

ST PAUL'S ST MARY'S

PUTTING FAITH IN HARLOW

The Anglican Churches of St Paul's and St Mary's Harlow

Parish Office 01279 434243 • www.stpaulsandstmarysharlow.co.uk • office@stpaulsandstmarysharlow.co.uk

Team Rector – Vacancy - Vicar – Jokey Poyntz 07954855154

Associate Priest - Barbara Aylett H 01279 745647

Facebook [@stpaulsharlowstmaryslittleparndon](https://www.facebook.com/stpaulsharlowstmaryslittleparndon) Messy Church Facebook [@harlowmessychurches](https://www.facebook.com/harlowmessychurches)

Ministers: all the church members

19th July 2026

Seventh Sunday after Trinity

A Message from Jokey

Dear Brothers and Sisters

As some of you know I joined a small gym in the autumn, and it has made a huge difference to my physical and mental wellbeing. It was reflecting on what I love about it and a lot of it is about community. Because the classes and gym are small you get personal individual coaching and attention - you feel challenged but also supported and cared for. It is also a lovely diverse community of all ages, shapes and sizes and I have made new friends... I was laughing at myself thinking 'I'm like an evangelist for the gym!' But then I thought - is that how I feel about church? Actually I mostly do, because at its best those things are true of church too! But how do you feel? What would you write if you were reviewing St Paul's or St Mary's?

One of the things which puts me off asking people to join my gym is the cost... is that true of church too? There is certainly a cost to being a Christian but to me the rewards are more than worth it! Do you feel supported? Loved? Cared for? Challenged?

If not, why not? The gym is a two way process. If I didn't put in effort as well it wouldn't work. Sometimes it's a struggle but always worth it in the end. I would really like to know what you think about church. What could we do better? What would you like to see happening that isn't now? But also be honest about yourself and your level of effort and commitment... because these things only work if it is a two way process. Sometimes when people are new and struggling it's fine to just receive, but we need to grow and get 'fitter' in our Christian life too. How are you doing, and what do you think about the church you are a member of?

Let me know! 07954855154
rev.jokey.poyntz@gmail.com

Blessings

Jokey x

Services This Week

Sunday 19th July 2026 Seventh Sunday after Trinity

St Mary's 9.30 Holy Communion
St Paul's 11.00 am Morning Worship

11.00am "Sunday Live" - St Paul's live streamed on YouTube. [Join us on YouTube by clicking here.](#)

Regular Events

SPYK (St Paul's Youth & Kids) In term times, weekly except 1st Sundays in the month. **This has now stopped for the Summer**

Foodbank and Bounty Club with Foodbank Hub
Both 10am-2pm Monday – Fridays in The Harvey Centre

The Sanctuary Cafe - St Paul's Church
11am-1pm Fridays - for fellowship and prayer

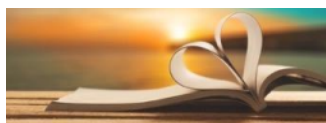
WhatsApp Group

St Paul's & St Mary's Community
For sharing news & info about activities, events & needs in church life. [Join here](#) or ask Jokey

Home Communion

For any unable to get to church due to sickness. Please contact Tracy or Jokey.

Our Text for 2026



Be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.

Ephesians 4:32 Good news

IMPORTANT

For safeguarding reasons, please do not video or take photographs during services unless agreed with the service leader or clergy beforehand.

Praying Together

Tues & Wed 9am Parish Prayers on [Zoom](#)
new link - ID 81685472781 Passcode 976753

Thursday: Heart4Harlow Prayer 4 Harlow on [Zoom](#)



WhatsApp Prayer Group – contact Rev Jokey Poyntz 07954855154. Our monthly prayer diary is at the back of church & via email - contact the

parish office.

Those in special need: Wendy Coxhill, Grace Munday, Mike Scanlan, Kath Shaw, Philip & Carol Haynes, Payam Hossyni, Barbara Fuller, Janet Broomhead, Jenny Irving, Dorothy Taylor, Saba Mall, Pat Balkwill, Terry Cable, Mike Squires.

Please pray for all our church family Asylum seekers awaiting court hearings for their right to stay here.

Our Home Communion team and those they visit.

The people of all areas affected by war, violence, famine and natural disasters.

The Foodbank & Bounty Club, School Uniform Shop operating from the Harvey Centre and those who use their services.

The appointment of a new Team Rector -and all that are working towards this end.

Special Prayer for this week

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Vacancy Prayer

Loving Father

We know you have plans for our Parish, please send your Holy Spirit to strengthen and guide all those involved in the process of appointing a new Team Rector. May they discern your way for our future. We also pray for those who apply as the next step in their ministry.

Most of all we ask that the person is the one chosen by you to lead your church.

In Jesus name we pray, Amen

Other News

The Terrace

We have been told that the refurbishment of St Paul's terrace was to begin on 13th July, with the side terrace. This has not happened but we will keep you informed. From this time on there will be **no parking** in this area even after it has been finished. It was never intended as a car park. However you can still drop off at the front of the church. If anyone is in real need of a parking space please speak to Tracy. For service leaders who need it there will be provision for parking.

Heritage Open Day and Ride & Stride Day

This is happening on 12th September at both churches. St Pauls will be open from 10am to 11am for the Ride and Stride people to stop and come in.

St Mary's will be open for The Heritage Day and Ride and Stride drop in from 10am to 3pm. We would be very grateful to receive offers of help with this event.

Leading the Church into Growth Course

Arch Deacon Kate would encourage people to attend the conference for the above in October, 17th and 18th at The Salvation Army Chelmsford Citadel, 70 Baddow Road, Chelmsford, CM2 0DD.

BOOK YOUR TICKETS HERE

Lumos Event

We are having another Lumos Candle Light Concert on 24th July at St Pauls. The music will be that of ABBA this time and there will definitely be 2 concert times and depending on how the tickets go a third may be added.

The times are 7-8pm and 9-10pm. Book at www.lumos-experiences.com.

Funeral of Ken Keeble

His funeral will be held at 2pm on Monday 20th July 2026 at St Stephen's Church, Bush Fair in Harlow.

This will be followed by afternoon tea in the church Hall. Please wear colourful clothing or Chelsea colours if you are able to attend.

Please let Tracy Norford know if you will attend and we can pass this on for catering purposes.

Church Offerings

You can use this QR code to make a donation by payment card or Google Pay:



To give by online banking please use:

Sort code: 60-10-05

Account: 60517018

Account Name: PCC St Pauls & St Marys Harlow

Reference: OFFERING

You can also make a donation using the contactless payment device at the back of St. Paul's.

If you give regularly why not set up a Standing Order? Please speak to our Treasurer Peter Smith, or one of the clergy, or pick up a leaflet at the back of the church.

Something different

Over the coming weeks we hope to include something a little different in our Welcome Sheet. The letter or reflection is normally done for us by Jokey or Barbara. We have asked the users of our hall and church if they would like to introduce themselves to us and tell us a little about themselves. Please look out for these.

Can you help?

We wondered if there was someone in the congregation at St Paul's who could take on the job of checking the First Aid boxes once a month. If they then require any items to be replaced you would need to tell Tracy Norford who will obtain them.

Grieving Friends

This started on 8th June but takes place **every second and last Monday** at Wych Elm and if you or someone you know is in need please feel free to attend. This has been forwarded to us by Revd Canon Dr Christian Okeke, Priest in charge at St James and Princess Alexandra Hospital Chaplaincy, who runs this also.

****Fire Assembly Point****

We would like to point out that while building works go on around us, our fire assembly point in College Square by Dad's Wood is not available to us. Therefore for the time being we will assemble behind the church hall by the old BHS site. Any further alterations on this will be communicated as they happen. Please be careful while you are in the vicinity of the church as the work proceeds.

Ramp

If you require the ramp to receive Communion please ask the stewards to put it up.

Children's Area at St Paul's

There is now an area at the back of St Paul's for young children under 5 to access - this must be supervised by a parent/carer. **PLEASE DO NOT LEAVE YOUR CHILDREN HERE UNATTENDED** and please tidy up after use.

Safeguarding

The care and protection of church children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.

In the church we have a Safeguarding Officer and an Assistant Safeguarding Officer for you to contact as first port of call. Our Safeguarding Officer is Austin Sobanam
Contact :07909975475

psa@stpaulsandstmarysharlow.co.uk
and our Assistant Safeguarding Officer is Vanessa Phinehas

Contact: 07812948677

vanessaphinehas@gmail.com

In the absence of a PSO, people with safeguarding concerns should initially contact Jokey as incumbent or Carol as warden with any concerns. If you don't wish to do that, then contact the Diocesan Safeguarding Team, the phone number and email **01245 294444**

safeguarding@chelmsford.anglican.org

