

KESTON PARISH CHURCH

MONTHLY PEW SHEET

May 2026



Sun	3rd May	8am 10 am 2.15 pm	BCP Holy Communion Celebrational Worship Parish Walk
Mon	4th May	NO Morning	Prayer or Said Communion
Tue	5th May	9.30 am	Prayer Walk
Fri	8th May	2.30 pm	Choir Practice
Sat	9th May	11.20 am	Healing & Wholeness Service
Sun	10th May	10 am	Holy Communion Service St. Christopher's Fun Walk
Mon	11th May	7.40 am 8 am	Morning Prayer Said Communion
Thu	14th May	3 pm	Ascension Day Holy Communion
Fri	15th May	2.30 pm	Choir Practice
Sun	17th May	10 am 11.30 am	Holy Communion Service with prayer for H & W including Sunday School APCM
Mon	18th May	7.40 am 8 am 2 pm	Morning Prayer Said Communion Book Group
Wed	20th May	9.30 am 7 pm	Prayer Walk Men's Group @ Greyhound
Fri	22nd May	2.30 pm	Choir Practice
Sat	23rd May	10-11.30 am	Prayer morning for TKC
Sun	24th May	10 am	Holy Communion Service
Mon	25th May	7.40 am 8 am	Morning Prayer Said Communion
Wed	27th May	7 pm	Social @ The Crown Pub
Tue	26th May	10 – 12 noon	Messy Church
Fri	29th May	2.30 pm	Choir Practice
Sun	31st May	10am 11.30am(ish)	Holy Communion Safeguarding Training (Basic)
Mon	1st June	7.40 am 8 am 7.30 pm	Morning Prayer Said Communion Guild of Flower Arrangers in Church
Fri	5th June	2.30 pm	Choir Practice
Sat	6th June	1 – 5 pm	KESTFEST on the Green

WELCOME to this service today, especially if you are a visitor. Hope you leave feeling blessed and minded to come again. If you use a hearing aid, please put it to the "T" setting. Large print copies of the service are available – please ask.

HOLY COMMUNION is offered every Sunday at 10am (except the 1st Sunday of the month when it is at 8am) & each Monday morning at 8am. At Communion we come together as members of the one Body of Christ. ***Everyone is welcome at the Lord's Table, the table of Jesus Christ. Please all come up when invited by the Sidespeople.*** Those who wish for a blessing, please come up with everyone else and keep your hands by your side. If you require a gluten free wafer please inform one of the welcomers or the rector before the service. Holy Communion is offered in both kinds with wine in the Common Cup. Should you still be anxious, do come up for a wafer, and then return to your seat. Receiving in one kind is to receive the sacrament in its entirety.

BAPTISMS, WEDDINGS & FUNERALS – These are important landmarks in the life of any family. Your Parish Church is here to mark these important times with you. Baptisms, also called Christenings can be conducted at any age – please ask. Confirmation is the next step if you were baptised as a child or an infant, and is usually offered just after you start Secondary School and is when you make the promises for yourselves. Don't worry if you have passed that age, God always welcomes you. If you get baptised as an adult, you will usually be invited to be confirmed at the same time. **Please speak to Reverend Belinda to register your interest**, and she can be contacted by email rector@kestonparishchurch.org.uk or 01689 853186 regarding any of the above.

1ST SUNDAY OF THE MONTH SERVICE is usually Celebrational Worship and is a non-Communion service with contemporary hymns and songs. It is a service of the Word (built around the Word of God in scripture) and is intergenerational and suitable for all the family. Tea, coffee, squash and biscuits are offered after the service. All are very welcome. Bring a friend.

MONDAY - MORNING PRAYER @ 7.40am followed by HOLY COMMUNION @ 8am (½ hour). A good start to the week as we place our week in God's hands. We pray for the needs of our Parish, its Church and its Community. Please do pop by on your way to work. All are very welcome. Please note - no services on 4th May.

PARISH WALK – SUNDAY 3RD MAY Meet at 2.15 in Keston Church Car Park, and the walk takes about 2 hours. Finish back at Keston Church Hall for tea/coffee and cakes. Everyone and their dogs are welcome.

PRAYER WALKS – Every 1st Tue & 3rd Wed of the month, 5th & 20th May, then 2nd & 17th June. Please come along with or without a dog, and enjoy a chat, then stop, reflect and pray. We assemble at 9.30 am on Commonside on the green near the Greyhound Pub, and usually end up at/in Heathfields at 11ish to have a 'cuppa'.

ST. CHRISTOPHER'S FUN WALK – Sun 10th May – The Pink route runs past Keston Church, which will be open. Do pop in for refreshments, toilets and light a candle and say a prayer.

ASCENSION DAY HOLY COMMUNION SERVICE – Thursday 14th May @ 3 pm
All welcome for this important feast day celebration and worship.

HEALING & WHOLENESS at 3RD SUNDAY MORNING SERVICE – On the 3rd Sun of each month, (17th May & 21st June) church members will be happy to pray with and for you. **A Healing and Wholeness service with anointing is usually offered on the 2nd Sat of each month at 11.20 am. All welcome.**

SUNDAY SCHOOL (3rd Sunday) – Sunday 17th May – Bible-based activities and teaching for all children during part of the Sunday Service. All are very welcome.

APCM – Sun 17th May @ 11.30 am – All are welcome to come and hear about the work of the Church in 2025. If you would like a set of the papers and Agenda, please give Martin Beck your email address. Only very limited copies available on the day, to save our trees!

BOOK READING FELLOWSHIP – Monday 18th May @ 2 pm in Gravel Road. Come and discuss books with some Christian content that you have read over tea/coffee and cake! Please let Sally know if you would like to come along. Everyone welcome

SKIP HIRED Sat 16th May – Please come along at 10.30 am to help clear out the clutter from our store cupboard upstairs. We will need helpers to carry items to a skip in the Church Car Park. Wear old clothes and bring rubber gloves!

MEN'S PUB SOCIAL – Every 3rd Wednesday of the month **20th May, then 17th June** at the Greyhound pub at 7 pm.

PRAYER MORNING Sat 23rd May 10-11.30am A creative morning of prayer, fellowship and cake as we join pray-ers across the world using our Novena book 'God with Us' by the Archbishop of Canterbury, Sarah Mullally.

MESSY CHURCH – Tue 26th May @ 10 – 12 noon – Come along for crafts, activities, Church celebration with music and friendship, with lunch included.

CHURCH SOCIALS – the next Church get together is a supper on: **Wednesday 27th May @ The Crown, at 7 pm, then a lunch on Tuesday 30th June at Heathfields at 12.15 pm.** Please put your name on the list if you would like to come along.

SAFEGUARDING TRAINING (Basic) Sunday 31st May 12-2pm for all volunteers, whatever role you have within the church. Useful also for all, with key information on remaining aware of the risks of different types of abuse. Please save the date. Light lunch provided.

GUILD OF FLOWER ARRANGERS – Monday 1st June @ 7.30 pm in Keston Church. This is the first time for many years the Guild has asked if they can come along to Keston Church to give a demonstration from their Flower Arrangers. All are welcome, £5 to non Members and free for Members. They will demonstrate making 4 different flower arrangements. There is a list at the back of the Church to help with knowing the numbers.

KESTFEST 2026 – Saturday 6th June 1 – 5 pm. On the Green opposite The Greyhound. Donations of bottles and covered sweetie pots please!

Sunday 3rd May – 5th Sunday of Easter

Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Acts 7: 55 – end; John 14: 1 – 14 (NLT Bible)

Sunday 10th May – 6th Sunday of Easter

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Acts 17: 22 – 31; 1 Peter 3: 13 – end; John 14: 15 – 21 (NRSV Bible)

Sunday 17th May – 7th Sunday of Easter

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen

Acts 1: 6 – 14; 1 Peter 4: 12 – 14; 5: 6 – 11; John 17: 1 – 11 (NRSV Bible)

Sunday 24th May – Day of Pentecost

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen

Acts 2: 1 – 21; 1 Corinthians 12: 3b – 13; John 7: 37 – 39 (NRSV Bible)

Sunday 31st May – Trinity Sunday

Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God now and for ever. Amen

Isaiah 40: 12 – 17, 27 – end; 2 Corinthians 13: 11 – end; Matthew 28: 16 – end (NRSV Bible)

OUR SAFEGUARDING STATEMENT - We want our church to be a safe place for everyone – a place where the love of God shines through all we do. Therefore, in accordance with the Government, the Church of England, the Charity Commission and our insurance company, our workers/volunteers are safely recruited (including DBS check if legally eligible), regularly trained and we adhere to Diocesan Safeguarding Policies. Our Safeguarding Officer can be contacted on safeguarding@kestonparishchurch.org.uk if you have any questions or concerns.