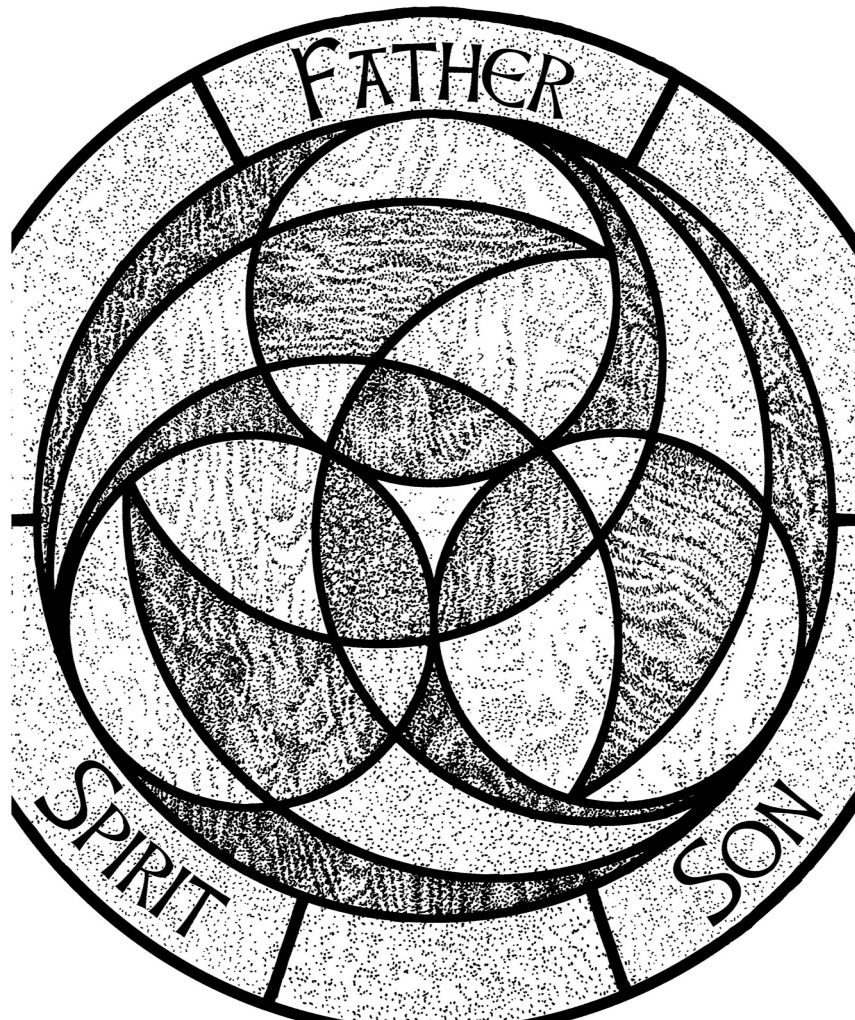
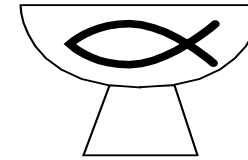


June 2023

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.

Revd Scott Lamb (Team Rector)	01753 529988
Revd Alistair Stewart (Team Vicar)	01753 520725
Revd Linda Hillier (Associate Minister)	0208 8645728
Parish Churchwarden: Andrea Sparrow	07446 187762
Parish Churchwarden: Eddie Ijeomah	07493 304447
District Churchwarden (SM): Jean Smith	01753 862357
District Churchwarden (SM): Derek White-Taylor	Ex-dir
District Churchwarden (SL): Allan James	01753 532425
District Churchwarden (SL):	
District Churchwarden (SP): Peter Clarke	07388 832233
District Churchwarden (SP): Frank Gerrish	07970 537572
Vergers (SL): Allan James	01753 532425
Organist (SM): Malcolm Stowell	01628 660651

Clergy days off:

Revd Scott Lamb Friday
Revd Alistair Stewart Tuesday

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Web-sites:

<https://stmarys-slough.org.uk>

<https://www.saint-laurence.com>

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

The Rector Writes:

Dear Friends,

A couple of weeks ago, I had lunch with two younger members of the family who described how they had spent the previous weekend lying down in the road with Extinction Rebellion protesting against climate change. They didn't do anything more extreme than sitting down, but they wanted to play their part in challenging our carbon burning lifestyle. As we spoke I was struck by the fact that even though I am sympathetic to their cause I see and feel differently to them on this issue. I suspect that there is a generation gap here, After all it is their planet that my generation has despoiled and their future that we have imperilled.

Reflecting on this over my vegan meal, I was reminded of the story of Jesus's visit to the Temple as recorded in St Luke's gospel; an event with inter-generational tensions. You may recall the details. Jesus, at the age of twelve, travelled with his family for the Passover festival in Jerusalem and then was left behind. After three days of searching his parents found him in the temple sitting amongst the teachers listening and asking questions and "all who heard him were amazed at his understanding and his answers". Is this an example of youthful insight enlightening received wisdom? There seems to be some genuine inter-generational dialogue here, where the young person has surprising and enlightening things to say. Additionally, as events unfold, we overhear some sharp words exchanged between Jesus and his mother. "Child, why have you treated us like this?" "I must be in my father's house." Yes, obeying parents is the conventional right thing to do, but here Jesus risks rebuke for a greater good, to be with God. I can't help thinking of the children going on strike from school for climate action. Truancy? Disgraceful! Or, actually, are they the ones who see our situation as God sees it and so are taking the sensible approach?

Climate change impacts on us all but it will completely shape the lives of young people. Religion with its emphasis on tradition usually places a high value on passing wisdom on from older people to youth – but perhaps where the climate is concerned the flow of insight goes in the opposite direction. In this area young people's views are primary.

Fr Scott

JUNE & JULY SERVICES & EVENTS

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

June

Sun 4th	12.45pm	Church Lunch on Trinity Sunday (SL). Book in church or call 01753 532425
Tue 6th	2.30pm	"Mulling It Over": Bible study, prayer, chat and a cuppa (SL)
Thu 8th		Corpus Christi: <i>Thanksgiving for the Institution of Holy Communion</i>
	10.00am	Eucharist (SL)
	7.30pm	Eucharist (SP)
Mon 12th	7.30pm	PCC Meeting (venue tbc)
Sat 17th	tbc	Deanery Synod (St Mary's, Datchet)

July

Sat 1st	12noon	St Peter's Fair, Chalvey (until 2.30pm) (SP)
Sun 2nd	10.00am	St Peter's Patronal Festival: Joint Parish Eucharist - Fr Alistair's final service in the Parish (SP)
Tue 4th	2.30pm	"Mulling It Over": Tea Party (SL)

St Mary's News

After nearly two years of discussions, planning, and faculty applications, the new corpus figure has been installed and we thank Luke Preston for his amazing work. Also thank you to our Luca for the beautiful rockery he has created in the area around the installation. We now look forward to Bishop Alan's visit on Sunday 21st May when he is going to dedicate the new statue. This will be followed by confirmation of five members from our congregations across the parish.

On 28th May, St Mary's new Management Committee will meet for the first time to discuss the way forward for St Mary's working within the new PCC governance and guidelines. If you would be interested in joining the committee or have any ideas and suggestions please speak with Fr Scott, Derek or myself.

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.

How more protein could help prevent your midlife spread

Eating more protein can help prevent your midlife spread, partly by suppressing your appetite. A recent study has found that people eat 210 calories *more* per day than when they are on a low-protein diet.

Yet most of us aren't eating enough protein. A study from the University of Sheffield found less than half of over-65s studied met the official UK reference nutrient intake (RNI) of 0.8 grams of protein per kilogram (2.2lb) of their body weight per day – or about 50g a day for a 10st person.

Adding an egg, smoked salmon, authentic Greek yogurt, nuts, or half a can of beans on two slices of wholewheat toast and a 250ml glass of milk, can all help.

The great thing about protein is that it is so filling you might not need to snack. But if you are still peckish, avoid biscuits, chocolate and crisps, and instead choose nuts and seeds, cooked chicken, a bowl of Greek yogurt or a small piece of cheese.

St Laurence's News

As we begin a run of **FUNdraising** weekends, we need in particular this year assistance with picking fruit or being alerted to the whereabouts of surplus. It is a great shame to learn that people throw away fruit and cut bushes down because they cannot cope with the harvest, please let us know. Also join the Occupational Therapy team for a "jamming" session, i.e. chopping, plus sorting and wrapping, a cuppa and a good chat. We need someone who knows something about jewellery, in identifying the 'real article' (I just watched Dickinson on TV and someone picked up two gold watches for £1 at a church sale, don't let that be us unless we are the ones buying! PS. the dealer paid £110 for them, I wish).

The new St Laurence's Management Committee has met and discussed upcoming events for the summer and autumn. This year is the tri-centenary of the death of **Benjamin Lane** (1651 - 1723), buried in our churchyard. Lane was the only lord of Upton Manor who left a lasting memory in Upton. Under his will, his farm and lands 'called Hencroft' in the 'parish of Upton near Slow', were charged with a yearly rent of £20 to be paid to trustees to buy yearly and distribute at Christmas six English bibles, and to clothe six poor men and six poor women of the parish. He gave detailed instructions for the carrying out of his wishes, and also provided money for a sermon to be preached annually, and for the entertainment of the trustees. The sermon is still preached annually on Bible Sunday and we are looking to reintroduce the giving of Bibles on that day. A local historian is working with us to provide new display boards and a presentation on Benjamin Lane and Robert Barker, a Datchet printer who printed the King James Bible in 1611. Dates of events and tea will be announced soon.

Also coming to a place near you is a Celestron Telescope which was used in some of our Herschel 200 activities last year. Ron Lewin is offering this to the **Heritage area** in memory of his connections with the church over many years and in celebration of Herschel's bi-centenary. Finally, as Revd Alistair prepares to leave us, he has produced a long-anticipated and readable leaflet on the wall memorials of the church and gives a guide to some of the more interesting characters commemorated.

Other topics discussed by the Management Committee will be revealed further in the coming months, suffice to say that we will be busy bees. Talking of which, the right-hand side of the path and the area around the yew tree have been left fallow at present to encourage wildlife (see May magazine p6).

Julie James

St Peter's News

Rather as May has promised summer and an improvement in the weather without actually delivering any, so has May been at St Peter's! Our Local Management Committee met for the first time and dealt with a substantial agenda. Among the items were the application for a grant to investigate improvements in the vestry and to make the church more accessible for community events (the application is in and we are waiting), and the long awaited improvements in the paths with associated works such as new gates (for which we have finally obtained the faculty and now have to wait again for the Council to start its works!)

Apart from looking forward to these, we are also looking forward to our fete on 1st July, and our patronal festival celebrations on 2nd July. And then the wait begins to find out what form priestly ministry will take at St Peter's once Fr Alistair leaves for Barbados.

But, like the summer, some things are worth waiting for...

Fr Alistair

Note: Recycling and Eco Boxes

Unfortunately, the parish eco-projects of collecting crisp packets, pens and blister packs have been suspended. The children at St Mary's were eating too many crisps and we cannot find an outlet to take the empty packets. St Laurence's were providing too many blister packs that Superdrug are unable to cope with the bulk quantities, if you wish to continue recycling them, you will need to deliver them yourself. St Peter's have stopped writing with the departure of Lynda and we have lost the link with Herschel Grammar!

UK foodbanks busier than ever

More food parcels were given out in the UK this past year than ever before. During December 2022, an emergency food parcel was handed out the equivalent of every eight seconds.

These are the most recent figures from the Trussell Trust, which supports more than 1300 foodbanks in the UK.

In all, the charity says it gave out nearly three million food parcels between April 2022 and April 2023. More than one million of these were for children.

These three million parcels from the charity's foodbanks represent a 37-per-cent increase in England on 2021. And more than 760,000 people used a foodbank for the first time, which is up more than one third in 2021-22.

Soaring inflation and energy costs have driven the increase in demand. The charity reports an unprecedented rise in the number of employed people using their foodbanks, because they are "no longer able to balance a low income against rising living costs."

The problem now, says the trust, is that food donation levels are not keeping up with the need. "This is putting us under a lot of strain."

Archbishop of Canterbury speaks about depression – and Winnie the Pooh

The Archbishop of Canterbury has said that he takes antidepressants so that he can maintain an "Eeyore status", instead of "something much worse."

He referred to his depression during a recent lecture he gave in Canterbury Cathedral, where he also spoke of having sought professional help for his mental health.

Archbishop Welby said: "As the psychiatrist I see tells me, the aim is not to make me so laid back that I'm horizontal, but just to settle things enough that I react like an average sort of human being. I'm sad when things are sad, and happy when they're happy, and so on and so forth."

The Archbishop went on to say that he likens human emotions to the characters in Winnie the Pooh, and compared himself to Eeyore, the often melancholy donkey, as opposed to a "bouncy" Tigger.

The Archbishop said that taking antidepressants "restore me to Eeyore status from something much worse." He went on: "Some of us are Tiggers, some of us

are Eeyores. Probably, some of us are many of the other characters in Winnie the Pooh."

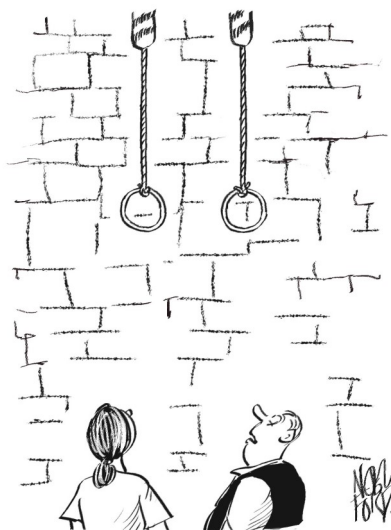
Archbishop Welby then recalled a conversation he'd had with a former Archbishop of Canterbury. "Rowan Williams once said to me: 'There is almost no human situation that cannot be explained with the hermeneutical tools of Winnie the Pooh.' Only Rowan could say that and be both humorous and profound at the same time."

The number of working days lost to sickness skyrockets

Did you take time off work last year? Many of us did.

In fact, according to recently released official figures, a record 185.6 million working days were lost, due to sickness or injury. That is even more than during the first year of lockdown. In fact, 2022 was the worst year for sick days since 1995, according to the Office for National Statistics (ONS). 138.2 million days were lost in 2019.

The most common reasons we gave were minor illnesses, including coughs, colds, flu or tummy upsets. Respiratory conditions also overtook mental health as the fourth most common reason for absence in 2022.



"Apparently, the new member of the bell-ringing team is a keen gymnast"

'Love Matters': Archbishops' Commission on Families & Households publishes its final report

In a recently published report ('Love Matters'), the Archbishops' Commission on Families & Households has made a series of recommendations about how families and households can best flourish.

It calls on institutions – from the Church of England to the Government – to put 'family' at the centre of their thinking; and individuals – whether married, single, or in a couple – to commit to relationships of all kinds that lead to the flourishing of one another.

'Love Matters' says that the quality of family relationships matters more than the form a family takes. It argues that although for many the concept of family has evolved, the essential values underpinning flourishing family life remain the same.

Drawing on a rich body of primary data collected through extensive research, the Commission outlines five ambitions to support and strengthen family life.

It urges that society must:

Value families in all their diversity, meeting their basic needs by putting their wellbeing at the heart of Government policy-making and our community life, including religious communities.

Support relationships throughout life, ensuring that everyone is able to develop and maintain loving and caring relationships, manage conflict well and promote the flourishing of individuals and families.

Honour singleness and single person households, recognising that loving relationships matter to everyone.

Empower children and young people, developing their relational skills and knowledge, recognising their value and agency, and protecting them from harm and giving them the best start in life.

Build a kinder, fairer, more forgiving society, removing discrimination, division and deep inequality for the sake of every family and household.

Established in March 2021 by the Archbishops of Canterbury and York, the Families & Households Commission was asked to explore what families and households of all shapes and sizes need in order to flourish. The report lays out a number of recommendations to the Church of England and the Government about how this can be achieved.

Welcoming the report, the Archbishop of Canterbury, the Most Revd Justin Welby said: “‘Love Matters’ encourages us to prioritise the hopes, needs and aspirations of families – in all their diversity. As followers of Jesus Christ, we are called to share the overflowing love of God... As this report demonstrates, there is much to celebrate but there is a great deal still to do if we are to ensure the flourishing of every family and household.”

70 years since the last Coronation

Seventy years ago, on 2nd June 1953, the Coronation of Queen Elizabeth II took place at Westminster Abbey. It was the first event where the British TV audience (20 million) was greater than the radio audience (12 million).

It helped to make television a mainstream medium, though it did not deter the many thousands – 50,000 in Trafalgar Square alone – who turned out on the streets to watch it, despite chilly weather, with wind and rain. The afternoon temperature reached a peak of only 12C – considerably cooler than the Queen's November wedding day six years earlier.

Those who watched at home were restricted mostly to 14-inch screens, and of course black and white pictures – although the event was filmed in colour for posterity. Others watched it in bars and cinemas. The reaction was universally positive.

As well as bringing the nation together, the Coronation gave the BBC a huge head-start as the channel of choice, because it was still three years before ITV was launched as an alternative viewing option.

The televising of the Coronation was a suggestion of Prince Philip, at first resisted by politicians, church dignitaries and other traditionalists. The Queen gave permission for cameras to be installed in Westminster Abbey, and the main commentary was by Richard Dimbleby, who became a fixture for events of national significance.

It was a hit abroad too. Some 85 million people in the USA watched recordings of the highlights. In Europe new relay links enabled it to be a landmark – the first live broadcast of something happening in the UK.

Tim Lenton

A scientist reflects on God's heart for the suffering

It's difficult as a scientist to hear information that is fascinating, but which also involves so much suffering for other people. I worked for a time in a leukaemia research lab. We had to let other people's pain drive our research without it crippling our ability to concentrate on our work. But, during lockdown, I found myself – as a biologically-educated bystander – avoiding looking into the science of COVID-19, because the reminders of its impact on people's lives were everywhere that I looked.

One of the ways I managed my own feelings during the pandemic was by digging deeper into what God has revealed to us about His character, letting that fuel my faith, my prayers, and my actions. For more academic types like myself, study – particularly of the Bible – can be one of the primary ways we connect with God and hear from Him. It's not wrong to be comforted by books, so long as the contents turn our eyes upwards and outwards.

First of all, God hears: “The Lord is close to the broken-hearted’ (Psalm 34:18a). In Jesus God took on human form, and He showed us His heart for the world. When His friend Lazarus died, He wept (John 11). God is “the Father of compassion and the God of all comfort” (2 Corinthians 1:3).

Human sin has affected the whole of creation, and I believe this is largely the direct impact of our mismanagement of creation and mistreatment of each other. COVID-19 may well be another animal's friendly virus, pushed by human activity into causing havoc in bodies where it doesn't belong.

But God's world remains good. It is still fruitful, praising Him, as Psalm 19 describes. Even pictures of a deadly virus can seem beautiful – especially to a biologist! These good things are hints of the promised “new heavens and new earth” mentioned in the New Testament. One day “creation itself will be liberated from its bondage to decay” (Romans 8: 21), and for everyone who follows God, “He will wipe every tear from their eyes” (Revelation 21: 4).

Behind the debates about suffering is sometimes the assumption that God doesn't care. My experience is that God does care deeply, and He invites His Church to care for those around them – especially the most vulnerable. He is with us, He hears us and grieves with us, He helps us and promises a better future.

Dr Ruth M Bancewicz

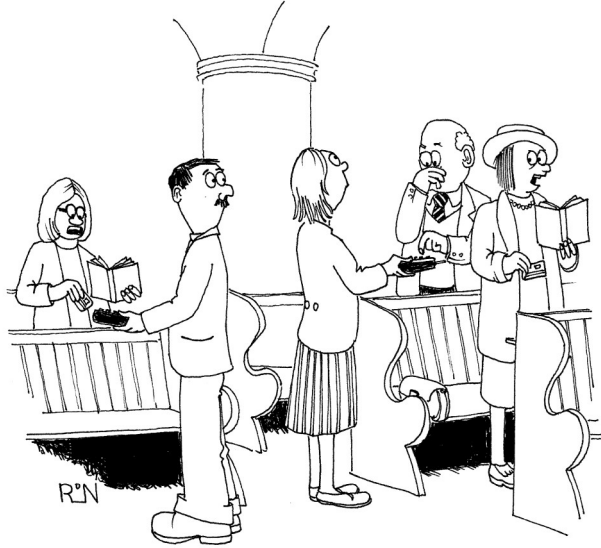
God - the Three in One

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26)



Mr Mackenzie kept forgetting his PIN

The Seasons

The welcome Spring brings beauties forth
From nature's gifts to cheer the earth
Stern Winter's gone, the nymphs and swains
To dance assemble on the plains
With flowery poles and garlands gay
They observe the rites of May.

Spring

Unto the peasant welcome Spring
Useful employment then does bring;
The Plough and Harrow are in use,
And seeds are sown crops to produce
The Nature, with her bounteous hand,
Fertilizes the rich land.

Summer

To summer does rich treasures yield
And the green foliage forms a shield
From the sun, while the fair
Reads a book or takes the air;
At cool of eve she tends her flowers,
And nurtures them with gentle showers.

Autumn

The Harvest now employment yields
To the reapers in the fields,
The women aid the sheafs to bind,
And many thus employment find,
To purchase food to pay their rent
And bless their cottage with content.

Winter

The waters now in ice are bound,
Yet much pleasure on them is found,
To those who love in skates to guide,
Or on the frozen surface slide;
This exercise will make you glow,
Preventing you the cold to know.

Christmas

On Christmas day the English board
With beef and pudding is well stored;
Parents their offspring do invite,
And with old friends also delight
To circulate the wine and ale,
The merry song or pleasing tale.

W S Johnson
Submitted by Alice Sanders



All in the month of JUNE

It was:

400 years ago, on 19th June 1623 that Blaise Pascal was born. This French mathematician, physicist, inventor, theologian, and philosopher invented one of the first mechanical calculators.

300 years ago, on 16th June 1723 that Adam Smith was born. The ‘Father of Economics’, this Scottish economist and philosopher is best known for his book *The Wealth of Nations*, the first modern work on economics.

175 years ago, on 7th June 1848 that Paul Gauguin, French post-impressionist artist, was born.

150 years ago, on 5th June 1873 that the great slave market in Zanzibar (now part of Tanzania) was closed after Britain issued Sultan Barghash bin Said with an ultimatum to close it or face a blockade.

125 years ago, on 9th June 1898 that Britain leased Hong Kong from China for 99 years, and it became a British Crown Colony. It was transferred back to China in 1997.

75 years ago, on 21st June 1948 that the ship HMT Empire Windrush docked in London, bringing the first large group of immigrants from the West Indies to the UK.

70 years ago, on 2nd June 1953 that the Coronation of Queen Elizabeth II at Westminster Abbey took place. It was the first event where the British TV audience (20 million) was greater than the radio audience (12 million).

Beware the church microphone

The Rectory
St James the Least

My dear Nephew Darren

Despite my assurances that it was unnecessary, it was kind of you to loan us your sound equipment, so we could experience the advantages of using radio microphones in church. Your assurance that everyone would then be able to hear with absolute clarity seemed to miss the point that everyone does *not* necessarily want to do so.

I have no doubt that members of your congregation hang on to your every word, eager to make sure you remain theologically sound. But for us, those who had blissfully slumbered throughout my sermons for the last 30 years found themselves unable to filter out a single syllable.

Colonel Wainwright decided to change the start of his Bible readings from the customary “Here beginneth...” to “Testing, Testing” before giving the microphone a good biff, which made the verger dash outside to check if yet another medieval gargoyle had fallen from the roof. Also, forgetting that microphones pick up asides just as effectively, his own comment to his wife in the front pew “I thought I read that rather well” did nothing for the pride he has always cherished for his humility.

I was also not convinced that the 16th century workmen who had devoted the greater part of their lives reverently carving the Lady Chapel altar had intended it to support an electronic console that would have looked more at home in an aeroplane cockpit.

However, the event which finally decided us against microphones came about an hour after the service. Several of the choir boys had crept back into the church and decided to improvise a rock concert with their guitars and the mikes turned up full blast. The church exploded in a perfect cacophony of noise which panicked a horse and rider going by. The horse bolted down the road, which caused two cars to veer violently to avoid it. One car ended up in a pond, the other in a field, having ripped off a great deal of old fencing.

Whoever fixed the fencing failed, and later that night all 43 cows in the field escaped, and ended up in the Colonel's flower-filled front garden, where they spent a comfortable night slicing his velvet turf with their sharp cleats, and chomping everything in sight.

Your loving uncle,

Eustace

The Church with Two Fonts

St. Mary Magdalene Church in Sandringham grounds, East Anglia, is where the royal residents have worshipped whenever they are home. The building dates from the 16th century and inside the church is late Victorian style with lots of gilded woodwork and painted ceilings. It has a solid silver altar, pulpit and a 17th century Spanish cross. The fonts are the special objects in this church as it has two instead of one. One is a Florentine marble font and the other is a 19th century Greek one! Princess Diana was christened here in 1961 and in 2015 Catherine and William had their daughter Charlotte baptized here also. The church itself can only sit 50 people.

Alice Sanders

NEXT MONTH'S MAGAZINE

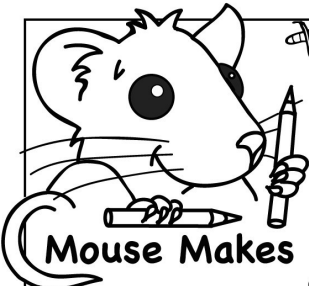
Please let me have articles for the July issue by **Sunday 11th June** at the latest!

Dave



Bible Bite

A short story from the Bible



The Lord said to Moses,
 "Your brother Aaron shall tell Pharaoh
 to let the people of Israel go out of his land...
 The Egyptians shall know that I AM the Lord
 when I stretch out my hand against Egypt..."
 As Pharaoh's heart was hardened against the
 Israelites, God sent ten plagues upon him...

1
Water turned to Blood
 Which water turned to blood?
 Read - Exodus 7:19

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

2
A Swarm of Frogs
 In which places were the frogs found?
 Read - Exodus 8:3-4

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

3
A Plague of Gnats
 When Aaron struck his staff on the ground what became Gnats?
 Read - Exodus 8:16-17

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

4
Swarms of Flies
 In which land were the flies not be found?
 Read - Exodus 8:22

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

5
Death of Animals
 Which animals that belonged to the Egyptians died?
 Read - Exodus 9:2

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

6
A Break out of Boils
 What did Moses throw into the air before boils appeared on people and animals?
 Read - Exodus 9:10

7
A Rain of Hail
 What also rained down with the hail? Where did it not hail?
 Read - Exodus 9:24-26

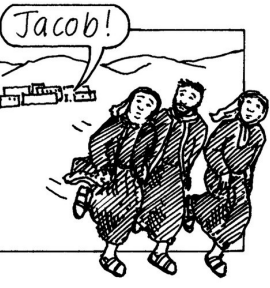
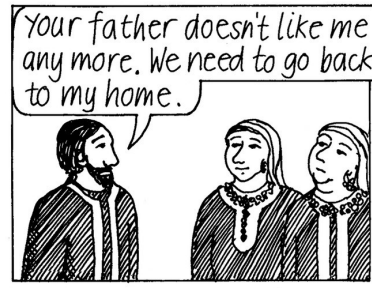
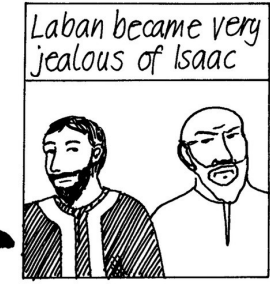
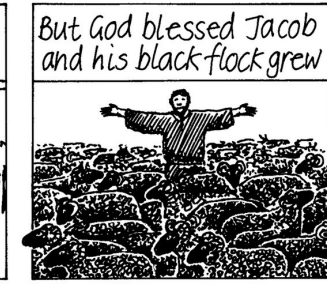
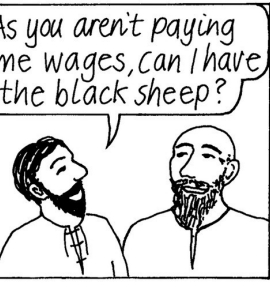
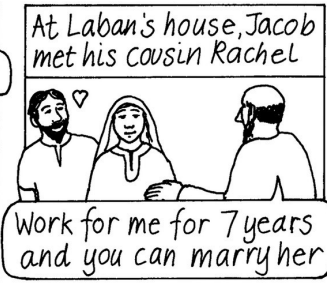
8
A Swarm of Locusts
 Where did the wind come from that brought the locusts to the land?
 Read - Exodus 10:13

9
Darkness over the Land
 How many days did it remain dark?
 Read - Exodus 10:21-22

10
Death of the Firstborn
 At what time would the firstborn in the land die?
 Read - Exodus 11:4-6

It can be read in the Bible in Genesis ch 25:19-33, 27:1-42

Jacob had cheated his father and brother, and had run away to stay with his uncle Laban. On the way there...



When a little bit more exercise can help a lot

A recent study suggests that for every additional 500 steps you take each day, you may be lowering the risk of heart issues by 14 per cent.

To put it another way, this recent study found that adults who took fewer than 2,000 steps a day were 77 per cent more likely to experience a cardiovascular event in the following three years than those who took about 4,500 steps a day.

“We were surprised to find that every additional quarter of a mile, or 500 steps, of walking had such a strong benefit to heart health,” said one professor of epidemiology at the University of Alabama. “While we do not want to diminish the importance of higher intensity physical activity, encouraging small increases in the number of daily steps also has significant cardiovascular benefits.”

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