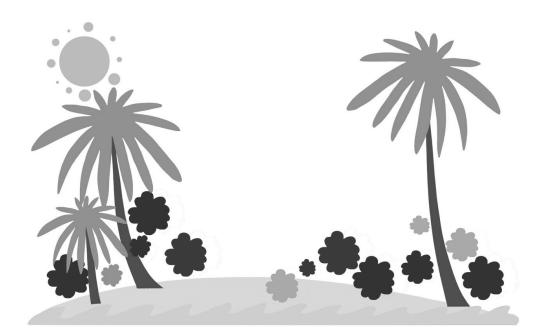




### South & East Leicestershire Area United Reformed Churches



SAFFRON LANE, WIGSTON MAGNA, SOUTH WIGSTON, OADBY, WHETSTONE

http://southleicsgroupurc.org.uk

and

#### ABBOTS ROAD www.abbotsroadurc.com

<u>Contact us:</u> Revd Martin Ferris Area Minister Mrs Eileen Williams Local Church Leader			6 2419357 6 2478929
<b>South Wigston</b> Di Statham	Secretary di.statham@btinternet.com		2962847
Noel Oldershaw Marion Bartholomew	Treasurer Magazine		2813398 2717755
<b>Wigston Magna</b> Eileen Williams Ray Green Ray Green Church Office answerpho	Secretary Treasurer Room Lettings one	0116 0116 075	2478929 2887774 2887774 / 18 214144 2882666
<b>Saffron Lane</b> Sandra Clay Elizabeth Richardson	Secretary/Finance/Magaz Treasurer	ine	0116 2835375 0116 2993176
<b>Oadby</b> Pauline Hudson Tony Hudson	Secretary Tonyhudson727@btintern Treasurer	et.con	o 2712913 n o 2712913
<b>Whetstone</b> Shirley Eastman Glenis Chapman Jean Warner Kevin West	Secretary Treasurer Room Lettings Magazine	0116	3484121 2752405 2779402
<b>Abbots Road</b> Revd Pam Smith Eric Hanson	Secretary Treasurer	078	30037308

The countryside is really beautiful and lush this summer and we feel very privileged to be living where we do. The wildlife is so interesting and, because Charlie feeds the birds every day, we get a lot of feathery visitors to our garden. Of course we get the fox, bats and badgers visiting during the night - we can see them on the wildlife camera that was a birthday present for Charlie a couple of years ago, as well as mice, squirrels and the local cats who all have a wander to see what they can find.

People wonder why we holiday in the French countryside when we live amongst it all of the year. Of course, fishing has a lot to do with it as well as taking time to relax without the phone and the computer (no wi-fi where we go). We listen to the radio for home and world news, the morning service on Radio 4 long wave, and music programmes. It is a completely different way of living compared to our home life.

Jesus tried many times to get away from people and take some time for himself. We know that it didn't always work out that way, but Jesus needed to recharge his batteries, just like we all do. The one thing that I miss, when I'm away, is socialising with my friends. We all need to be able to talk to someone who understands us, who can walk with us on our life's journey. The summer can be a good time to meet socially, perhaps with someone that you haven't seen for a while or to catch up with family and spend some valuable time together. And please don't forget those who have no-one to socialise with. Who could you invite for a cup of tea?

It's not only the older age group who need to know that we care about them. Our younger friends, perhaps, need to talk too, about their future plans, or about their family life. Let us be available for everyone that needs to talk. And no-one can turn down a cup of tea and a slice of cake - can they?

Enjoy the warmer weather and get out to see God's creation whenever you can, even if it is your, or someone else's back garden. It really is worth it.

God's blessing to you all Eileen

#### SUNDAY SERVICE TIMES

Whetstone URC	10.00 am
Oadby URC	10.15 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 Group Churches.

#### DEADLINE FOR SEPTEMBER 23 MAGAZINE

Sunday 20 August 2023

Send your items to your church representative or direct to <u>di.statham@btinternet.com</u>

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

#### Worship Leaders for August 2023

Oadby	-	Revd Jacqui Gavin Ray Green Revd David Howlett Shirley Eastman
Saffron Lane	-	Revd David Howlett Eileen Williams Revd Les Gill Revd Martin Ferris
South Wigston		David Miller Revd David Howlett Noel Oldershaw Revd Richard Eastman
Wigston Magna	6 13 20 27	Revd Martin Ferris Revd Pam Smith Worship Group Songs of Praise
Whetstone	20	Mrs. Judith North (Holy Communion) "The Eastmans" Songs Of Praise Mr. Kevin West
Abbots Road	6 13 20 27	

	<u>Regular Church Events</u>
Oadby URC	Weekly Coffee Morning
	Every Monday from 10.00 to 12.00
	11 O'Clock Club
	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10.30 am for 11.00 start
	Ladies Group
	4 <sup>th</sup> Thursday 2.00pm - 4.00pm
	Craft Group
	4 <sup>th</sup> Saturday 11.00 am - at 25 Chestnut Ave, Oadby
Whetstone URC	Community Coffee Morning
	Every Thursday from 10.00am to 12.00
Saffron Lane URC	Weekly 3T's (Tea, Toast & Talk)
	Every Thursday from 10.00am to 12.00
Wigston Magna	Community Cinema
	Alternate Months from February – 1.30 pm
	Sit Sip and Social
	2 <sup>nd</sup> Wednesday of each month 2pm - 4 pm
	Coffee Morning
	Every Saturday 10.00 am to 12.30 pm
South Wigston	Drop In with coffee / tea. 4 <sup>th</sup> Wednesday of each month
Abbots Road	Lunchbox every Tuesday from 12.30pm - 3 course meal £4.50
	Quiz Wednesday 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
	Saturday Coffee Morning including a raffle, on Zoom from 10.30am. Raising funds for our chosen charities.

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# **Bible Bytes** Wednesday 2 August 2023 10.30 am Saffron Lane URC Come and enjoy a light and friendly discussion No Need to be a "Bible Expert" EVERYBODY welcome

#### Wigston Magna News

#### Pentecost Sunday

This year our service at Pentecost was a joyful one. It involved members of the Worship Group, members of the congregation and members of our Junior Church.

The service was led by the Worship Group. Elaine organised and explained and Les gave us a "mini" sermon taken from the Bible when the disciples felt the spirit come upon them. Then Les led us in prayers for the world plus those who we know are needing our prayers at this time.

There were some favourite hymns and songs from our Sunday School days chosen by the congregation. Julie led the offertory song from Sunday School - everyone remembered "Hear the Pennies Dropping" and the offertory prayer.

The present day Junior Church was represented when Elaine involved them in the service by dropping paper doves which had been beautifully made. They proceeded upstairs to the balcony and then dropped the doves over the congregation below while a "prayer / poem" for Pentecost was being read. It all worked very well - the boys concerned did a grand job.

It was a lovely service which involved everyone from Mary's welcome and opening prayer, to Malcolm giving us the opening sentences from the psalms, Nick leading the Lords Prayer and Les ending the service with the final prayer and the Grace.

Thank you Elaine for organising everything. Plus you gave us those chocolatey cakes too for refreshments !!

#### Grace

# Community Cinema

# THE RAILWAY CHILDREN RETURN

A group of children are evacuated to a Yorkshire village during WWII, where they encounter a young soldier who, like them, is far away from home.

Starring Jenny Agutter & Sheridan Smith

Showing at Wigston United Reformed Church

Monday 7<sup>th</sup> August 2023

## Starting 1.30 pm (doors open 12.45 pm) Light Refreshments

Further Details From Julie - 07544981674

Admission Free - Donations Gratefully Received

#### Wigston Magna News Happenings at Long Street Past Present and To Come

On 28/29 May we held a Christian Aid Coffee Morning and put a collection tin in church. We were very grateful for the money donated which amounted to  $\pm 85.80$ . Thanks to all who supported this event.

On Saturday 10<sup>th</sup> June Nick Dunkerley held his second "Christian Contemporary Music Evening". This was well supported and enjoyed by us all. Well Done Nick, it was a fabulous time all round and one person was heard asking when the next one would be. (Maybe we should not wait a year to do it again !!)

On Sunday 11<sup>th</sup> June our youngest Powell, Mark, was baptised by Revd Martin Ferris. Suzanne, Shaun and wider family enjoyed a really lovely service and buffet afterwards. Thanks to everybody who came along.

Thanks to Debra and "spotify" our music in church is making us sing with joy. She sorts out tunes, words, books and everything, ably helped by Nick in her absence. Not only that, Debra has also taken over the weekly notice sheet in Church and it is looking really good. Thanks Debra.

Before the pandemic we held annual CTWM Holiday Clubs, firstly at Long Street and then at the Methodist Church. We have decided to organise another one this year but this time back at Long Street. It will take place Monday to Wednesday 14, 15 and 16 August from 9.30am to 12.00 for children aged 5 - 10. The cost will be 31 per day per child. On the Tuesday we will be showing the film "The Jungle Book" (the original one) in the afternoon. The children can stay behind after the holiday club for food and drink and then the film is open to EVERYBODY. Why not come along and join us. Full details will be available nearer the time.

#### Wigston Magna News

Cont.....

At the moment we have a number of "young" helpers including ex holiday clubbers who have offered to help. If you know anyone between the ages of 5 and 10 who would like 3 days of fun and activities please tell them about this event. (See the advert on the next page)

#### Further Future Events Coming to Long Street :-

Sunday 13<sup>th</sup> August - CTWM Evening Service at All Saints Church at 6.00 pm

Saturday 19<sup>th</sup> August - Cream Teas at Long Street

Sunday 24<sup>th</sup> August - CTWM Harvest Festival Service at Long Street at 6.00 pm

Saturday & Sunday 9 &  $10^{\rm th}$  December – Christmas Tree Festival  $\,$  -further details will be announced later

Sunday 24 December - Christingle Service - times and details will be announced later.

Elaine Wiggins

#### August Birthdays

4th Lizzie Chauhan (Happy 21<sup>st</sup>) 28th Chloe Powell

#### August Anniversaries

August 10<sup>th</sup> - Julie & Tony Slatford, Wedding Anniversary (38) August 22<sup>nd</sup> - Sheila & Phil Stephens, Wedding Anniversary (53)

# HOLIDAY CLUB

# "Jungle Theme"

Monday to Wednesday 14<sup>th</sup>, 15<sup>th</sup>, & 16<sup>th</sup> August

9.30 am -12 noon

## A†

Wigston United Reformed Church Long Street (Next to Peace Park)

All Children aged 5 - 10 years Welcome £1 per child per day Drinks and Snacks available

Games / Stories / Activities

Tuesday – we will be showing The Jungle Book Film in the afternoon

For Full Details Contact Elaine Wiggins 07395967121 or at ewiggins01@outlook.com

#### South Wigston News

**RECIPE:** AUGUST - Sweet Chilli Prawns: Serves 4 (No cooking) Delicious added to a jacket potato, or makes a great sandwich filling.

500g cooked & peeled prawns 1 red pepper, deseeded and roughly chopped 4 tomatoes, chopped 1 level tablespoon sweet chilli sauce 120g quark Handful of fresh coriander Salt & freshly ground black pepper

- 1) In a large bowl, mix the prawns, pepper, tomatoes, sweet chilli sauce and quark.
- 2) Scatter the coriander over and season.
- 3) Cover and chill until needed.

#### GARDENING NOTES: AUGUST

- 1) Mow the lawn on a weekly basis, but do not feed any more.
- 2) Remove any dead, diseased or damaged branches of fruit trees.
- 3) Pick fruit and vegetables for storage, freezing or preserving.
- 4) Harvest herbs for drying.
- 5) Check plants for mildew, and cut off affected parts be sure to dispose of them in a bin, or burn them.
- 6) Put out a supply of water for thirsty birds and insects.

#### DIARY: AUGUST

9<sup>th</sup> Elders' Meeting - 10.00am

#### A Thought for the Month of August

Before anything else, preparation is the key to success.

Alexander Graham Bell

#### South Wigston News

#### **PRAYER LIST: AUGUST** Please pray for:

- 1 All who are going away on holiday this month, may they be safe.
- 2 Those who live in fear because where they live is not safe.
- 3 The brave people who man lifeboats.
- 4 All who work in our health centres and hospitals.
- 5 Those recovering from an operation.
- 6 All who preach the Word of God in our churches today.
- 7 Those who are in training for the Ministry.
- 8 Those who are affected by adverse weather conditions drought, fires, floods.
- 9 All who work for our emergency services.
- 10 The bereaved.
- 11 All those struggling with the high cost of living.
- 12 The unemployed.
- 13 Anyone who cannot get to church because of age or infirmity.
- 14 All who are sick in mind or body.
- 15 Those who work in medical research.
- 16 Give thanks for food and shelter.
- 17 Young people getting their A level exam results today.
- 18 Students who did not get the results they had hoped for, and need to decide what to do next.
- 19 Volunteers who work in our Food Banks.
- 20 All who are listening to the Word of God in our churches today.
- 21 The patients in our hospices, and those who care for them.
- 22 Give thanks for family and friends.
- 23 Those who look after, and care for children.
- 24 Students getting their GCSE results today.
- 25 The staff and residents in our local Care Homes.
- 26 Give thanks for the infinite variety in people.
- 27 Our friends in the other churches in our localities.
- 28 Children/young people starting school/college for the first time.
- 29 Those who are persecuted for their faith.
- 30 Those who feel they have no aim or purpose in life.
- 31 This summertime, give thanks for the beauty of God's world.

#### South Wigston News

Help me Fulfil Your Plan Oh God ....

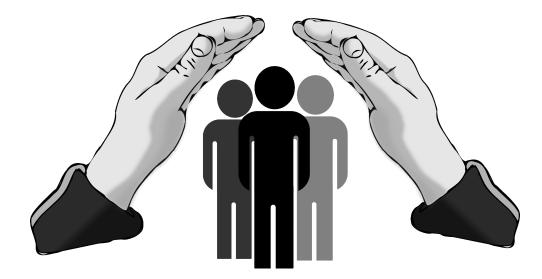
In Every Step In Every Day Keep Me Lord In Your Sweet Way

Show Me Daily How To Tread Safely, Firmly Look Ahead

Keep Me Safe From Satan's Hold Keep Me Close And Make Me Bold

You Know Me Lord That I Mean To Do Well My Heart's Desire Is With You To Dwell

Lauren Fretter



#### Preachers and Readers list for Aug and Sept 2023

	OT	NT	SERV	COLL	Preacher	
Aug 6 <sup>th</sup>	12	30	12	13	D Howlett	Communion
Aug 13 <sup>th</sup>	3	9	3	13	E Williams	Communion
Aug 20 <sup>th</sup>	5	14	5	13	L Gill	Communion
Aug 27 <sup>th</sup>	6	36	#	14	M Ferris	Family Service
Sept 3 <sup>rd</sup>	8	7	8	13	S Eastman	Communion
Sept 10 <sup>th</sup>	30	12	30	13	J Slatford	Communion
Sept 17 <sup>th</sup>	9	3	9	13	K Drinkwater	Communion
Sept 24 <sup>th</sup>	14	5	#	14	K West	Family Service
3 Kath T	8.	Brian	5	12.Elizo	abeth R	36 Dec B
5.Sue B	9.	Terri	D	13.Darr	ren C	
6.Pat S	10	.Molly	B	14. Maa	ckenzie B	
7.Angela S	11.	Richa	rd B	30 San	dra C	# No server

#### BIRTHDAYS

#### August

13<sup>th</sup> Terri Derbyshire 27<sup>th</sup> Kath Thorpe

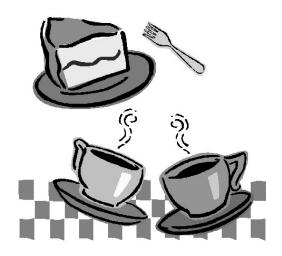
#### September

1<sup>st</sup> Maureen Foster (90) 19<sup>th</sup> Pat Storton (80) 20<sup>th</sup> Eileen Williams

#### What's been happening at Saffron Lane

#### Our Charity Coffee morning 17<sup>th</sup> June 2023

Not many people turned up for our coffee morning but we manage to raise  $\pounds75.40$  on the day. We also received donations of  $\pounds39.00$  from people not able to attend. Pat took some things left over from the day to our friendship group and raised another  $\pounds42.00$ . So at the end we raised a total of  $\pounds156.40$  for our charity. Thanks to everybody who attended, donated, and helped on the day.



#### Terri's Abseil on Sunday 1st July.

I went to the watch Terri's Abseiling which was raising money for Leicester Royal Infirmary. The challenge was to come down the side of the Windsor building which is a 100ft high. A few tried before the sponsored Abseil and they all looked very nervous. Terri came down with Sammy. Terri was encouraging her who is a Qualified Instructor. I think they were the best at keeping moving, but they looked glad when they reached the bottom.

As I don't like height's I wouldn't have the courage to do it. Well done, I 'm glad I came to watch. Kath Thorpe

Terri's brave abseil





#### The call of the sea by Doreen Storton

High on a cliff I stood one day, Watching the sea, the rolling sea: Hearing the waves breaking on the shore: I felt it was calling, calling me.

The rain beat down from the heavens above, And a thin grey mist o'er the water lay; While a north-east wind blew across the beach, And I tasted the tang of the salty spray.

Through the curtain of mist a boat appeared, Lurching about on the choppy sea; But crested each wave and carried on by, Sailing on down the coast to a sheltered quay.

I felt moved and at peace with my inner self, As I stood alone on the cliff that day; Knowing I should have returned long ago; But the sea was calling, I had to stay.



#### Whetstone News

#### Thank You (1)

A massive thank you to Pam and Jon for inviting us into their home for a Coffee Morning on 17th June. Despite the rain, we had a wonderful morning with sausage and bacon cobs, burgers and veg on the bbg, a large raffle and lots of delicious cakes.

Thanks to all who supported us. Special thanks to Jan, Jenny, Linda, Liz and Shirley for the gorgeous cakes. They were truly yummy!

A marvellous  $\pm 500$  was raised and will go to our Church Hall Roof Fund.

#### Thank You (2)

We thank all of those who joined us on Wednesday 12th July for "Another evening with Bernard and Kevin".

It was filled with the usual silliness from Bernard and Kevin, as well as music on the organ, courtesy of our organist par excellence, Bernard.

We thank our very special guests: Ben on drums, Don on pipes and our own Carl, former piper to Her late Majesty, Queen Elizabeth II for taking us on a musical journey through the Highland Games, from the gathering of the Clans to the celebration of the event itself.

We thank Jean, Janet and Shirley for organising and serving refreshments. Our special thanks to Bernard who has been playing our organ for almost 75 years and still wows with his awesome talent. Thanks also to Kevin who closed the evening by playing "How great thou art", as a closing hymn. It was, once again a wonderful evening, thoroughly enjoyed by all who attended, with many people asking when the next evening with Bernard and Kevin will be.

Despite no charge being made, incredibly generous donations amounted to £216.20. We are truly grateful to all of those who attended and supported us and made such generous donations, all of which will go to our Church Hall Roof Repair Fund. As for the next evening with Bernard and Kevin, watch this space!

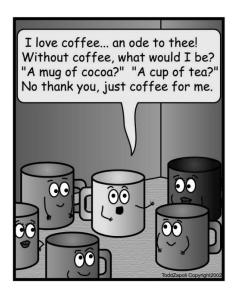
#### Whetstone News

#### Thank You (3)

On Saturday the 22nd July, we held a charity coffee morning in aid of Rainbows Children's Hospice and our church hall roof fund.

The weather was miserable but the atmosphere inside the church was lovely, with tea, coffee, cakes, raffle, bring and buy and lots of friendship and fellowship.

Thank you to all who supported us. A total of £170 was raised, with £85 being donated to Rainbows and £85 going towards our roof appeal. Special thanks to Richard and Shirley for organising the event.



#### Please Remember in Your Prayers

We send our love and best wishes to Joy, a member of our Thursday morning group, who has unfortunately broken her leg. We wish her a speedy recovery.

We think of Jen and Adrian who are unwell at the moment and Aldyth who sadly lost her dog, Ralph.

Please hold them all in your thoughts and prayers.

#### Whetstone News



To all the knitters out there in Newsletter land.

I have had another letter from Amy Loft at the Mission for Seafarers. It is to let us have the "Thanks\* from the men and women who have received the gifts of the hats and scarves you knit, as well as a personal "Thank You" from herself.

I am now adding my "Big Thanks" to you for your help with this charity and to ask if you would carry on and help. You can send to the charity yourself or send your knitted garments, as before, to the URC Whetstone and I will wing them on their way.

Tilly



#### Oadby News

#### Oadby Quiz Night

Thanks to all who made this a worthwhile event. We were able to raise £100.00 for Christian Aid and enjoyed a bring and share meal with friends.

Hope to see you all and new faces at our October Quiz.

#### Book in the Garden.

Our "Book in the Garden" event provided a cream tea and a free book. Several people thought it was a book sale so we finished up with more books than we started with. However, a good time of fellowship raised £110.00 for our Garden Fund. The afternoon went quickly despite being indoors because of the weather. Thank you all for coming.

Pauline



#### <u>FEET</u>

I wish I'd looked after my feet, In London they're called plates of meat, With bunions like onions and toes they're called hammers, I wish I'd looked after my feet.

The shoes that we wore made our toes sore, We jived in what were known as winkles, But my toes never twinkled, now they're just wrinkled, I wish I'd looked after my feet.

My hair may look nice, but my face won't win a prize, My feet hardly get tender care, While shopping for dress, it's then that they talk, 'Please SIT DOWN put me up, do not walk.

They carry my weight, no wonder they ache They have served me for many a year, I need my feet, although they're not sweet, I'm glad they came as a pair.

By Shirley Harrison.



#### YOU'RE HAVING A LAUGH

A man got a part time job in a pub. His friend said, "What about all the swearing and violence?" The man replied, "Well they'll just have to get used to it!"

Gran just rang again, she's been doing that a lot recently, ever since she swallowed the budgie's bell.

I met a Lifeguard this morning, who kept moaning about getting attacked by seagulls. I think he had a chip on his shoulder.

I was asked to get 6 cans of Sprite from the shop but I realised when I got home I had picked 7up.

I didn't want to buy this hammock, but I'm easily swayed.

I think the sun is getting to me, been trying to think of a joke about ice-cream but I can't remember any. I used to have hundreds and thousands of them.

A man bought a boxer dog from the newsagent. He called him Matches. Boxer Matches.

Next year there's going to be a big knock-out competition for the very best people at spinning plates on a stick. The early round will involve spinning bowls and mugs. The event will end with the Whirled Cup Final.

Who is Abba's favourite artist? Monet, Monet, Monet.

I remember back when I was young and didn't think I had the ability to run a sheep farm, until my dad said, "I believe in ewe."

Cont.....

My grandad invented the cold air balloon. It never really took off.

Someone ripped the 5<sup>th</sup>. Month out of my calendar. I'm dismayed.

It's so hot in France people in Paris are jumping in the river to keep cool. I think they're inseine.

I was walking down the street this morning and I was hit by a violin, then a clarinet, and then a French horn. I think it was an orchestrated attack!

Five ants rented an apartment with five other ants......now they're tenants.

Mountains aren't just funny, they are hill areas.

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#### A FUN QUIZ - IN AND AROUND LONDON

1. Did Victoria's man live here
2. A coloured stone underpass
3. The King's playground
4. Dwelling for lesser mortals
5. An aviary stroll
6. Perhaps a young prince's hideaway
7. Just the place to be marooned
8. Napoleon should have avoided this
9. Applaud the thespian
10. Bovine crossings big top

#### TALE OF TWO WOLVES

An old Cherokee told his grandson,

'My son, there is a battle between two wolves inside us all.

One is evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego.

The other is good. It is joy, peace, love, hope, humility, kindness, empathy,

And truth.'

The boy thought about it, and asked, 'Grandfather, which wolf wins?' The old man quietly replied, 'The one you feed.'

#### LIVING WELL

The secret of living well and longer is: eat half, walk double laugh triple and love without measure.

#### LIFE IS ALL ABOUT BALANCE

You don't always need to be getting everything done, Sometimes it's perfectly okay, and Absolutely necessary to shut down, Kick back and do nothing.

#### <u>AGING</u>

Sometimes as we age, our greatest blessing is when the people (in our lives) Treat us .....as if we matter.

#### I TOLD GOD I WAS ANGRY

I told God I was angry. I thought he'd be surprised. I thought I'd kept hostility quite cleverly disguised. I told the Lord I hate him, I told him that I hurt. I told him that he isn't fair, He's treated me like dirt. I told God I was angry But I'm the one surprised. "What I've known all along," He said, "You've finally realised." "At last you have admitted what's really in your heart. Dishonesty, not anger, was keeping us apart. Even when you hate me I don't stop loving you. Before you can receive that love, you must confess what's true. In telling me the anger you genuinely feel, It loses power over you, permitting you to heal." I told God I was sorry, and he's forgiven me. The truth that I was angry, has finally set me free.

By Jessica Shaver

#### <u>Some Sayings about Happiness – What makes you happy?</u>

'Life is short, smile while you still have teeth.' - Unknown 'Nothing you wear is more important than your smile' - Connie Stevens

'Wrinkles should merely indicate where smiles have been' - Unknown 'Keep smiling it makes people wonder what you're up to.' - Unknown 'You will never find a rainbow if you're looking down. - Charlie Chaplin 'Some cause happiness wherever they go; others whenever they go.' -Oscar Wilde

'I'd far rather be happy than right any day.' – Douglas Adams 'You can't buy happiness, but you can buy ice-cream. And that's kind of the same thing.'

#### <u>Heart Healthy Spaghetti Bolognese</u>

#### Ingredients

500g (11b 2oz) extra lean minced beef 1 onion, chopped 1 clove of garlic, crushed 2 carrots, finely chopped 175g (6oz) mushrooms, finely chopped 3 sticks celery, finely chopped 400g (14oz) can chopped tomatoes 2 tablespoons tomato puree 2 teaspoons dried Italian herb seasoning or dried mixed herbs 300ml (1/2 pint) beef stock, made from a low-salt or no-salt beef stock cube 150ml (1/4 pint) red wine (If you don't want to use wine you can use some extra beef Stock) Freshly ground black pepper, to taste

400g (14oz) dried spaghetti (white or wholemeal) Chopped fresh parsley, to garnish

#### Method

1. Place minced beef, onion and garlic in large saucepan and cook gently, stirring occasionally, until mince is lightly browned all over

2. Add carrots, mushrooms and celery to pan and cook for 5 minutes. Stir in tomatoes, tomato puree, dried herbs, stock, wine and black pepper

3. Bring to the boil, then reduce heat, cover and simmer for 1 hour, stirring occasionally.

 Check sauce and serve as it is, or if you'd prefer it thicker, remove lid, increase heat slightly and simmer until the sauce is the thickness you would like
Meanwhile, cook spaghetti in large saucepan of boiling water until pasta is just cooked or al dente. Drain thoroughly

6. Pile cooked spaghetti onto warm serving plates and spoon Bolognese sauce over top.

7. Garnish with chopped parsley and serve with mixed green salad.

#### Please Pray For:

Those caught up in the conflict in Ukraine, that peace may come soon The unrest in Russia, that it can be resolved peacefully.

For refugees.

For the families of those killed in the Submarine accident.

For all people who are homeless.

For all young people, especially those who think the answer to their problems or arguments is to use violence.

For Martin and Charlotte as Martin continues on the road to full recovery.

For Brian and that he finds relief from his ongoing health problems and also gets a diagnosis.

For Dorothy as she cares for Brian each and every day.

For Anne and John with Anne's continuing health problems and for John who cares for her despite his own health problems.

For Matthew

For Anne and Rob.

For Molly

For Dawn

For Jacob

For Eric Freeman

For John and Marion.

#### <u>Strangers are friends we haven't met.</u>

God knows NO Strangers, He loves us all, The poor, the rich, the great the small..... He is a friend who is always there, to share our troubles And lessen our care... No one is a stranger, in God's sight, For GOD IS LOVE and in his light May we, too, try in our small way, to make new friends From day to day......So pass no stranger With an unseeing eye, For God may be sending A NEW FRIEND BY. <u>AGING</u> Sometimes as we age, our greatest blessing Is when the people (in our lives) Treat us .....as if we matter.

#### Have you ever wanted to sing Handel's "Messiah" ??

Christ Church URC will be holding a Christmas Concert on Saturday 9 December which will feature Part 1 of Handel's "Messiah". If any singers have experience of this piece and would like to join their Chantry Choir for the performance they will be very welcome.

They will need to make a commitment to attend practices from mid October on a Friday evening from 7.30 to 9.30 to prepare.

If you are interested and fulfil the above criteria please contact Alan Baum at <u>alan.baum@me.com</u> for further details and confirm your interest.



#### Lectionary Readings

#### Sunday 6 August

Isaiah 55 v 1 - 5 Psalm 145 v 8 - 9 & 14 - 21 Romans 9 v 1 - 5 Matthew 14 v 13 - 21

#### Sunday 13 August

1 Kings 19 v 9 - 18 Psalm 85 v 8 - 13 Romans 10 v 5 - 15 Matthew 14 v 22 - 33

#### Sunday 20 August

Isaiah 56 v 1 & 6 - 8 Psalm 67 Romans 11 v 1 - 2a & 29 - 32 Matthew 15 v (10 - 20) 21 - 28

#### Sunday 27 August

Isaiah 51 v 1 - 6 Psalm 138 Romans 12 v 1 - 8 Matthew 16 v 13 - 20