known as Arizona and New Mexico, and had a huge variety of uses. They were first cultivated as a food source, with early Americans using the seeds to crush into flour for bread. The seeds were also eaten as a quick snack or mixed in with other oats and grains to make a type of granola.

But, sunflowers weren't just used for food. Their oil was extracted for cooking and the stalk would often be used as a building material. Sunflowers were also known for their practical uses as well. In addition to being a source of food and oil, sunflowers held medicinal value. Their seeds were believed to possess healing properties, further emphasising their importance in ancient cultures. Sunflowers became very popular around Europe, Russia and Ukraine in the 1700's and by the early 19th century Russian farmers had grown over 2 million acres of sunflowers!

You can probably guess how sunflowers got their name. It's simply because young sunflowers turn to face the sun as it moves across the sky. They face east at dawn and then slowly turn west as the sun moves. During the night, they slowly turn back east to begin the cycle again. This is known as heliotropism and is due to the presence of auxin, a growth hormone in the stem. This process continues until the sunflower is mature.

Beyond their natural beauty, sunflowers carry a deep symbolic meaning, particularly within Christianity. Their physical characteristics and growth patterns have inspired believers for centuries, offering a living metaphor for faith, devotion, and spiritual direction.

In modern Christianity, sunflowers are often associated with God's provision and care. They are seen as reminders of his abundant blessings and the way in which he fills our lives with love and grace.

Just as these flowers turn their faces towards the sun, believers are encouraged to turn towards God and trust in his guidance. The sunflower's journey following the sun throughout the day serves as a reminder to seek the light of God in all aspects of life.

Additionally, sunflowers are often seen as a representation of life itself. They can be interpreted as a reflection of the beauty and vibrancy of God's creation. God enjoys encouraging us through all things in his creation, and sunflowers are certainly no exception. Growing from a small seed, they show how mighty a little faith can become and their ability to grow tall and strong, reaching for the sky, reflects the resilience and strength that steadfast faith can bring. Despite storms, changing weather and the passage of time, sunflowers continue to grow tall and face the source of light. Just as sunflowers lift their petals towards the heavens, Christians are called to lift their hearts and spirits towards God.

Today, the symbolic meaning of sunflowers in a Biblical context remains as relevant as ever. Christians still find inspiration in the sunflower's representation of faith and the light of God, reflecting the resilience and inner strength required to navigate life's challenges.

For many, sunflowers stand as a gentle reminder of hope and optimism in difficult times and they bring joy and positivity, helping us to bloom and grow into better versions of ourselves, especially when we choose to follow God and trust in his plan.

I hope you all manage to enjoy a lovely summer, whatever your plans and whatever the weather brings. At the time of writing, we are experiencing another mini heatwave with lots of sunshine, so long may it continue!

Many of our activities and social events will be having a break over the summer, as will Contact, but our weekly services will continue at the usual time of 10.30am each Sunday, and your support is appreciated.

With all good wishes - Liz

DIARY – July/August 2026

Sunday 5th July	10.30am	Family service led by Colin Carson Lunch
Monday 6th July	7pm	Deacons
Sunday 12th July	10.30am	Family service led by Peter Butler Church Meeting
Sunday 19th July	10.30am	Family service led by Liz Dean including a baptism
Sunday 26th July	10.30am	Family service led by Ali O'Brien Cake Sale
Sunday 2nd August	10.30am	Family service led by Frank Wroe
Sunday 9th August	10.30am	Family service led by Stuart Paulley
Sunday 16th August	10.30am	Family service led by Colin Carson
Sunday 23rd August	10.30am	Family service led by John Pollitt
Sunday 31st August	10.30am	Family service led by Alan Kennedy

Regular Activities

Sunday

Toddler Sundays 10am – 11.30am

Monday

Exercise Group 2pm

Wednesday

Scoffs 12 noon (2nd Wednesday)

Thursday

Rainbows Toddler Group 9.30am

Friday

Badminton 6pm

Offertories

31st May - £41.27

7th June - £87.71

14th June - £180.12

21st June - £58.29

Standing Orders - £897.00

Total £1,264.39

Other Income

Tea/Coffee - £21.20

Lunch - £54.26

Badminton Donation - £70.00

Hall Hire - £100.00



SCOFFS

Just a reminder that the lunch club will be taking a break over the summer and will be closed in July and August.

It will be back at 12 noon on Wednesday 9th September. Many thanks to Sue and Simon for all their hard work during the year.

TODDLER SUNDAYS

The Sunday toddler group will also be taking a break over the summer holidays.

Joan and Allan are here early every Sunday morning to open up church and put out the tables and refreshments, as well as all the toddler equipment, so they definitely deserve a big thank you and a well-earned rest!

SONGS OF PRAISE

On Sunday 6th September, we will be having a Songs of Praise service, featuring live music from Serpents, who many of you will recognise from our nativity services. Please pop the date in your diary – your support would be much appreciated.

JUNIOR DISCO

Friday 10th July - 7pm – 9pm
All additional volunteers would be much appreciated.

CHURCH MEETING

The next quarterly church meeting is after the service on Sunday 12th July. Everyone is welcome to stay and attend the meeting.

THEMED LUNCHES

Our themed lunches continue on Sunday 5th July when soup and rolls will be available for a small donation. Everyone is welcome to stay and join us.

CAKE SALE

The next cake sale is following the service on Sunday 26th July. Any donations of cake would be gratefully received.

DEACONS MEETING

There will be no deacons meeting in August. The September meeting is on Monday 7th September at 7pm.

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