



JULY & AUGUST
2026

South & East Leicestershire Area United Reformed Churches



**SAFFRON LANE, WIGSTON MAGNA, SOUTH WIGSTON,
WHETSTONE, ABBOTS ROAD**

<http://selaurc.org.uk>

Contact us:**Revd Martin Ferris****0116 2419357**

Area Minister

Mrs Eileen Williams**0116 2478929**

Local Church Leader

South Wigston

Di Statham

Secretary

0116 2962847

di.statham@btinternet.com

Noel Oldershaw

Treasurer

0116 2813398

Marion Bartholomew

Magazine

0116 2717755

Wigston Magna

Eileen Williams

Secretary

0116 2478929

Clare Allen

Treasurer

Ray Green

Room Lettings

0116 2887774 /

07518 214144

Church Office answerphone

0116 2882666

Saffron Lane

Sandra Clay

Secretary/Finance/Magazine

0116 2835375

Elizabeth Richardson

Treasurer

0116 2993176

Whetstone

Shirley Eastman

Secretary

0116 3484121

Glenis Chapman

Treasurer

Jean Warner

Room Lettings

0116 2752405

Kevin West

Magazine

0116 2779402

Abbots Road

Paul Hadley

Secretary

07948 802031

Charlotte Ferris

Treasurer

Martin's Message

Dear Friends

As we enter the months of July and August, many of us begin to welcome a slightly different rhythm of life. Schools break up, holidays are planned, suitcases appear from lofts and cupboards. Summer can offer us something we rarely allow ourselves during the rest of the year, room to breathe.



Life today often feels relentless. Diaries fill quickly, phones never seem to stop and even moments of rest can become crowded with noise and distraction. Yet throughout scripture we find a God who invites people not to work and serve, but also to pause, rest and renew themselves.

In Mark's Gospel, Jesus says to his disciples *"Come away to a deserted place all by yourselves and rest a while."* Mark 6:31

Those words feel especially important to me this year as I prepare for my upcoming sabbatical. I am very grateful for the encouragement and support of the church as I enter this period of reflection, prayer, study of renewal and discernment. A sabbatical is not simply time away, but time intentionally given to listening again for God's voice and rediscovering the deeper rhythms of faith.

Perhaps summer offers something similar to all of us.

Whether you are travelling abroad, enjoying days out in this country, visiting family, or simply sitting quietly in the garden with a cup of tea, these moments can become holy spaces if we allow them to. God is often found not only in grand events or busy activity, but also in stillness, conversation, laughter, beauty and rest.

The Psalmist writes: *"Be still, and know that I am God."* Psalm 46:10

Stillness does not come easily to many of us. Yet breathing space matters spiritually as much as physically. Gardens need rain and sunshine. Fields need seasons of growth and recovery. Even Jesus withdrew regularly from crowds in order to pray and rest.

The poet Mary Oliver, in her collection *House of Light*, once asked: *"Tell me, what is it you plan to do with your one wild and precious life?"*

Summer sometimes gives us the opportunity to ask deeper questions about how we are living, what sustains us and where God may be leading us next.

So wherever these summer weeks take you, to the seaside, the countryside, or simply your own back garden, may you discover moments of peace and renewal. May you find room to breathe, room to pray, room to notice God's presence anew.

And may the God who journeys with us in every season bless you with rest, joy and hope this summer.

Shalom

Martin

*** Revd Martin Ferris will be on his sabbatical from 1 August to 31 October 2026 ***

Ministers Sabbatical

As I begin my Sabbatical from August until the end of October, I will be taking time away from my ministerial duties and **will not** be contactable during this period.

Should any urgent pastoral or church related matters arise, **please contact your respective Church Secretary in the first instance**. If there is a matter that requires my attention or of which I need to be made aware, I would ask that the Church Secretary liaise with Di, our Area Secretary, who will contact me as appropriate.

As part of my Sabbatical, I will not be regularly accessing emails.

Thank you for your understanding and cooperation during this time.

With every blessing

Martin



SUNDAY SERVICE TIMES

Whetstone URC	10.00 am
South Wigston URC	10.30 am
Wigston Magna	10.30 am
Saffron Lane	11.00 am
Abbots Road	10.45 am

Please check with the relevant Church Secretaries to confirm when services are taking place at any of the Area Churches.

DEADLINE FOR SEPTEMBER 26 MAGAZINE

Sunday 17 August 2026

Send your items to your church representative or direct to
di.statham@btinternet.com

**If you do not have a computer a hand written copy can be accepted.
Contact Di Statham 0116 296 2847 for information**

Revd Richard Eastman
By Kevin West (Whetstone URC)

It is with huge sadness that we've had to say goodbye to Richard: our minister, our guide, our friend. We think of and pray for Shirley and the family as they come to terms with the loss of someone whose presence was so huge that their world must now seem so much more empty.

We give thanks for all that Richard has done for all of the South Leicestershire Group churches and as his time as Area Minister and more recently his continued worship leading and work within the area churches, also working with Eyres Monsell Baptist Church and South Wigston Congregational Church.

Even after retiring from his role as Area Minister, he has continued to support all of the churches. Accompanied by Shirley, he has attended events across the area churches, determined to be present and support as many events and people as possible: such was his nature.

His support in recent years to Whetstone has been incredible. He and Shirley have worked tirelessly to support the pre-existing work of the church but also to nudge the church forward in so many different ways, supporting the growth and evolution of our Church.

One of the biggest successes at Whetstone in recent years has been the Thursday Community Coffee mornings: a chance for all to come to chat, to laugh, to talk, to cry and to find friendship and fellowship. Richard has played an integral part of that by always being on hand to offer spiritual guidance and also provide support with contacting authorities and filling in forms and just generally being available to assist in any way possible. He will be sorely missed.

Cont.....

Richard also launched a new initiative: A2 S2, which those who have attended have thoroughly enjoyed and really gained an insight into Christianity through the program which Richard devised and delivered.

When somebody dies it is difficult to know what to say to those who were closest but we hope that Shirley and the family know that we also feel the loss of Richard but most importantly, that we are all here to help and support her and the family in any way possible.

When someone passes it is often the case that we question our faith. We wonder why that person was taken at the time, invariably far too soon and yet, our faith as Christians, requires us to accept death as a transition from the worldly to something much bigger, much greater.

We might think negatively: why Richard? Why now? But maybe we could consider the possibility that God has called Richard home now as a reward for his faithful service?

We might acknowledge that it is all part of God's plan but that offers little comfort to the grieving. It is often said that the price of love is grief.

At a Coffee Morning a few months ago, Richard asked a group of us how we imagined heaven. Some said peace and tranquillity, others said rolling countryside or crystal clear waters, lapping lazily on pristine white sands. Richard? His vision of Heaven was a great big party where we are transformed in to our earthy selves when we were in our prime. "Even Mr. Statham might have hair," he joked.

When it comes to death, the Victorians had a way with words that were both pragmatic but also hopeful and comforting.

Cont.....

In Charles Dickens' "A Christmas Carol", Bob Cratchit, following the passing of Tiny Tim, gives assurance to his family thus: "However and whenever we part, I am sure that none of us shall forget this parting between us but become closer because of it."

On a personal note, I feel incredibly privileged to have known Richard; to have been ministered to by him, to have been supported by him and to have had him as a friend. I shall miss him very much.

So, as Richard is up there, partying away, may we give thanksgiving for a very special man, who has touched so many lives. May God's love surround Shirley and all the family at this sad and difficult time.

I turn, once again, to the Victorians for the final words. There is a grave in St. Peter's churchyard that describes the passing of a loved one as "exchanging life for eternity."

Richard may have left this life but he has moved on to life everlasting.

God bless you, Richard. Amen.



Worship Leaders for July 26

Saffron Lane	5	Ray Green
	12	Revd Martin Ferris - Communion
	19	Sandra Clay
	26	Eileen Williams
South Wigston	5	David Todd - Café Style Service
	12	Revd Les Gill (to be confirmed)
	19	Revd David Howlett
	26	Marion Bartholomew
Wigston Magna	5	Eileen Williams
	12	David Coxhead
	19	Julie Slatford - Communion
	26	Revd Alison Termie
Whetstone	5	Revd Martin Ferris - Communion
	12	Eileen Williams
	19	Songs of Praise
	26	David Todd
Abbots Road	5	Revd Pam Smith - Communion
	12	Elders
	19	Revd Jacquie Gavin
	26	Revd Martin Ferris

Worship Leaders for August 26

Saffron Lane	2	Geoff Milnes
	9	Julie Slatford
	16	Revd Les Gill (to be confirmed)
	23	Andrew Davies
	30	Revd David Howlett
South Wigston	2	Noel Oldershaw - Café Style Service
	9	David Miller
	16	Revd Pam Smith
	23	Revd David Howlett
	30	Di Statham
Wigston Magna	2	Worship Group
	9	Ray Green
	16	Eileen Williams - Communion
	23	Revd Les Gill
	30	Revd Alison Termie
Whetstone	2	Revd Les Gill - Communion
	9	David Todd
	16	Revd David Howlett
	23	Revd Ivor Smith
	30	Kevin West
Abbots Road	2	Revd Pam Smith
	9	Eileen Williams
	16	Derek Graham
	23	Revd Jacquie Gavin
	30	Mr Paul Hadley

Regular Church Events

Whetstone URC	Community Coffee Morning Thursday 10.00 to 12.00
Saffron Lane URC	Weekly 3T's (Tea, Toast & Talk) Thursday 10.00 to 12.00
Wigston Magna	Community Cinema Alternate Months from February - 1.30 pm Sit Sip and Social 2 nd Wednesday of each month 2pm - 4 pm Coffee Morning Every Saturday 10.00 am to 12.00 pm
South Wigston	Drop In with coffee / tea. 4 th Wednesday of each month (Not JULY & AUGUST) Coffee Morning 2 nd Saturday of each month
Abbots Road	Lunchbox every Tuesday from 12.30pm - 3 course meal £5.00 Quiz Thursday evenings from 7.15pm (on Zoom) Thursday Stay and Play and Little Borrowers toy library. For children aged 0-4 years old and their parents/carers 10.00 to 11.30 £1.50 per family Saturday Coffee Morning including a raffle, on Zoom from 10.30am. Raising funds for our chosen charity - Rainbows Children's Hospice

Bible Bytes

Wednesday 1 July 2026

&

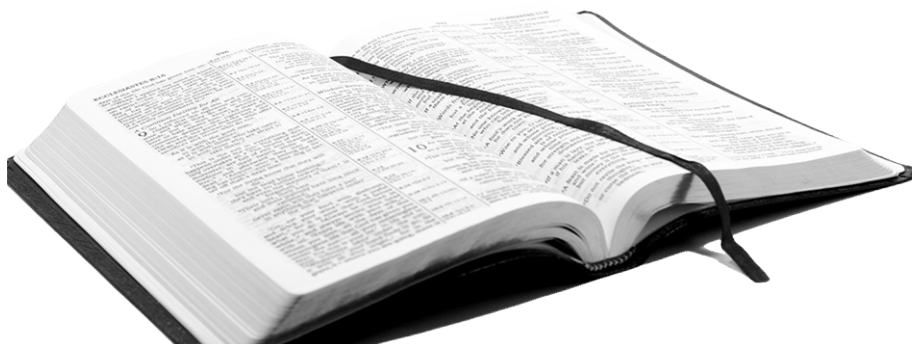
Wednesday 5 August 2026

10.30 am

Saffron Lane URC

Come and enjoy a light and friendly discussion
No Need to be a " Bible Expert"

EVERYBODY welcome



Community Cinema

Monday 10th August 2026

The Phantom of the Opera

Doors Open 1.30 pm

Film Starts - 2.00 pm

Free Tea and Coffee

plus

Movie Snacks £1 per item

(Hot Dogs / Ice Creams / Popcorn /
Sweets / Nuts / Crisps)

Entry FREE – (Donations Welcome)

July Birthdays

- 5th - Ian Coutts
- 17th - Yvonne Callis
- 25th - Terry Hewes
- 29th - Susan Markham

August Birthdays

No Birthdays





LEICESTERSHIRE FESTIVAL OF ARCHAEOLOGY



**THE PARISH OF ALL SAINTS,
WIGSTON AND GREATER WIGSTON
HISTORICAL SOCIETY**

AN ILLUSTRATED TALK

**THE HABERDASHERS COMPANY AND ITS LINKS TO THE
PARISH OF ALL SAINTS WIGSTON MAGNA**

By DAVID BARTLE

**LIVERYMAN AND FORMER ARCHIVIST OF THE
HABERDASHERS COMPANY**

**At LITTLE HILL PRIMARY SCHOOL, LAUNCESTON ROAD,
WIGSTON, LE18 2GZ**

Free on site parking

On MONDAY 13 JULY AT 2.00pm

£5 per person (accompanied under 16's free)

Booking advisable by email to cftowell@aol.com

or on 07813 782899. Pay on the door.

**Net proceeds to the church, GWHS and
Leicestershire and O&W Fieldworkers**

RECIPE: JULY - COLESLAW Serves 6 - 8

1 large white cabbage
1 teaspoon lemon juice
2 - 3 carrots
2 - 4 tablespoons mayonnaise
1 small onion
Salt & pepper

- 1 Finely grate, or finely chop, the cabbage and carrots.
- 2 Chop the onion as finely as possible.
- 3 Combine the lemon juice and mayonnaise.
- 4 Mix all the ingredients together until well blended.
- 5 Season with salt and pepper.

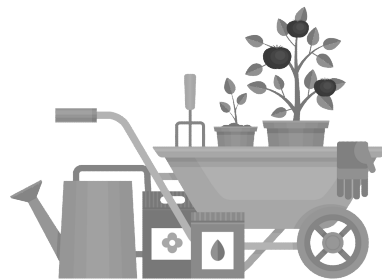
If desired, add EITHER crushed pineapple, OR diced cheddar, and mix well.

Chill before serving.



GARDENING NOTES: JULY

- 1 Prune forsythia and other early-flowering shrubs.
- 2 Deadhead roses as they start to fade.
- 3 Remove side shoots from bamboos.
- 4 Sprinkle some general granular fertilizer around asters and other late-flowering perennials, to ensure a good display.
- 5 Keep camellias, rhododendrons and magnolias well-watered.
- 6 Remove flowers from herbs, to ensure they continue to produce more leaves.



DIARY: JULY

- 1st "Bible Bytes" Saffron Lane URC 10.30 am - 11.30am. All welcome.
- 8th South Wigston URC Elders' meeting 10.00 am, followed by Church meeting 10.30 am.
- 15th "Prayer for South Wigston" with the Hope Church
7.30 - 9.00 pm Menphys Hub, Bassett Street, ALL Welcome

THOUGHT FOR THE MONTH.

Mistakes are painful when they happen.

But years later, a collection of mistakes is called experience,
which leads to success.

Denis Waitley.

South Wigston News

JULY PRAYER LIST

Please pray for:

- 31 All who are ill and undergoing treatment in hospital.
- 2 Those who will be away on holiday this month, that they return refreshed and revitalised.
- 3 All who are attending the URC General Assembly this week-end.
- 4 Families who cannot afford a holiday.
- 5 All who preach the Word of God in our churches today.
- 6 Prisoners, and all those who are involved in prison work.
- 7 The homeless.
- 8 All who live in war torn countries, living with fear every day of their lives.
- 9 World leaders, that they may all work together for peace.
- 10 Children and students beginning their summer holiday, that they may remain safe.
- 11 The bereaved.
- 12 All those worshipping in our group of churches today.
- 13 All who work to keep our emergency services running.
- 14 All who are sick, especially those in our churches who we know and love.
- 15 Doctors, nurses and all who work in our hospitals.
- 16 Our King and the Royal Family.
- 17 Children who have an unhappy home life.
- 18 All who work for, and within, the Community of Grace.
- 19 Our friends attending the other churches in our localities.
- 20 The unemployed, especially those who are young and seeking work for the first time.
- 21 Lifeguards in this busy holiday season.
- 22 Our Government that they make wise decisions.
- 23 All who are hungry.
- 24 Expectant mums - and dads.
- 25 Those who are victims of violence and crime.
- 26 All who cannot attend their church today because of age or infirmity.
- 27 Families in conflict with each other.
- 28 Give thanks for all that is good in our lives.
- 29 All refugees.
- 30 All who are lonely and depressed.
- 31 Give thanks for the beauty of our summer countryside.

RECIPE; AUGUST - POTATO SALAD Serves 3 - 4

- 1 lb new potatoes
- 1 Spanish onion, chopped, OR 3 Spring onions, chopped
- 1 hard boiled egg, chopped
- 1 small green pepper, chopped
- 1 teaspoon lemon juice
- 1 carrot, grated
- Salt & pepper
- 2 - 3 tablespoons mayonnaise

- 1 Cook the potatoes, with the skins still on, until just tender.
- 2 Cool slightly, peel, then slice or dice.
- 3 Sprinkle with lemon juice, salt and pepper.
- 4 Add the chopped vegetables and egg to the potatoes and toss well.
- 5 Add the mayonnaise, and toss again to blend.

Chill before serving.



GARDENING NOTES: AUGUST

- 1 Prevent top-heavy dahlias from toppling, by securing them with stout cane.
- 2 Trim evergreen hedges.
- 3 Prune lavender as flowers fade.
- 4 Sow parsley seeds.
- 5 Preserve herbs by drying and freezing.
- 6 Top up bird baths regularly during hot weather.



DIARY - AUGUST

- 5th "Bible Bytes" Saffron Lane Church 10.30 am - 11.30 am.
All welcome.
- 12th Elders' Meeting 10.00 am.

THOUGHT FOR THE MONTH.

The world today doesn't make sense,
so why should I paint pictures that do?

Pablo Picasso.

South Wigston News

AUGUST PRAYER LIST

Please pray for:

- 1 All who are going through hospital treatment.
- 2 All those worshipping in our churches today.
- 3 All who are travelling on this Bank Holiday, that they may remain safe.
- 4 Peace in countries where there is conflict.
- 5 Those attending our "Bible Bytes" session today, and Eileen as she leads it.
- 6 All who need to attend the Food Banks, and the volunteers who serve them.
- 7 Those struggling to pay their bills.
- 8 All who are helping at, or attending, our various coffee mornings today.
- 9 Those who are preaching the Word of God in our churches today.
- 10 Those addicted to alcohol or drugs.
- 11 The bereaved, mourning the loss of a loved one.
- 12 Those who work for the Bible Society and the work it does.
- 13 All those suffering from Alzheimer's, and those who care for them.
- 14 Those living in countries where there is constant drought.
- 15 Young people awaiting important exam results, so they can decide the way ahead.
- 16 Our friends in the other churches in our localities.
- 17 Those affected by natural disasters.
- 18 All who suffer from physical or mental illness, & those who care for them.
- 19 Those who work to keep our streets clean.
- 20 Newborn babies and their parents.
- 21 Those who feel overwhelmed by life's problems.
- 22 Refugees and Asylum Seekers
- 23 All who are reading the Word of God in our churches today.
- 24 All who are starving.
- 25 Farmers beginning to harvest after experiencing extreme weather conditions.
- 26 Those working in medical research.
- 27 Those who are awaiting, or recovering from surgery.
- 28 All who are going through the pain of divorce.
- 29 The Church world-wide, that we may be as one.
- 30 That we may all be witnesses to God's love in our communities.
- 31 Peace in our beautiful world.

Saffron Lane News

Preachers and Readers list for July – August 2026

Date	OT	NT	Ser	Col	Preacher	
Jul 5 th	36	6	3	13	R Green	Communion
Jul 12 th	7	8	7	13	M Ferris	Communion
Jul 19 th	12	36	3	13	S Clay	Communion
Jul 26 th	9	3	#	13	E Williams	Family Service Business Meeting 10.30
Aug 2 nd	5	14	5	13	G Milnes	Communion
Aug 9 th	6	36	3	13	J Slatford	Communion
Aug 16 th	8	7	8	13	L Gill	Communion
Aug 23 rd	12	30	#	13	A Davies	Family Service
Aug 30 th	3	9	#	13	D Howlett	5 th Sunday

3.Kath T	8. Brian S	12 Elizabeth R	36 Dec B
5.Sue B	9. Terri D	13.Darren C	# No server

July Birthdays

None

August Birthdays

13th Terri Derbyshire

27th Kath Thorpe



Saffron Lane News

Pat from Saffron Lane has been to a Church and been given this saying on a small card.

The Irish Blessing

May the roads rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields
And until we meet again,
May God hold you in the hollow,
Of his hand.

Thank you

A big thank you to Sue and Samuel for all their hard work on clearing the weeds around the carpark. It is such a big space and as soon as you clear it the wind whips around with all the passing rubbish

Things on in July at Saffron Lane

July 1st Bible Bytes at 10.30

July 7th Strategy and Ministry 10.30 Saffron Lane

July 26th Church Business meeting after 10.30 start service

July 29th Elder's at Pats 10.00

Saffron Lane members and friends wish to pass on to Shirley Eastman and family their deepest Condolences at the very sad loss of a beloved husband Richard. A loving father and grandfather to their two children and their families. He will be sadly missed by us all.

Whetstone News

**Well, the weather outside was frightful,
but the music was so delightful!**

We had a good sing and so

T'was a wonderful morning, you know!"

Thanks to those who supported our sing-along hymns coffee morning on Saturday 6th June. We were few in number but still enjoyed a chance to listen to the organ music and sing our favourite hymns. We sang a lot of hymns that have sadly fallen out of fashion, including: "Stand up, stand up for Jesus", "Onward Christian soldiers", "Who would true valour see" and "Will your anchor hold". We ended with a rousing version of "Jerusalem". Special thanks to Principal Organist Bernard and Assistant Organist Kevin for playing all morning for us. The money raised will go towards our organ restoration fund.

Forthcoming Events

On **Saturday 4th July**, you are all invited to the home of Pam and Jon Brookes: 82, Enderby Road from 10am til 12noon. There will be various stalls and refreshments. This is always a very popular event, so please do join us if you are able.

On **Thursday 30th July**, following our Community Coffee Morning, we will be holding our annual "Seaside-special lunch". As usual, it will consist of a cone of chips with fish bites or chicken dippers, served with mushy peas or curry sauce, followed by a cornetto-style ice cream.

Please add your name to list at the rear of the church, or let Kevin know, if you wish to join us, so that we can cater for the right number of people. The cost, as in previous years, remains at £5. All welcome!

On **Wednesday 19th August**, we will be having a "Variety Evening" at 7pm. This will be a fun evening of music, sketches and monologues. It will be followed by cheese and biscuits and tea and coffee. Please come along!

Abbots Road News

A Joyful Family Baptism Celebration

On Sunday 7th June, Abbot's Road was filled with joy as four children from the same family were baptised: Harley, Skye, Samson, and Alivia.

Family, friends and members of the fellowship gathered to celebrate this special occasion, beginning with the eldest, Harley, followed by Skye and Samson, before welcoming the youngest, Alivia, into the Church family through baptism.

It was a wonderful service of thanksgiving and celebration, marked by love, support and a strong sense of community. We give thanks for Harley, Skye, Samson and Alivia and pray that they will know God's blessing and guidance throughout their lives.



Abbots Road News



Abbots Road News

Please Pray For:

A lasting cease fire between America and Iran; Israel and Hezbollah.

Peace between Russia and Ukraine.

Those who live in countries where their crops are failing and they struggle to feed their families.

Places where people don't have access to clean water.

For victims of violence.

For victims of abuse

For the 3 year- old boy who was thrown into the crocodile enclosure at the zoo.

For his family and for those who are caring for him at hospital. For the young man who pushed him into the enclosure who has learning disabilities.

For the drivers, passengers and on-board train staff seriously injured in the passenger train collision near Bedford and for their families.

For the family of the police officer set on fire during a riot in Wales.

For those living with mental illness

For those who are not safe in their homes because of domestic violence.

For the ministry of Rainbow's Hospice, for the children in their care and for their families.

For the mission of each church in SELA.

For patience and co-operation as the recommendations of the Review are put into place.

For our Ministry team Martin and Eileen.

For Martin and Charlotte as Martin begins his sabbatical at the beginning of August.

For all those who are ill, going through a difficult time, or grieving the loss of a loved one.

We particularly pray for Shirley, Stephen, David and all of the family as they mourn the loss of Richard.

Dorothy and Brian

June and Andrew

Anne and John

Alison as she is still recovering from her eye operations and falls. For Paul as he cares for her.

Hazel's family and friends who are mourning her loss.

Gill's family

Roy

Kris

Laura and Jack as they get married in July

Lisa and Kev

HOLIDAY AT HOME

This year Holiday at Home begins on Monday 17th August.

There will be the usual activities, jigsaw puzzles, board games, craft, or just sit, chat or read the paper. We also have a representative from The Rainbows Children's Hospice to talk to us about their work.

On Tuesday we will have a fish and chip lunch (you need to let Dorothy Russell know if you want to order.)

We have an outing to a Garden Centre on Thursday 20th August. The Garden Centre has given us a menu to choose a meal from, with prices ranging from £11.99 to £15.99. Deserts from £4.95 to £6.99. Pot of tea £3.99, Latte £3.99. (to book please contact Dorothy Russell)

To book the Tuesday or Thursday events or to get more details about the week please get in touch with **Dorothy Russell on 07804495527.**



Easy Shortbread Recipe

Ingredients

1 cup powdered sugar
2 cups of butter
3 cups of flour

Method

Cream the butter and sugar on a medium/ high heat
Add flour and continue to beat for 5 minutes.
The dough will feel velvety when done.
Roll out dough to desired thickness and cut into shape
Bake at 350 for about 7 minutes.



WALKING ON WATER

Walking on water looks difficult,
But I have seen it done.
Those with enough grief to sink them
Have kept on -
Drawn by an invisible source
Of strength
They were not let down.
Crossing this sea
Some swim
And others drown,
But some there are
Walking on water.
Cecily Taylor

ACTION

We all love doing things, doing and making,
Cooking and baking, painting and drawing,
Hammering, sawing, jumping and running
Joking and funning, swinging and singing,
And rushing about, letting off steam in a shout:
For these and a hundred things more
That you love to see us enjoy,
Thank you God!
Hurrah!
Lilian Cox

BREAKFAST THOUGHTS

My white bread popped up
From the toaster,
A beautiful golden brown.
I buttered my toast
And poured my tea,
And pondered as I sat down.

I thought of the changes
This toast had seen,
Since it came to my
Breakfast plate.
It began with some raw
Ingredients,
That nobody wanted to taste.

And as it was mixed and
Yeast added,
The dough was kneaded
And stretched.
Then gently, when it was
Pulled into shape,
A mark in the dough was
Etched.

But then came a patient
Waiting time, for the dough
To rest and rise,
And after this wait the
Dough would be changed,
Right before our eyes.

It then went into the oven,
For the heat to transform
The dough
And a beautiful nourishing
Loaf was born, to be shared
With the folk we know.

Cont.....

This all made me think of
Jesus, and the many times
He shared bread.
He ate with the Tax
Collector, and 5000
Picnickers fed.

He broke bread at the table
With disciples by his side,
Saying, "This is my body
Broken for you"
On the night before he died.

And as we think of the
Changes, our bread
Undergoes in its life,
We're reminded how Jesus
Can change us, as we're
Pummelled and pulled in strife,

He takes our ordinary daily
Lives
And asks us to rest in His place.
And as He transforms our
Hearts and minds,
He marks us with His grace.

So, as we eat our daily
Bread, thankful for our food,
Let's think of
Jesus,
The Bread of Life.
God's gift to the world for
Good.

By Dorothy Russell

COMIC VERSE

Fish Fingers

Think of those yummy fish fingers,
Think of the millions you eat -
Then think of the billions and trillions and zillions
You'd swallow if fish had feet!

By Roger Woddis

Rattlesnake Meat

A gourmet challenged me to eat
A tiny bit of rattlesnake meat,
Remarking, 'Don't look horror stricken,
You'll find it tastes a lot like chicken.'
It did.

Now chicken I cannot eat
Because it tastes like rattlesnake meat.

By Ogden Nash.

Mum, can I have, Can I have, Can I?
(or a trip to the supermarket)

Mum, can I have?
(I'm sick of hearing that!)
Mum, can I have this and this and that?
Mum, can I have?
I'm getting near the brink;
I look at her mouth and wish that it would shrink!
Mum, can I have?
Oh, what am I to do?
If she says it once more, I'll buy some Super Glue!!

By Pam Smith

Cont.....

Off on Holiday

Have you ever been abroad
To distant lands afar,
Those far off foreign places
You can't get to by car?
We went once to Benidorm:
Espana in the sun.
I spent the whole ten days there
With a gippy tum!
We're going away again this year
Intrepid explorers we,
No more foreign places though,
We're off to Southend-on-Sea.
By Pam Smith



Keep Fit

Up, down, in, out, shake it all around,
If you carry on going, you may lose a pound!
Sit up, lie down, turnabout face
Come on now ladies keep up the pace.
We'll have your figures licked into shape;
Now, ten more press-ups,
No trying to escape!
By Pam Smith

Cont.....

Marigolds

I bought a bottle of Nettle Shampoo this morning.
When I got home I wondered whether
I shouldn't shampoo
The Marigolds
As well.

By Adrian Henri

Well, Hardly Ever.

Never throw a brick at a drownin' man
Outside a grocery store -
Always throw him a bar of soap -
And he'll wash himself ashore.

Anonymous

Windy

The gale upon our holidays
Was not your passing breeze.
It gave our tents a fearful wrench
And bent the frantic trees.
So, if you've seen a flying tent,
And then observe another,
Please call us at your earliest,
We're also missing mother.

By Max Fatchen

FUN FACTS ABOUT JULY

Each month has a few distinct emblems. Each month has a birthstone and a flower that goes with it.

The birthstone for July is ruby which is regarded as the most stunning gemstone and represents success, love, passion and vitality.

July's flowers are the water lily and the larkspur. The water lily is said to symbolise purity of heart, while the larkspur signifies the carefree nature of the soul.

July is named after Julius Caesar who was born in this month and played a crucial role in converting the Roman Republic into the Roman Empire due to his exceptional military expertise.

July is a month of national celebrations around the world.

On 1st July, Canada celebrates its independence from the British Empire with Canada Day, while France honours the French Revolution on 14th July with Bastille Day. Algeria, Belgium and numerous other countries also mark their national holidays during this month.

July is significant not only for national celebrations but also for medical breakthroughs. The first successful administration of the rabies vaccine by French microbiologist Louis Pasteur to a nine year old boy called Joseph Meister took place on 6th July, 1885. After learning that the boy had been bitten by a rabid dog. The vaccine worked, and the boy was saved from the deadly disease.

July is a month of historical events as well as national celebrations and a time to enjoy some delicious food! July is recognised as National watermelon month, National ice-cream month (Yippee!) and National Hot Dog month, in the USA

July is an historic month for space exploration. On 16th July 1969 Apollo 11 lifted off from the Kennedy Space Centre. Four days later on 20th July 1969, Neil Armstrong made history by becoming the first person to set foot on the moon.

FUN FACTS ABOUT AUGUST.

The birthstone for August is peridot, which is also to represent power, healing and defence against evil and nightmares. It's said to provide peace and joy to the person who wears it.

The flowers for August are gladiolus and poppies. The gladiolus is a vibrant and multi-coloured flower that represents generosity, strength of character, and deep sincerity. In contrast, the poppy symbolises imagination, eternal sleep and oblivion.

The first sandwich was allegedly made on 6th August, 1762, and was given the Lord of Sandwich's name. The dish consisted of meat placed between two slices of bread, which he requested because he was in the middle of a gambling game and didn't want to interrupt it.

August was referred to as 'weed month' during the Anglo-Saxon period and is directly translated as such today. This name was given to the month due to the rapid growth of weeds and other plants in the northern hemisphere during this time.

The 'I Have a Dream speech and the Civil Rights Movement'

Martin Luther King jr. gave his well-known 'I have a Dream' speech on the steps of the Lincoln Monument in Washington D.C., in front of 250,000 spectators, on 28th August 1963. King demanded an end to racial discrimination and fought for equal rights for all, making this an important moment in the history of the U.S. Civil Rights Movement. The speech is regarded by many as being among the most well-known in American history.

August has witnessed the early demise of two 'legendary superstars.' Elvis Presley died suddenly on 16th August 1977 and Marilyn Monroe, the legendary blonde bombshell and actress, died on 4th August 1962.

There are a few quirky celebrations in August - on 3rd. August it's National Watermelon Day. 10th August is designated as National Lazy Day (I like that one!) 16th. August is designated as National Roller Coaster Day. And lastly, 28th August is dedicated to all things fancy, as it's National Bow Tie Day

Some random sayings and quotes

'Try to be a rainbow in someone's cloud.' - Maya Angelou

'We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.' - Maya Angelou

'In the end, we will remember not the words of our enemies, but the silence of our friends.' - Martin Luther King JR.

Sometimes, you just have to stay silent, because no words can explain what's going on in your mind and heart.

5 things to give up right now.....

1. Overthinking
2. Worrying
3. Trying to make everyone happy.
4. Living in the past
5. Doubting yourself - Amazingmemovement.com

Understand This -

You can sound confident and have anxiety. You can look healthy but feel awful. You can look happy and be miserable inside. You can be good looking and feel ugly. So be kind, because every person is fighting a battle you know nothing about. - Anon.

Sometimes it only takes one song to bring back a thousand memories.

Crying is a way your eyes speak when your mouth can't explain how broken your heart is. Anon

True friends aren't the ones who make your problems disappear. They are the ones who won't disappear when you're facing problems.
fbfreestatus.blogspot.com

How you make others feel says a lot about who you are. Leave them with a smile, a hug and a kind thought - [Facebook.com/Think Positive Power](https://www.facebook.com/ThinkPositivePower).

Keep your distance from people who will never admit they are wrong and always try to make you feel like everything's your fault. - Wisdom Quotes from Principles of Success.

YOU'RE HAVING A LAUGH

1. If anyone gets a message from me about canned meat, don't open it.
It's Spam
2. Changed all my passwords to Kenny. Now all I have are Kenny Loggins.
3. I don't know who needs to know this but even if a bear wears socks and shoes, he still has bear feet.
4. I went to McDonalds today and ate a Kids Meal.
It was good but his mum was furious....
5. What kind of medical condition causes wrinkled clothes?
An iron deficiency.
6. What did the melon say when his lawn was dry?
Guess it's time to watermalawn.
7. A duck, a skunk, and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent and the deer didn't have a buck, so they put the meal on the duck's bill.
8. If you think swimming with dolphins is expensive, you should try swimming with sharks.....Cost me an arm and a leg.
9. Bigfoot is sometimes confused with Sasquach. Yeti never complains.
10. What did Spartacus say when a lion ate his wife?
Nothing, he was Gladiator.

Abbots Road News

Cont.....

11. My friend Joe recently went on the Dolly Parton diet. It really made Joe lean, Joe lean, Joe lean, Joe lean.
12. What do you call a wolf that has things figured out?
Aware wolf.
13. How do you make the number one disappear?
You just add a 'G' and it's gone.
14. I don't mean to brag, but cashiers are always checking me out.
15. Today I saw a small man climbing down a prison wall. I thought to myself, 'That's a little condescending.'
16. What do you call a train carrying bubblegum?
A chew-chew train.
17. Why did Adele cross the road?
Because she wanted to say hello from the other side.
18. Police have confirmed that the man who fell from the roof of a nightclub and died was not a bouncer.
19. What do you call a bee that lives in America?
A USB
20. A fella just threw milk at me.....
How dairy.

A Guide to Understanding "Womanspeak"

She says	She Means
I want	I want
We need	I want
It's your decision	The correct decision should be obvious by now
We need to talk	I need to complain
I'll be ready in a minute	Kick off your shoes & watch some TV for a while
You have to learn to communicate	Just agree with me
This kitchen is so inconvenient	I want a new house
Do you like this recipe ?	It is easy to make so you Had better get used to it
Yes if you want to	No
Do what you want	You will pay for this later
Ok..... go ahead if you want to	I don't want you to

Taken from "Bursting at the Seams" Killy John and Alie Stibbe,
Monarch books

Lectionary Readings

5 July

Genesis 24 v 34 - 38, 42 - 49, 58 - 67

Psalms 45 v 10 - 17 or Song of Solomon 2 v 8 - 13

Romans 7 v 15 - 25a

Matthew 11 v 16 - 19, 25 - 30

12 July

Genesis 25 v 19 - 34

Psalms 119 v 105 - 112

Romans 8 v 1 - 11

Matthew 13 v 1 - 9, 18 - 23

19 July

Genesis 28 v 10 - 19a

Psalms 139 v 1 - 12, 23 - 24

Romans 8 v 12 - 25

Matthew 13 v 24 - 30, 36 - 43

26 July

Genesis 29 v 15 - 28

Psalms 105 v 1 - 11, 45b or Psalm 128

Romans 8 v 26 - 39

Matthew 13 v 31 - 33, 44 - 52

Lectionary Readings

2 August

Genesis 32 v 22 - 31

Psalms 17 v 1 - 7, 15

Romans 9 v 1 - 5

Matthew 14 v 13 - 21

9 August

Genesis 37 v 1 - 4, 12 - 28

Psalms 105 v 1 - 6, 16 - 22, 45b

Romans 10 v 5 - 15

Matthew 14 v 22 - 33

16 August

Genesis 45 v 1 - 15

Psalms 133

Romans 11 v 1 - 2a, 29 - 32

Matthew 15 v (10 - 20), 21 - 28

23 August

Exodus 1 v 8 - 2 v 10

Psalms 124

Romans 12 v 1 - 8

Matthew 16 v 13 - 20

30 August

Exodus 3 v 1 - 15

Psalms 105 v 1 - 6, 23 - 26, 45b

Romans 12 v 9 - 21

Matthew 16 v 21 - 28