

PRIMLEY CHURCH - JUNE 2026

Please remember those of our congregation and those known to us personally who are unwell, bereaved or struggling.

June 6th - CAPS Climate Change Meeting , Parish Church @ 7.30pm

June 13th - Gospel Choir Concert @St Peter's, Sidford , 7.30pm.

Tickets £10.00 online, or cash on the door for GAAF (Gideon Anti Aids Foundation:- supports Ugandan orphans with housing, healthcare and education))

June 14th & 28th - Bread Church in the hall @ 12noon

June 21st - Father's Day

July 5th - Community Friendship Lunch @ 12.30pm

ROTA 2026					
JUNE	7 th	14 th	21 st	28 th	July 5 th
Elder	Richard	Maggie	Roger	Richard	Barbara
Door Stewards	Sue	Alison	Barbara	Chrissy	Alison
COMMUNION - Jill & Barbara					
JUNE		PREACHERS			
7 th		Geoff Powell			
14 th		Rev Sabrina Groeshel			
21 st		Rev Dick Gray - Father's Day			
28 th		Rev Robert Jennings Communion			
July 5 th		Rev Aiyana Gardner-Houghton Friendship Lunch			

Every June, fathers all over the world are celebrated for their sacrifice, provision, and unconditional love. However, Father's Day, for many, can be a day of sadness, pain, and numbness. If you are someone who struggles with Father's Day, here are a few things you can do to help.

1. **Avoid Social Media.** Although you may not have a problem with seeing others celebrate their fathers or father figures, it may be triggering to see others plaster social media posts. If you know that you aren't ready for that type of exposure, be kind to yourself and take a break from the web.
2. **Spend time with a friend or family member who may be in the same boat as you.** Sometimes, spending time with someone who shares similar feelings about your situation and understands what you have experienced can provide comfort and can help you avoid isolation.
3. **Feel what you feel, so you can heal.** There are no right or wrong emotions regarding your situation. The bottom line is that it is a sensitive space, and your feelings are valid. There is no need to pretend to feel a certain way that is not true. Allowing yourself the space to heal will help you to express and not stuff your emotions inwardly.
4. **Choose an activity that aligns with your comfort level.** If you want to go out to brunch, then grab some friends. But maybe you wake up and decide you want to stay at home. Whatever it is that you choose to do, is right for you. Lean into what you feel you can do, and are up to engaging in.
5. **If your father has died, find a way to honour him.** Finding ways to remember our loved ones allows us to keep their memory alive and reflect on all of the good ways in which they have added to your life. For some people, sharing memories and honouring them can bring a sense of peace and comfort.

Although you may be hurting, understand that grief never disappears; we carry it differently as time passes. And if you are someone who is hurt and angry, please know that our church is a place of sanctuary, and maybe you could start here to help you bring healing to your heart. What would Father's Day look like if you chose to change the frame or the lens through which you looked at it? This day is not easy for everyone, but there are definitely different ways to work and grow through it. God says this in 1 John ch 3 v1 "And it is my desire to lavish my love on you, simply because you are my child and I am your Father." God loves us, and he is the Father that all of us have been looking for all our lives.

HAPPY FATHER'S DAY!

Please contact Maggie for anything you wish to be announced each month: maggieknights@hotmail.com, 01395 597464 or 07980 581731
