



Ramsgate Salvation Army

August 2026

Love God
Love Others

A warm welcome as we gather as the family of God today,
especially if you are not normally with us on a Sunday.

May we all feel the welcome of God and each other.

We meet at The Salvation Army Hall Sunday 10.30 am.

Also Sunday worship is livestreamed* on  **YouTube**

You can find a link on the Ramsgate Salvation Army Web page.

www.salvationarmy.org.uk/ramsgate

*Tell us if you DO NOT want to be seen in the live stream broadcast.

STOP.

RECEIVE.

RESTORE.

— REDISCOVERING GOD'S GIFT OF REST —

"Come with me by yourselves to a quiet place and get some rest."

— MARK 6:31 —



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www.salvationarmy.org.uk/ramsgate

What's happening in August at Ramsgate Salvation Army?

9.38 – Daily Prayer Challenge –The harvest is plentiful –pray for workers

Daily (M-F)

Homeless Breakfast 6.30am to 8.30am

Food Bank

21 August, 4 September

By emergency referral – Text 07737932938

Most activities are suspended for the holiday weeks.

Carl and Heather are on holiday from Wednesday 12th returning Tuesday 25th

Carl and Heather (and Lindsay, Julie, Jessy and Jules) are at Big Church Festival from Thursday 27th returning Monday 31st

Sunday 8th August

Sunday worship led by Carl & Heather

Sunday 15th

Sunday worship led by Justin

Sunday 22nd

Sunday worship led by Stephen

Sunday 29th

Sunday worship led by Bruce



**Saturday 5th September 9am
Salvation Army**

**CTiR Prayer
Breakfast
5th September**

**Salvation Army
(note change of venue)**

Our prayers are with **Pauline** and her family following the tragic news concerning her grandson. Be close to his dad, mum and brother. Lord, please bring healing and hope to this awful situation. The funeral is on 11th August.

Prayers too for **Janet** following the death last Saturday of her brother **Graham**. Graham had been receiving cancer treatment for a couple of years. He was just 65year old.

We remember **David** Gill and **Sheila** Parfitt who are struggling with health concerns. **Peter** Borough continues to struggle with his health and is waiting for the results of the medical investigation. Prayers continue for Peter's brother **Simon**.

We pray for **Tara** Lipinski who is unwell. Bring comfort we pray.

We pray for **Sean** Johnson who is still struggling with health issues. We give thanks that the cancer treatment for Pat's son **Lance** has been successful. He thanks us for our prayers. Lord, continue the healing we pray. We remember baby **Olive** one of our kid's club families. We keep **Kate** and her family in our prayers. We give thanks for some new treatment that has started and plea for a breakthrough in her healing.

We remember each other on our **birthdays**

Steven Dearnley	11-Aug
Sandra Miles	13-Aug
Kate Barrett	17-Aug
Hope Norton	17-Aug
Daphne Lee	20-Aug
Christopher Ingram	21-Aug
Sarah Doyle	26-Aug
Patricia Mary Turner	30-Aug
Valerii Shylin	31-Aug

Each week we will list some of the areas where we need extra (and new) support.

Thanks for those who have given to the food bank.
There are now envelopes for cash donations and you can set up a direct debit if you are able.



Account number	00178123
Sort Code:	60-01-73
Account name	SATCo General Income Central Trust
Reference:	RA01 – GK1 (THIS CODE IS VITAL)

Lead Cook

We have some amazing people who help in the kitchen (especially on a Wednesday) but we need someone who will take full responsibility for the planning, purchasing and cooking of our weekday and occasional weekend meals. Please let Carl know.

Health and Safety Checks

Weekly checks on the fire alarms, for legionella, calibration and a range of other safety inspections.

Setting up and packing away

Come and help us prepare and clear away after our ministry activities
Pray that God will reveal what new roles you might undertake in His church

May this day bring Sabbath rest to my heart and my home. May God's image in me be restored, and my imagination in God be re-stored. May the gravity of material things be lightened, and the relativity of time slow down. May I know grace to embrace my own finite smallness in the arms of God's infinite greatness. **May God's Word feed me and his Spirit lead me into the week and into the life to come.**

AUGUST REST CHALLENGE

August days to STOP · RECEIVE · RESTORE and then DELIGHT

STOP

- 9. Be still — Sit somewhere quiet for ten minutes. No phone. No task. Just be there with God. Or walk slowly — Take a walk with no destination and no need to count steps.**
- 10. Leave it — Choose one non-essential job and deliberately leave it until tomorrow.**
- 11. Switch off — Have one hour completely free from phone, television and computer.**
- 12. Look up — Spend ten minutes watching the sky. Clouds, birds, light — notice what normally passes you by.**
- 13. Eat slowly — Have one meal without television, phone or rushing. Taste it.**
- 14. Sabbath hour — Set aside an hour in which you deliberately produce, purchase and achieve nothing.**

RECEIVE

- 15. Watch the water — Sit beside the sea, a river or a pond. Remember: *“He leads me beside quiet waters.”***
- 16. Accept kindness — Allow somebody to do something for you without immediately trying to repay them.**
- 17. Listen — Play a favourite piece of music and do absolutely nothing else while it plays.**
- 18. Notice five good things — Before bed, name five ordinary things you've enjoyed today.**

19. Let someone else choose — A walk, a café, a film, a meal.
Receive their choice rather than organising everything yourself.
20. Read for pleasure — Read something because you enjoy it, not because it will improve you.

RESTORE

21. Sleep — Have an early night or an afternoon nap. Remember Elijah: sometimes God's provision is food and sleep.
22. Make something — Draw, bake, garden, knit, cook, photograph, mend or build — simply for the pleasure of creating.
23. Go somewhere green — Park, garden, countryside or woodland. Notice what is alive.
24. Laugh — Find something or someone who makes you laugh. Enjoy it without feeling that you ought to be doing something more serious.
25. Eat together — Share food with someone and allow plenty of time for conversation.
26. Do what restores you — Ask: *“What leaves me more alive afterwards?”* Make time for that today.

DELIGHT

27. Watch a sunrise or sunset — Don't photograph it. Just watch.
28. Be a child again — Paddle, skim stones, fly a kite, play a game, have an ice cream — do something simply because it's fun.
29. Explore your own town — Go somewhere locally that visitors enjoy but you normally pass by.

30. Listen to creation — Find somewhere outdoors. Close your eyes for five minutes. How many different sounds can you hear?

31. Give some joy away — Buy someone a coffee, share something you've made, send an encouraging message or offer an unexpected kindness.

1st September

Make it holy — Look back over these days. Ask: Where did I feel most rested, most alive and most aware of God? Choose one practice to carry into September.

**Rest isn't escaping from life.
It is making room to receive life again.**

STOP · RECEIVE · RESTORE DELIGHT

“Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31

Try this spiritual rhythm underneath all four:

Morning: *Thank you for this day.*

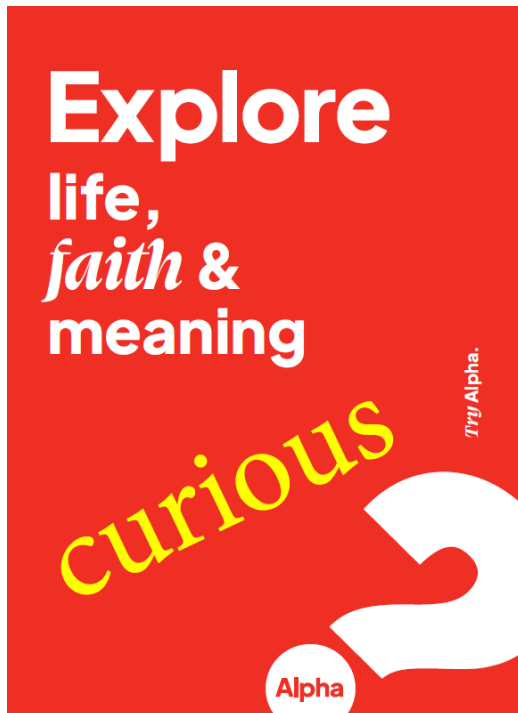
During the day: *Where did I notice God?*

Evening: *Thank you for...*



Who will *you* invite?

Try Alpha.



Starts Monday 21st September

6pm. Ramsgate Salvation Army