

PRIMLEY CHURCH - OCTOBER 2026

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

Oct 8th - 17th - Sidmouth Science Festival

Oct 11th & 25th - Bread Church 12noon in the church hall

Oct 11th - Harvest Celebration

Oct 25th - Church Meeting

Nov 1st - Friendship Lunch & Shoe Box Blessing

ROTAS					
OCTOBER	4 th	11 th	18 th	25 th	Nov 1 st
Elder	Richard	Maggie	Barbara	Maggie	Roger
Door Stewards	Alison	Barbara	Chrissy	Alison	Sue
COMMUNION - Jill & Barbara					
OCTOBER		PREACHERS			
4 TH		Ann Skinner			
11 TH		Rev Barbara Bennett HARVEST CELEBRATION			
18 TH		Rev Robert Jennings Communion			
25 TH		Richard Wainwright Church Meeting			
November 1 st		Rev Dick Gray FRIENDSHIP LUNCH/Shoe Box blessing			

October 10th - World Mental Health Day

World Mental Health Day takes place on Saturday 10th October 2026.

This year the theme focuses on the power of being heard and how feeling heard can help us feel understood, less alone and better able to cope with life's challenges and changes.

Seasonal change

October sits firmly in the midst of Autumn, a season synonymous with shifting landscapes and cooler temperatures. The transition from the vibrant sunshine and warmth of summer, to the earthy tones of Autumn can be invigorating for some, but for others it may trigger a sense of loss or nostalgia. This emotional reaction is not uncommon as the changing season often signifies a farewell to the vitality of summer. For individuals susceptible to seasonal affective disorder (SAD), this shift can be particularly challenging, as it can herald the onset of depressive symptoms often associated with the darker months ahead.

Increased isolation

As the weather cools and the days grow shorter, outdoor social activities become less frequent. This shift towards indoor living can inadvertently lead to increased social isolation. With fewer opportunities for social interaction, people may experience heightened feelings of loneliness and melancholy.

Anxiety and stress

For people who have experienced significant life events, such as the loss of a loved one or a traumatic incident, October can be a month fraught with reactions. The changing season can serve as a powerful trigger for emotional distress and grief. The approach of winter, with its potential disruptions to daily routines and the prospect of inclement weather, can cultivate feelings of anxiety and stress. The looming flu season and concerns about the challenges that cold weather may bring, can also contribute to heightened emotions.

Let us keep all these things in our minds as we approach Autumn and pray for those we know who are emotionally troubled, that they will find a safe place and a welcome within our church fellowship, and that we may demonstrate the love of God through our actions and concern..

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