

## Today

Welcome to our All-Age Worship Service this Sunday. We are pleased to welcome as our speaker this week Chris Reddecliff from Isle of Wight Youth For Christ. To find out more about IOW YFC see their website: [www.iowyfc.co.uk](http://www.iowyfc.co.uk)

If you are new or visiting please make yourself known and feel welcome to join us for tea and coffee before and after the service.

For young people

Crèche - facilities in the back room▲



## Messy Church Planning....

Our next Messy Church is on Saturday 14th July. Please can the leaders and helpers meet after the service today to outline plans for the event. Many thanks, Kathy▲

**Disconnect This Summer - J. John Says:** If you are looking forward to your summer holidays, let me suggest that you try to digitally disconnect while you're away. Plan to drastically cut your engagement with social media, email and the web.

There are growing concerns about how dependent we are becoming on social media, the use of email and constant web browsing. Whether the deep need some of us have to being connected at almost any cost counts as addiction is a serious question. It's certainly a problem.

There should be no question about cutting ourselves off from work when we go on holiday. After all, to remain connected to your job means that you are not, in any real sense, on vacation. My concern is that although we may do this, when we are on holiday we continue to use social media, email and browse (often aimlessly) various websites. In fact, free from workplace constraints, vacations can mean that some of us spend even more time on the web.

The lure of the web is strong. It gives us the sense that we have opportunity and accessibility and, through social media, offers the illusion of belonging to a real community. The consequence is that even a brief separation from such things as Face

## disconnect

book, Twitter, Snapchat or Instagram can make us feel isolated.

There is no better time than a holiday to cut down our use of social media.

- Disconnecting is good for our *body*. We all spend far too long hunched up, staring down at screens. Let's look up and gaze at real people. Don't forget that holidays are supposed to be where we rest and relax, and we can't switch off if we are permanently switched on.
- Disconnecting is good for our *mind*. Psychologists suggest that the overload of information we get from Internet use is changing the way the brain works. Memory skills are in decline and we no longer reason in a linear fashion, using sustained arguments, but, instead, think only in disconnected fragments. Many frequent users of the Internet confess to struggling to read through a chapter of a book. Disconnect on holiday and, in digital silence, let your mind be at peace.
- Disconnecting is good for our *relationships*. Holidays are an essential time to connect with those around us, whether a spouse, family or friends. There are many couples in busy lives who go away on holiday needing to have issues discussed, bonds built or even wounds healed. Yet, sadly, this may not occur because one or both are too busy staring at their smartphones. To put social media before talking to your partner or family is to make a tragic statement about values and priorities. Go to bed with your spouse, not your phone!
- Disconnecting is good for our *spirit*. Some people have such an intense relationship with their smartphone that it can only be described as idolatry: the worship of a little handheld idol that brings them comfort. We are to relate not just to each other but to God, and it's all too easy for digital connectivity to get in the way of both relationships.

So let's disconnect from social media and the web this summer, and instead connect with God, our spouse, family and friends.

J. John - Revd Canon [www.canonjohn.com](http://www.canonjohn.com)

### Contact St. Paul's

Website: [stpaulsbarton.co.uk](http://stpaulsbarton.co.uk)

Email: [stpaulsbarton@hotmail.co.uk](mailto:stpaulsbarton@hotmail.co.uk)

Tel / Text: 07817 610561 Twitter: @StPaulsBarton

Collect - Gracious Father, by the obedience of Jesus you brought salvation to our wayward world: draw us into harmony with your will, that we may find all things restored in him, our Saviour Jesus Christ. Amen

# This week

Date	Time	Event
Tue 26th	9:45am	Little Rascals Parent and Toddler Group - For 0 - Pres-school 5's. <i>Meets in from 9:45am to 11:30am in St. Paul's Christian Centre.</i>
Wed 27th	10:15am 4:00pm 7:30pm 8:00pm	Morning Prayer. Newport Youth Café - <i>in the Christian Centre.</i> Evening Prayer. <b>St. Paul's Fellowship Group</b> - <i>Christian Centre.</i>
Thu 28th	10:15am 2:15pm 7:00pm	Thursday Prayers - <i>Christian Centre.</i> Ladies Fellowship - <i>See Mary or Margaret.</i> Worship Team Practice.
Fri 29th	5:00pm 7:00pm	Newport Youth Café - <i>in the Christian Centre.</i> Parish Prayer Walk - <i>Prayer walking is as simple as it sounds - praying as you walk. When we prayer walk we are stepping into our authority as God's children to bless people and places in Jesus' name. This simple task is a great way to bring transformation to our local community by asking God to break in! We'll meet at the church at 7:00pm and set off for an hour or so around the Parish. Please join us if you can.</i>



## Looking ahead - Dates for your diary...

Date	Time	Event
Sun 1st July	9:30am+ 10:00am	<b>'Bring &amp; Share' Breakfast.</b> Breakfast Church - <b>'Word &amp; Worship' with video presentation.</b>
Thu 5th	2:00pm	<b>'Tea &amp; Chat'</b> - 2:00pm - 4:00pm in the Christian Centre - All welcome!
Sat 7th	9:00am 7:00pm	Prayer for Israel & the Middle East - <i>In the church 9:00am - 10:00am.</i> Revive Quiz Night - <i>Newport Congregational Church - £5 per person includes coffee &amp; cake</i>
Sun 8th July	10:00am 7:00pm	Word & Worship Service - <i>Speaker Francois Botes.</i> <b>7 O'clock Service</b> - <i>Music &amp; Ministry from Francois Botes.</i>
Sat 14th	3:30pm	Messy Church!
Mon 16th	7:00pm	<b>Archdeacon Peter Sutton's Leaving Service</b> - <i>All Saints Church Ryde.</i>

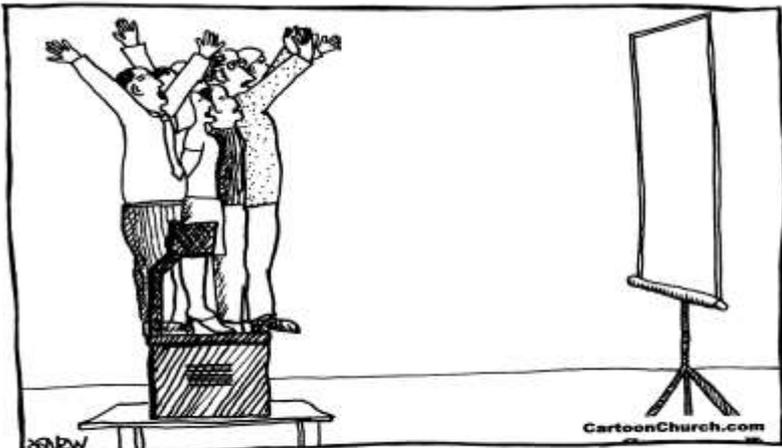


Our Sunday services are **very simple...** An opening hymn, a talk or sometimes DVD teaching, followed by a time of worship and prayers then (usually) we have Holy Communion (all welcome) and finally, a closing hymn.

During the time of worship we have an offering (look out for the little brown bag!) We welcome contributions but **please don't feel obliged to give!** If you would like information about giving regularly, either by standing or

der or using weekly envelopes please speak to Penny (at the back by the sound desk) or to Ian or Andrew our Churchwardens▲

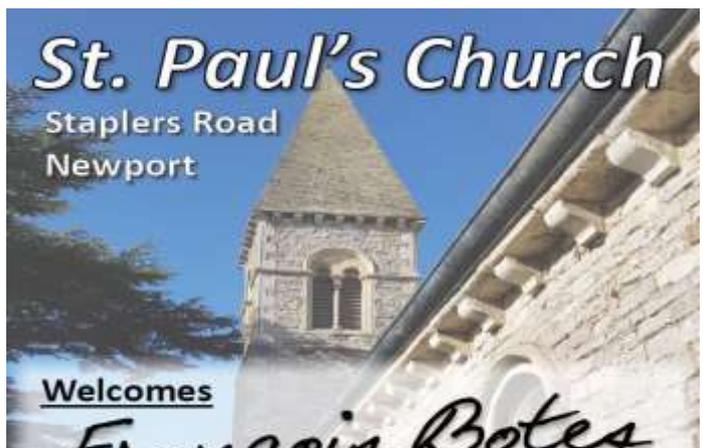
[CartoonChurch.com](http://CartoonChurch.com) - Dave Walker



"We will now stand and sing the next song on the overhead projector"

## St. Paul's Church

Staplers Road  
Newport



**Welcomes**  
*Francois Botes*

on **SUNDAY 8 JULY**  
**10am - Word & Worship**  
and also at our evening  
**7 o'clock Service**



Francois was born in South Africa and came to faith in Jesus Christ in 1980. Since 1988 he has been in full time ministry. He is based in the United Kingdom and ministers worldwide in Prophetic ministry. His ministry carries a unique combination of the Teaching and Prophetic Music anointing. Often Prophecies are sung to spontaneous God given melodies and music. Francois holds several Music Degrees from International Universities.