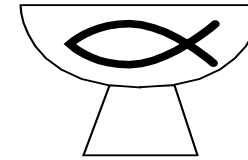


August 2023

30p

Upton-cum-Chalvey Parish News

St Mary St Laurence St Peter



Parish of Upton-cum-Chalvey

The Anglican parish of Upton-cum-Chalvey includes St Mary's, St Laurence's and St Peter's churches.

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District Churchwarden (SL): Allan James	01753 532425
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<https://www.saint-laurence.com>

<https://www.stpetersslough.org.uk>

SERVING OTHERS
LOVING SERVICE
HELP SUPPORT
CARING ASSIST
PROVIDE FOR
The greatest among you will be your servant
SUPPORT LOVE
CARE SERVE
MINISTER TO
The Son of Man came not to be served but to serve and to give his life a ransom for many

The Rector Writes:

Dear Friends,

Just over twenty years ago, I was a vicar in Hammersmith when the Archdeacon told us to prepare for a “church plant” that would soon appear in the next door parish. Church planting is quite common these days but back then it was still fairly new so he explained what would happen. St Paul's Hammersmith was struggling due to low numbers. However, the Bishop felt that such a vibrant town centre deserved to have a thriving church, so he had invited a very large church, Holy Trinity Brompton, to plant a new congregation in St Paul's and take over the site. We naturally wondered what this would mean for us.

When it came, the church planting was done on an almost industrial scale. The building was completely revamped, plasma screens installed, facilities upgraded, kitchens fitted. Musicians, administrators, pastoral carers, children and youth workers were all employed. And then on the day, the new congregation arrived, 400 strong, to its fully functioning church, armed with a million pounds to buy land for a hall. To be honest it was all a bit unnerving. I felt like someone happily running a family grocer shop who discovers that a Tesco-Extra has opened next door. Actually, I needn't have worried. Our congregation came to Holy Innocents for Catholic worship and reflective preaching and they weren't tempted by choruses and conservatism, although I believe that some of the more evangelical local churches did take a hit.

Although St Paul's offered worship very different to our own, some things really struck me about the whole project. One in particular was how well those arranging the plant could put themselves in the shoes of those new to church. Why the excellent facilities? Because what goes on here is important. Why the slick organisation? Because church is something these people take very seriously. Why the professional music? Because worship really, really matters.

The vicar of St Paul's at the time explained it as “planting success.” I can't say I found that an attractive description but I think he meant more than just impressing people with wealth and popularity. So, I found myself reflecting on the *quality* of what we offered at Holy Innocents and the message it gave to newcomers. I suspect that in our contemporary culture, where expectations are taken from the internet and television, professionalism in church is no longer greeted with any kind of suspicion but rather is seen as a sign of authenticity.

Fr Scott

AUGUST SERVICES & EVENTS

Regular services at the three churches are listed on the back page*

* With annual holidays upon us it is not possible to cover all **mid-week Communion** services except Tuesday 1st August 10.00am at St Mary's. and Wednesday 2nd August 9.30am at St Peter's.

St Laurence's will be open on Thursdays 27th July and 3rd August for private meditation and a cuppa 10am – 11am.

No **Evensong** at St Mary's on Sunday 30th July or Sunday 6th August.

If you need to speak to a priest while Fr Scott is away, please contact Revd Linda 0208 8645728

Tue 1st	2.30pm	“Mulling It Over”: Bible study, prayer, chat and a cuppa (SL)
Sun 13th	10.00am	St Laurence's Patronal Festival: Joint Parish Eucharist followed by Church Lunch - book in church or call 01753 532425 (SL)
Wed 16th	7.30pm	PCC Meeting (SL)
Sat 19th	11.30am	at St Laurence's and beyond . . . Unveiling of two Herschel plaques – presentation including bunfight (until 2.30pm) (SL)
Sun 20th	6.30pm	Evensong, including prayers for healing and Wholeness, with laying on of hands (SM)

St Mary's News

This week St Mary's has been "filled with the sound of music". It has been a great pleasure to welcome Slough Music Service with recitals from local schools and groups together with the Curve Choir and Herschel Stars. On Tuesday and Thursday the church was filled with amazing singing and it was good to see a full church with parents and supporters of the various choirs.

Friday afternoon saw the performance by Dionysus Ensemble playing recently discovered music composed by William Herschel and never previously performed in public. They were joined by a group of young people from our church schools, St Marys Primary School and Slough and Eton School. The young people had worked with Leonie Adams and her colleagues over the past weeks to write the music and words based on William Herschel's discoveries and achievements. We all learnt facts about this famous man that we did not know before!

Again it was a joy to see the church full with children, parents and friends. We hope to welcome all the groups back to St Mary's in the coming months. Dates will be announced in the Autumn please come and listen to these amazingly talented young people in our Parish.

Jean

"Yvonne's Art Classes"

These free art classes are held in St Mary's, every Thursday from 12.30pm to 3.30pm and are open to all.

NEXT MONTH'S MAGAZINE

Please let me have articles for the September issue by **Sunday 13th August** at the latest!

Dave

St Laurence's News

Rain or shine, the Team has been out with our preserves, jewellery, china and teddies to raise much needed **Funds**. As previously reported fairs and events are becoming less well attended since Covid with many of the Charity stalls also finding it hard to sustain momentum. At St Laurence's we too need help particularly at Eton Action (16th September) which is our largest FUNdraiser and also for our Heritage Open Days (9th – 17th September), please sign up.

During the HOD fortnight we will be focussing on the Tri-centenary of Benjamin Lane on **Sunday 10th September 3.00-5.00pm** with a presentation followed by Tea. Before that we celebrate our Patronal Festival with Church Lunch on **Sunday 13th August** (NB Joint Parish Eucharist begins at 10.00am!) If you haven't had your fill, book the date: **Saturday 19th August 11.30am – 2.30pm** at St Laurence's and beyond . . . Unveiling of two Herschel plaques – presentation including bunfight, hosted by the Institute of Physics with maybe some 'stars' attending (excuse the pun). Our awaited telescopes may also be available if we can get the logistics sorted in time. Watch this 'space' (sorry, did it again).

Over the last month the Management Committee of St Laurence's have turned their attention to our boiler situation. Like many of us, the existing boiler is feeling its age and needs replacing, no the congregation doesn't need replacing, but we wouldn't say no to inviting a friend or two. The CoFE is committed to net zero energy emissions and it is to this effect that we called for an **Energy Audit**. Because of the age of the building and being Grade 1 listed etc., it was concluded that we actually have few options but to use a replacement gas boiler.

An exciting idea, however, is to replace the radiators in the Chancel with separate electric panels which run independent of the main church system and can be used without the rest of the building being heated. More use of the Chancel "zone" would be promoted with the added bonus of infra-red **heated seat cushions** which are moveable and "heat the people and not the building". These cushions can be sat on, put on your lap or hugged, the downside being you will need to be in church early to bag your seat (joke!)

Having done our bit for eco-heating, St Laurence's have also taken on the idea of leaving areas of the churchyard fallow to allow wild flowers to emerge as well as encouraging wild life. NB Butterfly Conservation is calling on people across the UK to take part in this year's Big Butterfly Count (14 July - 6 August) to help scientists understand the impact of climate change on our most-loved butterflies (details from Richard).

Julie James

St Peter's News

Firstly, our Corpus Christi has returned after been stolen a few months ago!

Here at St. Peter's we had a very big weekend starting off with our Summer Fete on the 1st July. Despite an earlier forecast for heavy rain leading up to the event, the weather was kind to us on the day!

YES (Youth Engagement Slough) provided the entertainment with steel band music. There was also the opportunity to join in and play along with the group which went down well. A big 'thank you' to everyone who helped at St Peter's fete. Especially the ladies who contributed to making the Caribbean food and baking the cakes.

Sunday 2nd July was a day of mixed emotions at St Peter's...Not only was it Our Patronal Festival but we also marked the day with the rededication of the War Memorial Corpus. It was also Fr Alistair's final service at St Peter's/the Parish before returning to Barbados with Eudora. Fr Alistair worked tirelessly over the last 10 years in Slough, and it was wonderful to see so many friends and neighbours from across the parish and town at the 'bring and share' lunch that was held after the service. Thank you to everyone who contributed to Fr Alistair's farewell gift, the service and the bring and share lunch.

I am happy to report that Fr Alistair and Eudora have arrived safely in Barbados, and I am sure we will be hearing from them very soon!!!

Looking ahead, work on our new footpaths will hopefully be completed and the water leak in the church grounds repaired.

And finally, please take care in church grounds and be aware of needle stick injury. Please try and keep to the footpath and avoid grass areas.

Sandra

Obstinate

The clergyman was walking through the village one day when he met one of his parishioners. "How's your cold, Donald?" he asked.

"Verra obstinate" came the reply.

"And how is your wife?"

"About the same."

Church of England sets out hopes for Flourishing Schools System

The Church of England has launched a new publication outlining its hopes for students, teachers and educators to flourish across the schools system.

Underpinned by the Church's 2016 Vision for Education, the new document, entitled 'Our Hope for a Flourishing Schools System' makes several recommendations including a once-in-a-generation re-imagining of Special Educational Needs and Disabilities (SEND) funding, provision, training and development, wise and compassionate accountability systems for school inspections, and performance measures and steps to ensure teaching is again regarded as a vocation in which adults can flourish and commit long-term.

The document sets out the importance of collaboration in different local contexts, particularly between schools in smaller rural areas, to ensure every child in every community receives an effective provision.

It concludes with recommendations for four leadership levels: Schools, School Trusts, Dioceses and Government, and invites dialogue and engagement across the sector to develop flourishing partnerships.

At the School Leadership level, the document includes encouragement of further development of young leaders, while alleviating negative pressures on work-life balance for all staff.

School Trust Leaders are encouraged to prioritise formation of character and spiritual, moral, social and cultural development, focusing on the needs of particular communities and supporting those schools in need of the greatest support.

For Diocesan Leaders, there is encouragement to provide pastoral and wellbeing care to leaders, focussing on the sustainability of schools within the mission of the wider diocese. Dioceses should encourage continuous improvement with particular regard to RE, collective worship and with support for SIAMS inspections, and recruit and retain governance leaders. Children and Young People should be at the heart of the diocesan vision and strategy.

Church Commissioners and Church of England Pensions Board announce fossil fuel disinvestment

The Church Commissioners and Church of England Pensions Board have recently each announced they will independently disinvest from fossil fuels this year.

The announcement came as the Church of England's National Investing Bodies (NIBs) reported back to the General Synod on progress against a 2018 Synod motion, which set out a five-year strategy to invest in climate solutions, engage with high carbon emitting companies, and disinvest from fossil fuel companies not aligned with the Paris Agreement.

The Archbishop of Canterbury, Justin Welby, said: "We have long urged companies to take climate change seriously, and specifically to align with the goals of the Paris Climate Agreement and pursue efforts to limit the rise in temperature to 1.5°C above pre-industrial levels. In practical terms that means phasing out fossil fuels, investing in renewables, and plotting a credible path to a net-zero world.

Some progress has been made, but not nearly enough. The Church will follow not just the science, but our faith – both of which call us to work for climate justice."

UN Security Council adopts Bishop's recommendations on Freedom of Religion or Belief

The Bishop of Truro, Philip Mounstephen, has welcomed the UN Security Council's recent adoption of a joint UK / UAE Government resolution highlighting threats to Freedom of Religion or Belief.

The steps taken by the UK Government followed a review authored by Bishop Philip at the invitation of the then Foreign Secretary, Jeremy Hunt, the implementation of which has since become Government Policy.

In a vote, the Security Council adopted the proposal, which will see the UN Secretary General produce an oral report on Freedom of Religion or Belief related threats to international peace and security. The initial deadline is 14th June 2024, with the intention of such a statement becoming an annual event.

Bishop Philip welcomed the vote, saying: "I'm delighted by this news. That it's happened is huge credit to the UK's UN team and speaks volumes of the UK's commitment to this vital human right. This, along with other recent actions, puts this issue firmly on the international geo-political table."

The Rt Hon Jeremy Hunt said: "I'm proud and delighted to see this key recommendation of Bishop Philip's report implemented and send my warm congratulations to the UK team at the UN on their very impressive work."

The action taken by the British government is the first time a Security Council Resolution has been passed on Freedom of Religion or Belief, and puts in place Recommendation 20 of the Truro Independent Review.

Parable: The Strength of a Seed

At this time of year, we enjoy the fruits of our gardens, fields and hedgerows: vegetables ripen, crops are harvested, and berries begin to show bright among the leaves. Much of this growth started with a few seeds in spring: the miracle of life coming from small dead-looking things. There is a league table of long-lived seeds. The winners so far are from the narrow-leafed campion, buried by squirrels in the Siberian permafrost over 30,000 years ago. When those seeds finally germinated, they became healthy plants that flowered and produced seeds of their own.

The Bible contains many links between seeds and spiritual growth, and the parable of the sower is the most famous (in Matthew 13). A person may hear or experience something of God which has the potential to germinate into a life of following Him, resulting in the fruit of others coming to know God too. But things can happen that snatch that seed away, killing it before it has finished germinating, or choking its growth.

What about the knowledge of God that gets trampled, churned too deep in the mire of life to receive the warmth and light it needs to develop into faith? Buried seeds don't always die, but they can lie dormant, remaining alive but inactive until the earth is turned over. The possibility of that moment of connecting with something divine, scrap of knowledge, or snatch of conversation resulting in a changed life may seem infinitesimally small, but it's not zero. The seed may be incredibly tough, just waiting for a chance to grow.

The Gospel narrative plays on the fact that it took a long time for the disciples to understand the full implications of Jesus' teaching: a germination process that took many of them three or more years. They could have been discouraged, but Jesus was not. I don't think it's too much of a stretch to draw out of the parable of the sower to include the observation that it can take a long time, sometimes decades, for people to work their way through the various barriers, sticking points, and phases of forgetfulness that may keep them from following through on their spiritual experience. When we finally receive – or are open to – the encouragement, challenge, or experience that helps our faith in Christ grow, we can experience the rich fruit of a transformed life.

Dr Ruth M Bancewicz

The Transfiguration

This month we celebrate Jesus' transfiguration, when Jesus took Peter, John and James with Him up a mountain to pray (Luke 9:28-36). Jesus was transfigured alongside Moses and Elijah: *'As He was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning.'* (29).

Jesus' Transfiguration: Watch!

The disciples' eyes were opened, as Jesus' hidden divinity was revealed. The presence of Moses and Elijah confirmed Him as God's promised Messiah, who fulfilled God's plan and purposes. By foreshadowing the cross, resurrection and ascension, this event powerfully calls us to entrust our lives into Jesus' hands to experience His presence and power.

The Father's Word: Listen!

There came a voice from the cloud covering them: 'This is my Son, whom I have chosen; listen to Him.' (35). God affirmed His love and call on Jesus, as His beloved and chosen Son. This is the second time God spoke audibly about Jesus (cf Luke 3:22), but on this occasion He was speaking for the benefit of the disciples. Do we hear God speaking these same words to us? We listen to what Jesus says to us, knowing that like Him we are deeply loved and accepted by God.

The Disciples Response: Learn!

'The disciples kept this to themselves and did not tell anyone at that time what they had seen' (36). They were impacted by this experience and needed time to reflect on what they had seen and heard about Jesus. Eight days before they were asked by Jesus: *'Who do you say I am?'* (Luke 9:20). In the transfiguration their understanding of Jesus was being transformed. As we reflect on Jesus' ministry, to encounter the real Jesus, we are also transformed.

'No one who meets Jesus ever stays the same.' (Philip Yancey)

Canon Paul Hardingham

What's your next step?

Does this summer spell the end of school, college, or even a job, for you? Then congratulations are in order: you have completed a significant step!

Now it is time to consider your next step. The dictionary defines 'step' as a physical movement that advances you in a desired direction. You take a 'step' forward in order to get somewhere specific, not just to stop yourself falling flat on your face. Each 'step', however small, can take you towards a specific goal.

The Bible reflects this. It is filled with the metaphors of stepping, walking, running and goals, pilgrimages, journeys, all to describe the years of our lives.

When we were babies, we clung to our parents' hands as we learned how to take our first steps. They stayed right by us, to keep us from falling, and to steer us in the right direction. As adults, the Bible tells us that a successful journey through all of life is based on how near we walk to God – and let Him guide us in the steps we should take.

Choosing your next step in life this year is important. The good news is that you need not do it on your own. The Bible makes clear that in God, you have a divine 'life coach'. He knows you perfectly – and He has a plan for your life. Most of all this involves a personal relationship with Him.

We've all seen toddlers staggering towards danger, ignoring their parents' cries of warning. We've all seen adults making a mess of their lives. They are ignoring their personal divine Shepherd, Guide, Teacher and Helper.

A baby learns to walk safely by listening to its parents. We learn what God's will is for us through daily reading of His Word, in the Bible, and in obeying what we read.

For when God guides us, He does not hand down a divine map of our lives. His guidance is more like that of a torch – light for our daily path.

God's final 'step' for you is that you should know, enjoy, and glorify Him forever. Throughout our lives, we are to be taking small daily steps towards the Eternal City and He will see that we reach our final goal.

Meanwhile, the Lord wants you to succeed in the earthly goals that He has for you! Ask God to be your guide and helper as you take your next step.

Roger Roberts

60 years since “I Have a Dream”

Sixty years ago, on 28th August 1963, Dr Martin Luther King Jr delivered his famous “I Have a Dream” speech from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom. The civil rights rally was attended by about 200,000 supporters, including many A-list film celebrities released temporarily by their studios.

His words influenced the Federal government to take more direct action to create racial equality, in for instance the Civil Rights Act of 1964, Voting Rights Act of 1965 and the Fair Housing Act of 1968.

King had been advised not to use the Dream format at Washington. He had used the idea before, and his adviser, the Revd Wyatt Tee Walker, described it as “hackneyed and trite”. The idea was to use a new speech with the theme “normalcy never again”. But King was prompted by gospel singer Mahalia Jackson to re-use the Dream idea, and he went ahead with it, much to Walker’s dismay. But it had a huge impact and is now regarded as perhaps one of the most influential speeches in American history.

Martin Luther King Jr, born in 1929, was an American Baptist minister who became one of the most prominent leaders in the American civil rights movement from 1955 until his assassination, apparently by James Earl Ray, on 4th April 1968, in Memphis, Tennessee.

The autopsy revealed that although he was only 39 years old, King “had the heart of a 60-year-old”. He had said shortly before being shot that he was not afraid of dying.

On 14th October 1964, King had won the Nobel Peace Prize for combating racial inequality through non-violent resistance.

Tim Lenton

International Bat Night: 26th-27th August

Did you know that there are 18 species of bat in the UK?

And did you know that these bats make up almost a quarter of ALL our mammal species?

So, our UK bats are well worth celebrating. And International Bat Night brings together bat groups and the Bat Conservation Trust, to provide many opportunities for bat walks and talks at dusk in local neighbourhoods across the UK.

As the bat groups explain: “We aim to encourage thousands of people across the country to see bats in their natural environment by taking part in a range of events organised by local bat groups, wildlife trusts, countryside rangers and other organisations across the country.”

More information at: <https://www.bats.org.uk/support-bats/international-bat-night>

Do you love your smartphone too much?

How much time a day do you spend on your smartphone? According to one app monitoring firm, App Annie, we can spend an average of 4.8 hours a day on it. And so much time is not doing us any good.

As one writer has put it, our smartphone “removes us from the present moment and wastes time that could be more profitably and purposefully spent. Imagine, at the end of your life, receiving a balance sheet stating the number of your hours on Earth lost to scrolling.”

Scientists explain the attraction of smartphones in this way : responding to the ‘push notification’ rewards you with dopamine, the brain chemical that makes you happy. “The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation,” Dr Anna Lembke, professor of psychiatry and behavioural sciences at Stanford University, California, wrote in her book *Dopamine Nation* in 2021.

Dr Lembke warns: “The scrolling and visual stimuli release dopamine in our brain’s reward pathways, and the way our brain compensates for overstimulation is [by entering] a dopamine deficit state. Once we’re in that state we continue scrolling to try and bring those dopamine levels back up to baseline, so we get into a place where we’re chasing our tail. We’re chasing dopamine.”

Keeping out of (legal) trouble

“Why don’t you judge for yourselves what is right? As you are going with your adversary to the magistrate, try hard to be reconciled on the way....”
(Luke 12:57)

How do you avoid disputes and problems with tradespeople and the type of small businesses that we use every day? Here are some ideas:

Use only recommended tradespeople. Ask your friends in church or neighbours to tell you who they use.

Try to use someone who is a member of a recognised trade organisation. They often carry membership logos on their advertisements. (But check that they are actually members, by going to the website of the trade group!)

Does their business advertisement have a postal address and landline?

Watch out for advertisements which say: “we have a people working in your area.” This may not be accurate.

Ask for references. If you are spending thousands on building work, ask what customers they have already had locally, and go and speak to them.

Put things in writing, get estimates and quotes in writing, with dates. How much will it cost, and when will it be done, are basic things to get straight!

Think about how you will pay. Is cash the best way? Get a receipt. If you are paying by cheque or bank transfer, is it to same company that did the work?

Don’t get pressured into making decisions until you are really sure. Make your mind up in your time. Talk to your family and friends for advice.

David Pickup



On why it is so hard to read

The Rectory
St James the Least

My dear Nephew Darren

Your suggestion that every month at clergy meetings, someone should review a book of theology they have been reading, was bound to be greeted with uneasy resistance. It would mean that the majority would have to start *opening* books, rather than just occasionally dusting them. Possessing books does not necessarily imply that they are ever read.

Your high church colleagues will only read the Racing News, low church members the Railway Review, liberals the Knitting Weekly and those with tendencies towards non-conformism, the Vegetarian Times. Clerical studies may be lined with books, but they are largely for effect – and to hide damp patches on the wallpaper. Anything with hard covers will have been bought with the best of intentions - but somehow the vicarage lawn or the church hall drains will have taken precedence. And from what I know of your colleague over at St Crispin’s, the only books he will buy will be to colour in.

I do try to keep up with my reading, but sleep mercifully intervenes after the first 10 minutes. On those days when I sit by my study window, so passers-by can see me deeply occupied in intellectual activity, it is most useful that my large tome on the letters of Eusebius can easily conceal an Agatha Christie inside it.

I confess that I was once gloriously put down when I tried to impress one of our blue stockings by mentioning a new edition of a Dostoevsky novel. She replied: “I have never read Dostoevsky in translation.” It only confirmed my suspicions that she had worked as a Russian spy in earlier years.

I was hugely impressed when, during the bitter cold of last winter, the Earl of

Stowe, whose library would comfortably contain one of our cathedrals, told me he was slowly getting through its contents of tens of thousands of volumes. It was only some time later that I discovered he meant he threw the occasional one on the fire, when he was running low on wood.

No, my dear Darren, the only literary activities that will spark interest will be crosswords for the majority, or diocesan reports for the truly dedicated – with weighty tomes being used as door stops.

Your loving uncle,

Eustace

Biblical Sayings and Meanings

“Am I my brother's keeper?” In Genesis Cain murdered his brother Abel. God asked Cain, "Where is your brother?" Cain replied, "I don't know, am I my brother's keeper?"

“Apple of my Eye” is from Psalm 17:8. The writer asks God "Keep me as the apple of your eye"

“The Blind leading the Blind” is in Matthew 15:14. Jesus criticized the Pharisees, (the religious authorities of his day) saying "they are blind leaders of the blind".

“A Broken Reed” is from Isaiah 36:6. When the Assyrians laid siege to Jerusalem one of them stood outside the walls and asked if they had hoped for help from Egypt. He described Egypt as "a broken reed"

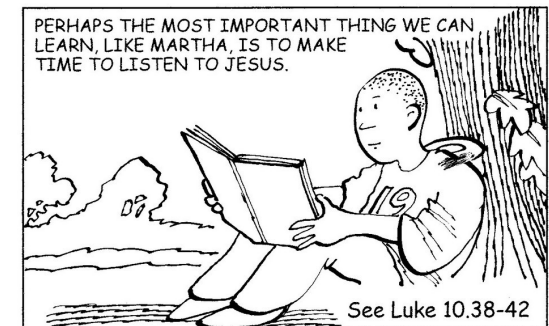
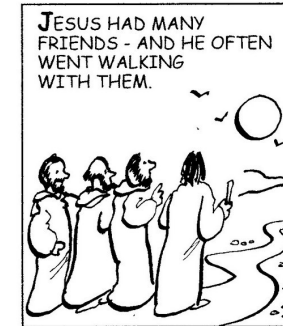
“What the Dickens?” comes from the 16th century. Originally "Dickens" was another name for the Devil.

“Doubting Thomas” comes from John 20:24-27. After his resurrection Jesus appeared to his disciples. However one of them named Thomas was absent. When the others told him that Jesus was alive Thomas said he wouldn't believe it until he saw the marks on Jesus' hands and the wound in his side. Jesus appeared again and told Thomas "stop doubting and believe".

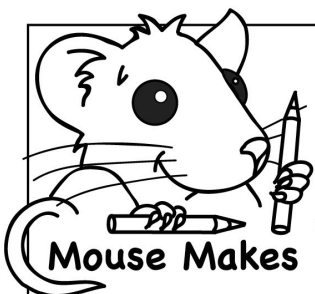
"Eat drink and be Merry" is taken from Ecclesiastes 8:15. "A man has no better thing than to eat, drink and be merry".

Alice Sanders

Words and Actions



CHILDREN'S PAGE



Mouse Makes

After Jesus miraculously fed 5,000+ people from two fish and five loaves, he sent his disciples off in a boat across the Sea of Galilee before going up a mountain by himself. Later in the night, as the boat was being blown and buffeted by the wind, Jesus came miraculously walking on the water towards them...

Read the story in: *Matthew 14: 22-27, Mark 6:45-56 or John 6:16-21*

What did Jesus do when he went up on the mountain?

Matthew 14:23

What was the boat struggling against?

The _____ and the _____
Matthew 14:24

What did Jesus say to his disciples?
Do not be _____

Matthew 14:27

What did the disciples think Jesus was when they saw him walking on the sea?

A _____
Matthew 14:26

Who walked out on the water to Jesus?

Matthew 14:29

What did Jesus say to Peter?

Oh you of little _____ why do you _____
Matthew 14:31

W F W A F R A I D Y C K O C S
I N O T F E A R W A T E R M R B B O J
N N R L A L O N E K I N T O O O E M E
D I S C I P L E S A V E E U W A V E S
G G H E T E R R I F I E D N D T E S U
H H I A H T L G U D O U B T S Y N I S
O T P S S E A K P R A Y W A L K I N G
S F E E A R N O T H E R S I D E N K S
T O D D T V D G K N F S O N O F G O D

JESUS • DISCIPLES • BOAT • OTHER SIDE • CROWDS • MOUNTAIN • EVENING • ALONE • LAND • NIGHT • SEA WALKING • TERRIFIED • FEAR • COME • WATER • SINK • SAVE • INTO • CEASED • WORSHIPED • SON OF GOD

Answer the questions then find them in the word search

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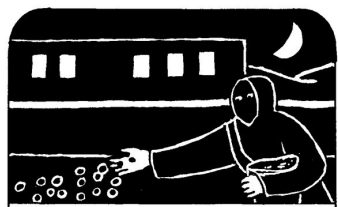
Bible Bite

A short story from the Bible

It can be read in the Bible in *Matthew chapter 13: 24-30, 36-43*

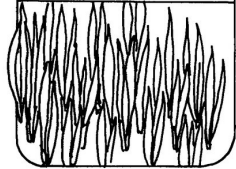
Jesus told this story to help explain what his Kingdom, the Kingdom of Heaven, is like...

A farmer's workers sowed good wheat seed in his field.

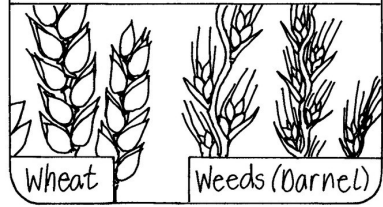


At night an enemy came and scattered weed seeds

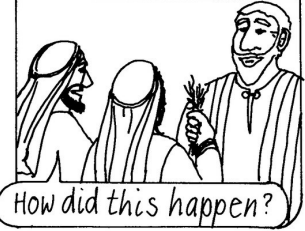
When the seeds sprouted they looked the same



When the plants grew bigger the workers spotted the weeds



They asked the farmer



An enemy did this



No, you might pull up some wheat with them. Wait until harvest time



You will be able to sort them out, and put the wheat in the barn... and burn the weeds



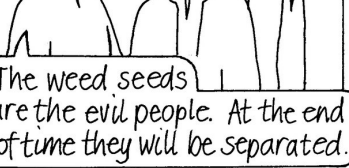
People asked



The field is the world and the good seeds are the good people



The weed seeds are the evil people. At the end of time they will be separated.



The angels will bring the good people to me in heaven.



Eating late at night

It is not good to eat late at night, but it is very tempting at times. At least you can reduce the damage by avoiding certain types of food.

For while many people blame alcohol for a poor night's sleep, food high in processed carbohydrates, saturated fats, and sugar can also affect sleep quality, according to recent research published in the journal *Obesity*.

As one expert explains, such foods "upset our metabolism." Eating sugar late at night overstimulates you, as the rising blood sugar prepares your body for activity. When we eat late at night, our body temperature rises. But when we are preparing to fall asleep, our body temperature falls, so eating late goes against our body's natural desire to drop in temperature."

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6.00pm Evensong/Evening Prayer (BCP)
Tuesday: 10.00am Eucharist
Wednesday: 12.30pm Eucharist

St Laurence's Church, Upton Court Road, Upton, Slough, SL3 7LU

Sunday: 11.00am Family Eucharist with children's group.
Thursday: 10.00am Holy Communion

St Peter's Church, Church Street, Chalvey, Slough, SL1 2NL

Sunday: 9.30am Family Eucharist with children's groups.
Wednesday: 9.30am Holy Communion

Websites:

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