

WELCOME TO

AYLESBURY METHODIST CHURCH

Minister: Rev Richard Atkinson

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Sunday 15th October 2023

This Church is God's house.
God loves and welcomes you whoever you are, whatever your age, gender, mental health, physical ability, race, sexuality or financial situation. You are welcome here, whatever your circumstances; however much or little you wish to engage; whatever you feel about faith.

8.45am: Communion Service led by Mr Arthur Sara.

10.30am: Morning Worship led by Mr Peter Honeyball.

3.00pm: Baby Memorial Service led by Rev Richard Atkinson.

If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, this morning at 8.45am, are Frances Ayles, and at 10.30am, Gill Marks and Derek Adams.

Please join us in the Hall after the service for coffee or tea and a biscuit.

Hymns	8.45am: StF 343 94 596 10.30am: StF 24 30 662 248 345
Readings	8.45am: Philippians 4: 1-9 Matthew 22: 1-14 10.30am: Philippians 4: 1-9
Organist	8.45am: Derek Matthews 10.30am: David Brooker
Streaming	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.

The words of the hymns are projected at the front of the Church. If you would like to have a hymnbook for the service, please ask.



If your little ones (age 3 and under) become restless during services, you are welcome to take them into the creche room in the Welcome Area to play. The service can be heard from there.
All children MUST be accompanied.

Baby Memorial Service to mark Baby Loss Awareness Week

Bucks NHS Healthcare Trust invites you to the annual memorial service to remember all babies, **this afternoon**, here, from 3-4pm.

A big **THANKYOU** to all those who made cakes and those who supported our coffee mornings for Macmillan Cancer Support.

£204 was raised on the Wednesday, here in the coffee bar, and a further **£325** on the Saturday.

With gift aid, we have been able to donate **£592.75**, for which the charity will be extremely grateful. Chris Sara.

[And a huge THANKYOU to Chris for organising it all]



Thank you all for your generosity on Sunday 1st October when we held a retiring collection for the British Red Cross Emergencies Fund, towards their work after the earthquake in Morocco and the floods in Libya. We collected **£260**.

Tuesday 17th October, 2.30pm: TUESDAY FELLOWSHIP Members' Afternoon

Come along for a cup of tea or coffee, a biscuit and a chat!

ALL ARE WELCOME.

Please ring the bell for Room 4, to be met in the reception area.

For more information, contact Coral Soulsby: 01296 707298.



This year's **LINK TO HOPE SHOEBOX APPEAL** forms are now in the Welcome Space Coffee Bar.

The Shoebox Appeal is especially important this year as they strive to ensure that more boxes are delivered into Ukraine, as well as the other countries that they support. ***Boxes must***

be ready by Friday 3rd November and can either be given to me or left in the office. If anyone wishes to give a donation of money, I can then send it to Link to Hope, or I can fill a box on your behalf. Any single items from the list are also gratefully received. Shoeboxes are always given to convey love from a stranger to a stranger, and this year they will be sorely needed.

Please support this annual appeal. I have a few spare shoe boxes if anyone needs one but I've found that Clarks shoe shop are very helpful.

Many Thanks. Margaret Miskin

FAMILY NEWS: Next Saturday, in Oxford, one of our Church and Boys' Brigade members, Sam Wright, will be marrying Harriett Robson. Both Sam and Harriett also sang in our young people's choir under Andrew Kirk. As a Church, we send our love and congratulations to them both for a wonderful day and many happy years together.

As supporters of the Aylesbury Foodbank, we would like to offer you the opportunity to apply for free-of-charge tickets to a production of

A Christmas Carol (plus Carol singing with the choir)

St Mary's Church, Aylesbury

on Friday 1st December, 6.30pm - 7.15pm - so it is very family friendly!

It will be a lovely way to begin our Christmas celebrations.

A leaflet [on the noticeboards] has all the details, but please do not hesitate to contact me (Nick) for further information 0333 666 3366. The link for your free tickets is <https://www.ticketsource.co.uk/uttc/t-xmzkmnj>.

Free ticket-only entrance, but please bring a bag of food for the Foodbank.

OUR NEXT ORGAN CONCERT is fixed for Wednesday 15th May 2024, featuring a return visit of the outstanding Concert Organist DANIEL MOULT, reviewed as "*one of the finest organists of our time*".

This promises to be another splendid event and full details will be publicised next Spring. Meanwhile, please note this in your diaries!



CHURCH READINGS: November - December 2023

There are still some spaces to be filled (**19th Nov and all December**) on the sheet on the noticeboard, so if you are willing to join our rota for reading the lesson in Church, **please sign up** for the week you would like to read, with just your name (no contact details) and a steward will contact you during that week with the reading. If you have any questions, please speak to one of the stewards or Richard.

Aylesbury Foodbank. Currently the Foodbank are asking for donations of: **Chocolate, chopped tomatoes/pasta sauce, tinned fruit, longlife fruit juice, tinned fish, biscuits, table sauces, soup, tea & coffee.** *But ALL donations are welcome!*



Prayer Requests. If you have requests for people or situations to be included in the prayers, there is a Prayer Request folder in the display cabinet in the Welcome Space for you to write in, or you could let Richard know in advance.

Our Prayer Group also meets on alternate Tuesdays, 10.45-12noon, and are very happy to receive prayer requests. They would also welcome anyone who would like to join them.

Please email Ruby: rubydarku@hotmail.co.uk



DEREK TREKS BRITAIN [LEG 5] Continued.

Derek is raising funds for the Royal National Lifeboat Institution, Cancer Research UK and the British Heart Foundation. Having exceeded the original target of £1,000 each, the new target we have set, to keep the Old Boy motivated, is £10k, divided equally between the three charities.

Tuesday September 26th. Day 15.

A good start to the day, when Rich, a friend of Jon and Jax and his partner dropped Derek off near Clovelly. A picturesque hamlet, just one cobbled street, if about half a mile, with a steep drop of 45 degrees down to the Cove. No traffic, just a pub, shops and another RNLI station. This station was closed today; it opens for groups by prior arrangement.

The estate of Clovelly was originally owned by William the Conqueror, King of England, who gifted it to his wife. It then had many royal associations until 1242 when first acquired by the Giffard family.

Clovelly remained unknown to the outside world until the middle of the 19th century. It was partly as a result of Charles Kingsley's 'Westward Ho!' set in and around the village, that people started to arrive.

Derek continued along the cliffs, enjoying the splendid views across the bay. He managed to catch the last bus to Hartland (at 3pm!) This journey to Barnstable took 2 hours. The roads are quiet now, but every time the bus encountered oncoming traffic it had to pull right into the side, scraping into the shrubbery. Derek then caught the connection for Ilfracombe. The hour spent waiting for this passed quickly as he chatted away to Agnes, who is a care worker working in a care home. She leaves her Bideford home at 3pm to arrive at work in Ilfracombe for 7pm. That makes for a very long day.

When Derek arrived back, he was told that he had missed a long ship that had been anchored in the bay in the morning.

There had also been a little pilot ship going backwards and forwards to it, no doubt re- stocking its supplies.

Wednesday 27th September. Day 16.

Storm Agnes puts in an appearance; thankfully not as bad as predicted.

It was extremely windy, and wet, with a ferocious sea as Derek worked his way along the many coves to Appledore. Appledore is a charming fishing village where the River Taw and the River Torridge meet, before flowing into the Atlantic. Derek, naturally visited the Appledore RNLI station where he was made very welcome by Coxswain Martin and his Engineer colleague.



He then followed the river back to Barnstaple with its magnificent long, arched Bridge. It is a medieval bridge which links Tawstock with Barnstaple, spanning the Taw. As one of the largest medieval bridges in Britain it is a Grade 1 listed building and ancient monument.

On to the bus for Ilfracombe before Agnes gets any worse!

Thursday, 28th September. Day 17.

His lovely hosts, Jax and Jon, kindly dropped Derek off near Woolacombe, to do a bit of backstitching. They gave him some of their 'Cracking Nuts' again for his walk today. Made by them, they come in various flavours, and are both delicious and nourishing – perfect for hiking. They could even replace Greggs! Especially now, with Christmas coming, do check their website. Fully recommended by all the Adams/ Moon family.

Derek says that although very hilly this is one of the most pleasant stretches of coast so far. Rolling hills before him, behind him and over his right shoulder. Headland followed by pretty headland. Fierce booming waves kept him company all day today, and, together with the jagged rocks, have resulted in this stretch of coastline to contain the remains of so many shipwrecks.

Entering Ilfracombe from the south he encountered the impressive portico of the Bath House, which dates from 1838.

Recognising the modesty norms of the time, a team of Wesh miners started (in 1823) to carve tunnels through cliffs to allow access to 3 tidal bathing pools - 2 for ladies and one for gentlemen. The bath house itself offered the extra luxury of heated water. The bath house is now an hotel, but the splendid tunnels form one of Ilfracombe's many attractions.

A wonderful end to the day for the Old Boy; Jon and Jax had arranged a visit to RNLI Ilfracombe to witness their weekly training session. Quite a crowd gather each week to watch. The crews go out in daylight, returning in the dark to experience different conditions. This involves the launch of their Shannon, an amazing, water jet propelled craft, and their D Class in-shore boat. The perfect end to a very pleasant day.

Friday, September 29th. Day 18.

This morning, Derek bade farewell to the Webster Family at 7am, and with his pack-up, and Cracking Nuts, took the bus to Barnstaple, then an onward one to Lynton. Having previously walked Coombe Martin, he descended through woods into Lynton and down into Lynmouth, the scene of horrific floods in 1952, when 35 people lost their lives, and most people lost their homes. Lynton and Lynmouth are part of Exmoor National Park, and Derek reports seeing many Exmoor ponies today.

Derek got talking to brothers, Peter and Michael when in Lynton. Lovely chaps, he says, who have spent all their lives going on walks together. They live in Barnstaple and are currently following sections of the Lynton and Barnstaple railway, which Mr Google informs me is the last narrow-gauge railway in the UK, where passengers travel in Victorian carriages designed in the 1890's. It has been painstakingly put back together after even its track-bed had been sold off in lots!

Trains currently run from Woody Bay Station, Parracombe, Barnstaple to Killington Lane, a distance of only one mile, but the hope is that one day trains will run again from Barnstaple to Lynton.

Derek has had nothing but frustration with local buses (he is staying at Weston-super-Mare tonight), and today was no different.

He needed 3 more buses to take him to Breen, with anything from a one hour to a one and three-quarter hour wait between buses.

I will never complain about our service again - not that I ever have really, we are blessed in Bucks.

Eventually Derek was descending the North Hill into Minehead. This is the spot where the Exmoor Park reaches the sea.

Many South West Path walkers here, having walked from Poole along to Lands End, then up the north coast of Cornwall and on into Devon, through Ilfracombe and into Minehead, a total of 630 miles. Andy Hobkinson from RNLI Newquay completed this walk a few years ago.

Minehead is still showing signs of the flash floods that caused so much damage on September 17th. Butlins was badly hit and had to close for a while, but I believe it is up and running again now.

The lovely Mary from Minehead directed Derek to the right bus stop for him to be just in time to catch the bus to Weston-super-Mare, while it was still light - 7pm, exactly 12 hours from leaving Ilfracombe.

He always enjoys the views from Weston-super-Mare across to Steep Holme, a place of much historical interest - it's getting late - do have a Google yourselves please!

Derek reports that the flood barriers are up in Weston-super-Mare - hopefully in preparation for Storm Agnes, and not yet taken down - or do they know something that I don't know??

Saturday 30th September. Day 19.

Our intrepid wanderer set off from his stay in Weston-super-Mare this morning and headed North. He was soon at Worlebury Iron Age Hillfort.

The fort was defended by numerous walls, embankments and ditches around the site. Nearly one hundred storage pits of various sizes were cut into the bedrock, and many of these contained human remains, coins, and other artefacts. During the 19th and 20th centuries the fort suffered damage and was threatened with complete destruction on multiple occasions, but the site is now a designated Scheduled monument looked after by Natural England.

It was a clear day today and he enjoyed some lovely views from the fort. To the south he could see the Somerset and Devon coastline, out to sea were Steep Holme and Flat Holme (2 islands which have stuck in my brain from family holidays to Watchet and surrounding area, many moons ago), and across the water, the Welsh coast and Barry Island!

It was a nice walk with lots of crashing waves today. It was quite blustery, but he says that just kept him cool as he continued North to Portishead.

Portishead has an RNLI station, and he got there while it was still open and met Dave and Mark there. He says word is getting around the stations now as he's often greeted with, "You must be Derek!" (Or sometimes, "...that madman who is walking around the coast to all the lifeboat stations!").

He made it back to Weston-super-Mare just at the end of the Pride March that happened there today. There were floats and a bit of a party atmosphere, so he grabbed his obligatory Greggs snack, found a bench to sit and eat and soak in the atmosphere.

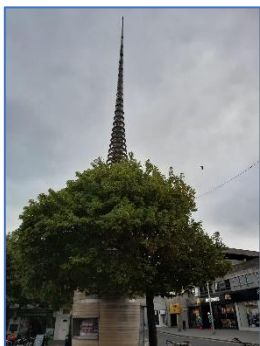
Sunday 1st October. Day 20.

Our wanderer reached the third country of his grand tour today! Combining walking, buses and train travel, he has travelled 'under' the River Severn today, and alighted at the Severn Tunnel Junction, the very platform onto which he stepped, and from which he was escorted to the Army Apprentice College at Beachley, back in the 1950s. That's a different tale to tell!

See photo of the Newport Transporter Bridge; Dad said he admired the bridge, while thinking of his friend, former staff sergeant Tidy, (Scruff), who was so friendly and informative, a year previously, at the transporter bridge in Middlesbrough.



More walking and a final bus into Cardiff, his base for the next few days, he noted industry and housing springing up everywhere, including a new type of electricity pylon, which he says are very futuristic. There has been a marathon on in Cardiff today, so the city was even busier than usual, and Dad found himself visiting three Travelodges in his quest to find the one he was booked into - which added to his rather low total of 16 miles walked today. (Low for him, that's six months-worth for me!)



No mention of a Greggs, but he was impressed with Five Guys chips for dinner! Tomorrow he will begin the 'back-stitching', to cover the bits of coast missed today.

Monday, October 2nd. Day 21.

Fairly constant drizzle reported today as Our Man set forth from his Travelodge accommodation, firstly by train to Gloucester, and then on to Lydney by bus to start today's walk. Two interesting facts about Lydney that he mentioned were:

1) The British Government commissioned and constructed a factory here, at Pine End Works Lydney in 1940.

Trees were imported here in WW2 to be made into plywood. This was used for the construction of panels for Mosquito fighter bombers and the Horsa assault gliders used in the D Day landings. The factory was known as a 'shadow

factory', meaning it was built in secrecy to keep manufacturing goods vital to the war effort when factories in more vulnerable areas had been destroyed.

2) Derek reports that a few feet up on the outer wall of Lydney Church, the locals have marked the height of the water level when the Great Bristol Flood, or Tsunami, occurred in late January 1606.

It was almost certainly the biggest natural disaster in Bristol's history. Probably more people died in the floods than of the Bubonic plague.

With South Wales on one side of the Bristol channel, and Somerset on the opposite side, the shape and formation of the British Isles here helps to create the second highest tidal rise in the world. Scary!

The boggy northern shore is evidence of this today.



As Derek dropped down the steep hill to cross the River Wye, from England into Wales via the beautiful white wrought iron bridge, he passed the childhood home of JK Rowling. This also marks the finishing point of the Offa's Dyke Walk, separating England from Wales

On the Welsh side is the delightful little town of Chepstow. It is dominated by its Edward 1st

Castle atop of a 300ft cliff, and carved by the River Wye. Yet another town liberated by Brunel's rail, he informs me.

Derek spotted a Greggs in Chepstow, but it offered no inside seating, and as it was a wet day, he opted instead to give his custom to a very nice independent cafe we had all visited on a family holiday, only a year or so ago. It is aptly named 'The Ugly Mug Café'.

Tuesday 3rd October. Day 22.

Still based at Travelodge in Cardiff, the Old Fella got up early to wander around the buildings of Cardiff Bay, which he was very impressed with. He mentioned the Wales Millennium Centre, Roald Dahl Plas, and even remembered that I had seen the Manic Street Preachers at the Millennium Stadium - although his amazement that I could tell him that was 23 years, 9 months and 4 days ago, suggests that he had forgotten I was there 'for' the turn of the millennium! Apparently the Manics opened the local library too - which I have just looked up and found that it is emblazoned with the words "Libraries gave us power", a line from their song 'A Design for Life'. Worth a listen!

A quick trip round the Senedd Cymru (Welsh Parliament) building, thanks to security man Darren. Another amazing place, it seems!



Roald Dahl was born in Cardiff and lived here as a child (before moving near us in leafy Bucks, and before his opinions came under scrutiny - the less said about that the better). There is a wooden Norwegian church near the bay - not sure if that has links to Roald (Norwegian parents) or to the Beatles song. Probably neither!

Dad walked the long way round (I believe my scruffy handwritten notes say!) so that he could cross the barrage - reminiscent of Orkney, except this one was built not to keep submarines out, but to keep water in. As the tide rises, the bay fills up; they close the (gates?) and then release the water through turbines which generate electricity. Genius. More of this please, Mr Sunak!

From here, up and over steep hills to Penarth, which boasts wonderful views towards Somerset, and being somewhat cut off by aforementioned hills, has retained a real one world charm, "an old-fashioned seaside town - in a good way"! The promenade is particularly lovely, I'm assured.

A visit to the Penarth RNLI station, meeting the nice staff and picking up the by now customary badge. From there, a walk along the coast, seeing more WW2 fortifications, including a searchlight post from which a light was shone out and swept across the sea to keep an eye out for signs of 'sealions' (Operation Sea Lion was the Nazi's plan to invade Britain). The light overlooks the eastern end of Barry Island.



He had a good look around Barry, until heavy rain forced him into a cafe, where he spent about an hour chatting with new friend Rhianna (I hope I have spelled that correctly, I went closer to Fleetwood Mac than Ms Barbadian Umbrella), who was previously a tutor at Northampton college!

Wednesday 4th October. Day 23. The last day of Leg 5.

Derek made an early start today, a day with some sun, but mainly wind and drizzle, which reduced his photo opportunities.

Starting off from Barry, he continued along the undulating Welsh coastal pathway. This is very well signposted, and mirrored across the today, turbulent Bristol Channel by the whale-backed hills of Somerset. These are so

familiar to him now, as he has walked along them over the past week, going in the opposite direction.

He was entertained along this part of his walk by squirrels running around, no doubt in search of nuts for their winter store, and a large number of butterflies of different varieties. Sounds like a scene from an early Disney film!

Watching the squirrels, Derek's thoughts wandered back to yesterday's visit to Penarth RNLI Station, where evidence of earlier occupation can be found. At low tide, almost outside the Station, dinosaur footprints can be seen, made 200 million years ago. So, for the pedants amongst us, the late Triassic mudstone, forming the host rock. It makes his almost 71 years of "trundling along" - his words- look insignificant.

This area is also the location for white and pink gypsum (alabaster) which has been used in buildings since the 17th Century.

By early afternoon he had reached St Donats, the location of The Atlantic World College.

This brought back many happy memories of his time as Youth Leader at the Harrow Club in Notting Hill, when links were forged with the Atlantic College. Many happy times were spent there with some of the kids from Notting Hill who were able to enjoy outdoor pursuits, not otherwise available to them. Mixing with the students there, some of whom would then come to stay at the Harrow Club, and similarly experience an aspect of life new to them. (Notting Hill in 70s/80s being quite unlike today).

Derek had the pleasure of meeting Robin Jenkins, son of Colin, who had been the Principal at this time.

The now famous 'rhibs' were being developed at St Donat's in the 80s, and Colin informed Derek that lifeboats continue to be built there, with the focus being on supplying these superb craft around the world, to provide a life-saving service, similar to that we are privileged to have with our RNLI.

A few more miles of coastline, making a total today of 12 miles walked, took him into Ogmore by Sea, and the Great sweep of Trecco Bay, the end point of Leg 5, and the start point of Leg 6. Dates to be announced in 2024.

To date, Our Hero has walked 2,022 miles, and visited 115 RNLI Stations.

He has met with many wonderful people along the way.

A big thank you to all his supporters.

If you wish to donate to any of the charities, you can find them on this link: www.justgiving.com/team/derektreksbritain and the opening paragraph will guide you to your chosen charity. You can follow Derek's journey on facebook.



GOOD NEWS' FROM AROUND THE CIRCUIT

NORTH MARSTON

Dear All,

Last Sunday, 8 October, North Marston was the focus for our Circuit Prayers. David highlights some of the



problems and joys of being responsible for church buildings today, with the constant tension between maintaining the fabric of a building whilst reaching out to those it (and we) serves. We must remember that worship does not just happen, it needs to be prayerfully, lovingly and reverently approached and is a major part of our offering to God. In the midst of the busyness of 'Church', David so rightly reminds us that our main focus is first and foremost on broadcasting the 'Good News' so all may hear and know the love of God. Please pray for the work and the workers at North Marston. Pete.

We are enjoying a number of different types of Service here at North Marston and I hope you will pray for the team who lead the services. They include Petra, our Vicar, and Janet, our second Minister. Also, Mark, who is training to be a Minister, and Peter, Richard and David. Several young families are beginning to take an interest and we are involving them as much as we can.

Unfortunately, we are much taken up with funding for big cracks in our porch and danger to stained glass windows. We have a good team of workers, however, and I am sure we shall overcome.

We have to remember that the gospel is more important than bricks and mortar! Much love to all who pray for us. David.

PRINCES RISBOROUGH

Dear All,

This Sunday, 15 October, it is the turn of Princes Risborough to be the focus of our Circuit Prayers. We sometimes hear it said that people using the church midweek are 'All right, but we must get them to come on a Sunday!' We join Vic this week, who has come up



with a novel way to show how important our outreach as a church into the local community is, and that getting people into church on a Sunday is not the only, or indeed the main aim of the Methodist Church. We are tasked with

taking the gospel out to where the people are, and as Vic plainly shows, we have all the resources and opportunities to do just that. Please think about what Vic says and consider where your role fits into Vic's ideas. Pete.

Princes Risborough Methodist Church has a membership of about 37. It is interesting that 37 members have so many contacts outside the church, through organisations to which they belong. Findings based on a survey in Aug 2023. The results:

	<u>Clubs and Groups</u>		<u>Keep Fit Groups</u>		<u>Professional Groups</u>
1	Golf	17	Gym Club	29	Teachers
2	Bridge	18	Swimming Club	30	Armed Forces
3	Bowls	19	Yoga		Work colleagues
4	Tennis	20	Zumba	31	Retired Staff associations
5	Table tennis				
6	Badminton				
7	Swimming				
	<u>Various Charities</u>		<u>Community Groups</u>		<u>Local Church Groups</u>
8	Animal Charity	21	PR Residents Assoc.	32	Sewing and Knitting Group
9	S Bucks Ambulance	22	U3A	33	Barnabus Group
10	Rennie Grove	23	Guides and Scouts	34	St Dunstan's Fellowship
11	PR Good Neighbours	24	Book Club	35	Lighthouse
12	Princes Trust	25	Garden Club at Residential Home	36	Churches Together in Princes
13	ESOL(English for speakers of other languages)	26	PTA in local school	37	Risborough
14	One Can Trust	27	Longwick Old Gents (LOGS)	38	<u>At PRMC</u>
15	Whitechapel Mission	28	Music and Choral Societies	39	WOW: Ways of Worship Group
16	Kop Hill Climb			40	Tuesday Fellowship
	National Churches Trust			41	Tabletop games
					PRMC Singing Group

A church with 37 members has contact with at least 41 organisations or groups. Whichever group to which we belong, we have ready-made contacts. It is not a question of having to 'break into' an organisation; we are already there.

Not only is this information interesting, but it provides a very powerful tool on which to base 'The Commission' that we go into all the world and preach the Gospel. This in no way suggests that we become preachers, but it does mean that we have a very firm contact list of people we could at some stage, and when appropriate, invite to share our faith, or an invitation to share in any activities of the church. Vic.

Exclusion by any other name

The small boy stood alone, hugging himself.
Trying to hold back the tears.
What had he done wrong?
Yesterday they were all his friends,
But now they pushed him aside.
He was only 7 and just wanted
School to end quickly, so
that he could feel the comfort
of his mother's arms.
He had just been unchosen

The teenage girl was staring at her phone.
Trying to stop her trembling hands
from dropping it onto the floor.
What were all these hateful words doing,
scrolling across her phone!
These messages telling her that
She was "ugly" and should "kill herself".
Her friends were laughing at her,
Letting her know that she was no longer
Invited to be in their Friendship Circle.
She had been Ostracised.

As the young man's hot tears fell,
His black mascara ran down his face
Like two rivers of death.
That was how he felt, like he had just died.
He finally plucked up courage to tell his parents
That he was gay and had a boyfriend.
He thought that they would be happy for him.
But his father just swore at him then left the room.
His mother slapped his face, and then
told him to leave and never come back again.
He had been permanently Banished

The old couple sat close together looking at the tablets.

They had decided long ago,
that if they reached this point in time
this is what they would do.

They hugged each other tightly
in fear of what the future would be.
They had no children or any relatives
and could no longer afford to live.

'Heat or Eat' was the new slogan.

No-one cared anymore.
Society had rejected them.

Many things cause change in our lives.

Not everything runs smoothly.

Wars are started this way and
can continue for many years.

Religion can be beautiful but
also very hateful and cruel.

Governmental policies can cause
homelessness and terrible poverty.

Mobile phones are great for keeping in touch.

Until, when used to convey hate,
They can become a powerful weapon.

To be Excluded is to be pushed away
from normality and the comfort of
your everyday life.

Anything can be the reason for it.
Just ask some-one with Ginger Hair!

P.s. Jesus was excluded before He was even born.

When Mary and Joseph were turned
away from the Inn.

2023 © Babs

Next Week

Mon	16 Oct	6.15pm 7.30 - 9.00pm	Girls' Brigade AMC FOOD BANK
Tues	17 Oct	10.45am 2.30pm 6.00pm	Prayer Group Tuesday Fellowship Boys' Brigade
Thurs	19 Oct	10.00am	Sunbeams Baby & Toddler Group
Frid	20 Oct	2.30pm	Social Badminton Club

Sunday 22nd October 2023

10.30am: Morning Worship led by Mr John Shaw.

The designated fire officers are the Duty Stewards
First Aid boxes are located in each of the kitchens
Fire doors are not to be wedged open, except those fitted with Dorgard (Please ensure other doors close behind you after passing through)
Duty Manager (Roger Kirk: 01296 415312. Mobile: 07484 392734)



'Derek the Cleric'