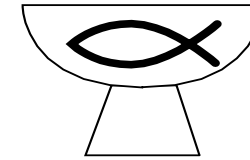
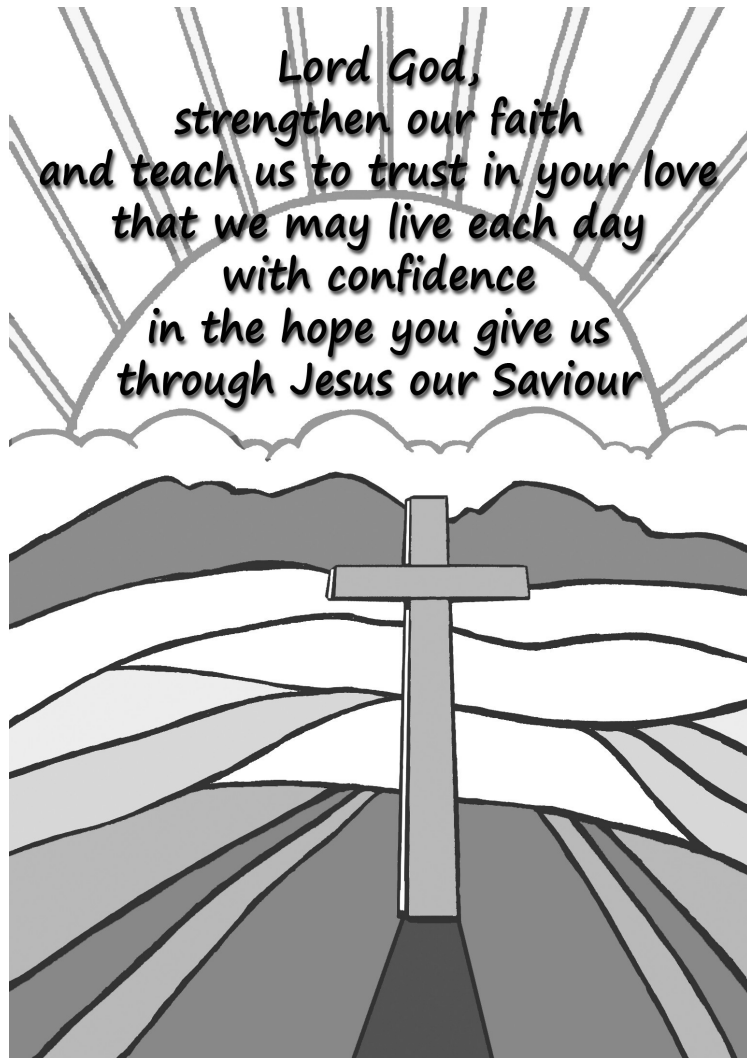


August 2022

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: Lynda Bussley	01753 573614
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
Verger (SL): Allan James	01753 532425
Organist (SM): Malcolm Stowell	01628 660651

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Revd Scott Lamb Friday
Revd Alistair Stewart Tuesday

Magazine Editor: David Kill

Tel: 01628 776856 E-mail: david.kill@btinternet.com

Web-sites:

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

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

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

The Rector Writes:

The last few days and weeks have been far from encouraging for us as a nation. We have seen our government plunged into confusion and the resignation of the Prime Minister who lied about another MP's sexual offences. It is the latest of many scandals. It is dispiriting to see such low standards in public life and to witness so many turning a blind eye to wrongdoing for so long. As these events have unfolded, I have had in mind two examples of political leadership which offer a very different vision.

The daily developments in parliament have been accompanied by readings at Mass from the Old Testament prophets Amos and Hosea. Amos has some harsh words for the "bad shepherds" of his day. It was a material and spiritual boom time for Israel. Wealth was increasing and the shrines were full, but leaders were neglecting the poor and ignoring God's commandments. The prophets' words remind us that general prosperity cannot compensate for moral shortcomings, nor religiosity for injustice.

And then secondly, I have remembered a friend, James Brokenshire MP, who died in his early 50s from cancer last year. A few weeks ago, I had the privilege of preaching at his memorial service at St Margaret's Westminster, the parliamentary church. The congregation contained several Prime Ministers and MPs as well as friends and constituents. I spoke as James's vicar. The tributes were all heartfelt and fulsome as James deserved. They reflected his achievements in office but above all, without exception, all spoke of his decency and integrity.

As James and I worshipped together Sunday by Sunday, I saw first-hand a Christian man working out his calling. James and I did not always agree politically. He certainly didn't always think my sermons were right, but I recognised James's genuine endeavour to serve Christ and his neighbours through the medium of politics.

In these troubling times, it is easy to lose faith in politics altogether, to give up on the whole enterprise or conclude that all politicians are as bad as each other. However, as Christians we are called always to resist such cynicism. Our tradition teaches that politics remains a noble and important vocation even when we see it debased. Our task is to remind those who embark on that path that they are put in authority to serve others and not themselves, and that ultimately they are answerable for their stewardship not only to the electorate but also to God.

With love

Father Scott

AUGUST SERVICES & EVENTS

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

Sun 7th	10.00am	St Laurence's Patronal Festival: Joint Parish Eucharist, followed by church lunch (book in church or call 01753 532425) (SL)
Wed 10th	7.00pm	BBQ & Stargazing: Perseids Meteors (Scout Hut, Upton Court Park)
Thu 25th	3.00pm	Bicentenary of Sir William Herschel's death: Light sculpture exhibition launch, music performances and afternoon tea (until 5.00pm) (SL) See page 6 for light sculpture exhibition details..

CANCELLED!

Friday 2nd and Saturday 3rd September: "Herschel 200 – 8 Comets"

Looking Ahead: September

Sat 3 rd	12noon	Autumn Special Concert (SM)
Sun 4 th	10.00am	St Mary's Patronal Festival: Joint Parish Eucharist (SM)

NEXT MONTH'S MAGAZINE

Please let me have articles for the September issue by **Sunday 14th August** at the latest!

Dave

St Mary's News

I have just returned from a very productive morning getting the church ready for the visit of the Bishop of Oxford to St. Mary's on Tuesday 19th July. This is of course weather permitting. It is strange to be writing about being too hot rather than fog, rain, snow etc, but hopefully the visit will be able to go ahead. We have been able to clean and clear out those mystery items "that might be useful one day".

Year 6 From St Mary's School came to church this week for their leavers' service. 90 children and their teachers joined in a very moving service. This group of children were probably the most affected by Covid and the lack of schooling during lockdown time and we wish them all good luck and best wishes as they move onto new schools.

We have been able to host two baptisms in the last month and sadly the funeral for the late Roslyn Ruan. The church was full with her large extended family, large numbers of the Anguillan community and friends from St Mary's. Roslyn and her family have been worshippers in St Mary's since the early 1950's when her family moved to Slough from Anguilla. Over the years the family have been active members in the choir, servers, sidesmen and Roslyn also served for several years on the church council. She will be sadly missed.

Slough Music Service held a series of piano recitals and over 30 children were able to display their talents to their parents, siblings and friends. We look forward to welcoming them back during the autumn term

We have now been able to submit the necessary papers to the Diocese for the faculty to allow the sculptor to start work to replace the Corpus figure which was vandalised and removed several years ago. The cross and figure were installed after the First World War by the Guild of Servers to commemorate their members who died in that conflict and has been a focal point in the town since then. It is widely used by many of all faiths and is regularly surrounded by flowers and candles.

Please put in your diary – Saturday 3rd September 12 noon. This is the date for Malcolm Stowell's Autumn Special concert. More details next month but in the meantime please pass on the message.

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.

St Laurence's News

On Sunday 17th July Allan arrived at the church to set up for the 11am Eucharist to find that the vestry door had been forced and the church searched by an intruder. Some petty cash and our rather cumbersome collecting box were stolen. Allan informed the Police and insurance company and fielded calls from both and a repair company during the service, whilst operating the organ and CD player. A Police scene of crimes officer arrived at the end of the service and carried out a very thorough examination, while Allan and I reviewed our CCTV footage.

Surprisingly, we saw that the culprit had arrived with a bag of tools by bike the previous evening at 7.30pm, got into the church and was out in eight minutes carrying the collecting box on its pedestal. He stopped by one of the tombs to try and open the box, but was unable to do so and rode off with it, leaving his bag of tools by the tomb. He returned later to retrieve it. We have all this recorded in glorious colour.

We shall be reviewing security arrangements at a future DCC meeting. As the economy deteriorates, crime will increase and we all need to be on our guard.

Our Patronal Festival on Sunday 7th August will be a Joint Parish Eucharist at 10am, followed by lunch. Book in church or call 01753 532425 for the lunch.

Herschel 200 events continue, including the launch of a light sculpture exhibition (see below).

Dave

Herschel 200: Caroline Herschel

"An Imperfect Account of a Comet"

A light sculpture exhibition by Lynda Laird

Thursday 25th August – Sunday 2nd October

Check www.saint-laurence.com for opening times

St Peter's News

Junior church celebrated the end of the academic year with a picnic in Salt Hill Park after mass on 24th July. Adults joined in and everyone had a great time. The picnic has become a regular event in the calendar in recent years,

The junior church and others in the congregation will be drawing round their hands, cutting out the shape and writing a prayer for climate change on it in the next couple of weeks. The hands will then be collected nationally and presented to the Lambeth Conference. The idea comes from the Young Christian Climate Network (YCCN) and the prayers are to reflect the plight of many poor countries which are experiencing some of the worst result of climate change.

Margaret

How many hours of sleep do you really need at night?

Margaret Thatcher famously thrived on four hours a night. These days, 40 per cent of us struggle to nod off at all, while the hoped for 'ideal' is eight hours a night. But how much do we *really need*?

Recent research at the University of Cambridge and Shanghai's Fudan University looked in depth at sleeping patterns, mental health and wellbeing, cognitive tests, brain-imaging and genetic data.

The scientists concluded that the ideal is to aim for exactly *seven* hours' sleep a night, from our thirties to old age. Getting too much more sleep than that, as well as too much less, may cause mental health problems and worse cognitive performance.

The study also found that consistency mattered – so it's no good getting nine hours one night then six the next.

While the vicar's away...

A church newsheet contained the following typo: The vicar is away on holiday for two weeks. Massages can be given to the curate.

4th August: Jean-Baptiste Vianney Curé d'Ars, spiritual guide

Jean-Baptiste Vianney is the saint for those whose passion is to help people find peace with God.

Vianney was born near Lyons in 1786, the son of a peasant farmer. With no money for schooling, he first became a shepherd. But, like David in the Bible, his deep personal faith and zeal soon drew him away from guiding sheep to guiding people.

It took Vianney nine long years to become a priest. For one thing, he just couldn't learn Latin, but also he had to hide for a year to avoid being conscripted into Napoleon's army. But eventually, in 1815, at the age of 29, he was ordained, and after a curacy, was sent to the tiny village of Ars-en-Dombes near Lyons. Here he remained for the next 40 years, becoming known simply as the 'Curé d'Ars'.

Vianney soon proved that it did not take Latin to be an excellent parish priest. His ability to preach with simplicity and passion, and his gifts as a truly outstanding spiritual director soon had the people flocking to him for help.

At one stage in Vianney's ministry, he was spending up to 16 hours a day hearing confessions and counselling people. He seems to have had a God-given ability to discern the real issues in a person's life, and to put his finger on the real causes of their problems.

As the years went by, Vianney's fame spread, and tens of thousands of people came to the Curé of Ars-en-Dombes (20,000 in 1855 alone.). The rich, poor, famous and obscure, all of them were welcomed and prayed with and helped by this extraordinary parish priest – sometimes up to 300 of them a day.

It was an exhausting routine, but Vianney felt he could not retire. And so eventually he died at work in his parish, on 4th August 1859. By then he was widely loved and respected not only by Roman Catholics, but also by the Protestants.

So far so good

So far today, God, I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish, or over-indulgent. I'm really glad about that. But in a few minutes, God, I'm going to get out of bed, and from then on I'm going to need a lot more help. Amen

DEC Ukraine Humanitarian Appeal

In this month of holidays and summer travel, it is awful to think that the crisis in Ukraine simply goes on. More than 13 million people have fled their homes. Millions of families have been separated, people have been injured and killed, and their homes blown up. Critical infrastructure such as health facilities, water supplies and schools have been damaged or destroyed.

The UN estimates over five million people have now fled Ukraine. The refugees have fled to Poland, Romania, Hungary and Moldova, often arriving with only what they could carry.

Another eight million people are displaced within the country. Many older people, and those with disabilities, have no option but to remain in their homes. They are now isolated, unable to access food and basic necessities.

In such a crisis, the DEC charities in Ukraine and neighbouring countries are working hard to meet the needs of people affected by the conflict. They say:

£30 could provide essential hygiene supplies for three people for one month
£50 could provide blankets for four families
£100 could provide emergency food for two families for one month

If you can help, please go to: www.dec.org.uk

The Ukrainian Church and Moscow

Who is leading the Ukrainian Orthodox Church (UOC)? It depends on who you talk to.

The Moscow Patriarchate has recently reaffirmed its jurisdiction over the UOC, denying claims that the Church has severed its ties with Moscow. The Russian Holy Synod said: “We note with regret the continuing pressure on the Ukrainian Orthodox Church from the Ukrainian state authorities and extremist part of Ukrainian society.”

On the other hand, the governing council of the UOC has not only expressed disagreement with Patriarch Kirill over his support for President Putin’s invasion, but has passed a resolution declaring its ‘full independence’ from Moscow.

Meanwhile, the Primate of the Greek Catholic Church in Ukraine, Major Archbishop Sviatoslav Shevchuk, has warned that because the Russian blockade of Odessa and other ports has stopped the export of Ukrainian grain, the world-wide food crisis will only get worse.

Bishops' letter to The Times on the Rwanda asylum policy

All of the current Lords Spiritual have recently signed a letter to The Times voicing alarm about the Government's plan to send asylum seekers to Rwanda.

The Bishops wrote in their letter that “this policy should shame us as a nation.”

They went on: “Our Christian heritage should inspire us to treat asylum seekers with compassion, fairness and justice, as we have for centuries. Those to be deported to Rwanda have had no chance to appeal, or reunite with family in Britain. They have had no consideration of their asylum claim, recognition of their medical or other needs, or any attempt to understand their predicament.

“Many are desperate people fleeing unspeakable horrors. Many are Iranians, Eritreans and Sudanese citizens, who have an asylum grant rate of at least 88%. These are people Jesus had in mind as He said when we offer hospitality to a stranger, we do it for Him. They are the vulnerable that the Old Testament calls us to value. We cannot offer asylum to everyone, but we must not outsource our ethical responsibilities, or discard international law - which protects the right to claim asylum.”

Church Commissioners’ research identifies historic links to transatlantic chattel slavery

The Church Commissioners for England has learned from research it commissioned that Queen Anne’s Bounty, a predecessor fund of the Church Commissioners’ £10.1 billion endowment, had links with transatlantic chattel slavery.

The Church Commissioners has said it is “deeply sorry for its predecessor fund’s links with transatlantic chattel slavery”.

In the 18th century, Queen Anne’s Bounty invested significant amounts of its funds in the South Sea Company, a company that traded in enslaved people. It also received numerous benefactions, many of which are likely to have come from individuals linked to, or who profited from, transatlantic chattel slavery or the plantation economy.

The Church Commissioners in 2019 decided to conduct research into the source of its endowment fund to gain an improved understanding of its history. It worked with forensic accountants to review early ledgers and other original source documents from Queen Anne’s Bounty. That research is now

complete, and a final report of the findings will be published later this year.

The Church Commissioners is forming a group to consider the research and how to respond to these findings. Further information will be shared in due course.

The Archbishop of Canterbury, the Most Reverend Justin Welby, who is also Chair of the Church Commissioners, said:

“I am deeply sorry for the links with transatlantic chattel slavery that the Church Commissioners has identified. This abominable trade took men, women and children created in God’s image and stripped them of their dignity and freedom. The fact that some within the Church actively supported and profited from it is a source of shame. This is a moment for lament, repentance and restorative action. I pray for those affected by this news and hope that we may work together to discern a new way forward.”



"Due to our failure to secure a holiday-relief organist, the next hymn will also be sung to the tune, *Chopsticks*."

The Brave Barbie Doll

Out of the 170 different types of Barbie Dolls there is one very special Barbie Doll that brings confidence and happiness into the lives of the children who have cancer. This special doll is named "Ella". She looks like any other Barbie Doll except she is bald. She helps bring comfort to girls going through hair loss from chemotherapy treatment. Mattel has generously been giving them out to selected hospitals and charities in the USA and Canada. Mattel is now in partnership with "Curesearch" for Children's Cancer. The Barbie Doll called Ella comes with hats, scarves and other fashion accessories and a variety of head coverings and wigs.

Barbie dolls have been around since 1959 and were invented by a mum who watched her daughter play with make-believe paper dolls. The doll was named after her daughter and the Ken doll was named after her son. The doll was interesting because it was dressed in fashion and the variety of jobs it did. Another special Barbie doll is exactly like Dame Sarah Gilbert who is the scientist who invented the Oxford University / AstraZeneca coronavirus vaccine.

Alice Sanders



Weeks after the Pet's Service, nobody had claimed the monkey

Keeping Calm in the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made. When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long.

Time (and my closest friends) will tell!

Dr Ruth Bancewicz



On the best way to visit the homes in the parish

The Rectory
St James the Least

My dear Nephew Darren

Your offer to bring in your team of church members, in order to make a house call on every home in our parish, was most generous. I do understand why you would need us to accommodate your team of 25 visitors, and then hold a residential training weekend for our own members of the team. I accept that we would have to produce a visiting pack listing all our church organisations, giving contact names and numbers and a short resume of what each group did, along with our mission statement and safeguarding policy. I also understand your suggestion that we include a supplement outlining our stewardship scheme.

Your plan that we should then hold an opening service to which all the newcomers would be invited, and to which we might fly in a world-renowned speaker for the occasion, is understandable. And then, course, we would need your help us to set up a finance committee with budgets and organised fund raising. But what you seem to have missed is that our entire parish consists of something like 70 homes. They would not feel visited, but invaded.

Instead, I feel it would be best if we attempt something a little more low-key: an invitation to sherry after Mattins, perhaps, where we could find out which of them plays golf and who may like to join the Bridge Club. Gradually, as the sherry flowed, we would also seek to discover who would be prepared to go on the brass cleaning, flower arranging and grass cutting rotas, which are the traditionally recognised signs of committed Christians, at least in this parish.

Inevitably, this means that none of our church members will be joining your

team as you visit the residents of the new tower block in your parish. Most of our congregation abandoned attempting stairs some years ago and their polite enquiries about which Hunt the residents belong to, and where they stable their horses may lead to a rather stilted conversation.

You are, of course, all prepared to welcome your new residents with enthusiasm, excitement, and frenetic activity; our policy of polite indifference and brief conversations about the weather should soon help ours to settle in in no time.

Your loving uncle,

Eustace

Prayer

Most of us identify with the disciples' request: *'Lord, teach us to pray'* (Luke 11:1); having seen Jesus pray, they wanted to know *how* to pray!

A Loving Relationship

Jesus begins with *father: 'When you pray, say: Father'* (2). Prayer is like a child asking their parent for help. This reflects Jesus' own intimate relationship with His Father. He invites us to share this relationship using the Lord's Prayer, as way into His presence (2-4). Imagine using this prayer as a child sitting on your parent's lap. God delights to hear us!

A Loving Readiness

Jesus' parable makes the point that God is always ready to hear our prayer. When the man turns up at midnight asking for bread, his friend inside gives him whatever he needs because of his *'shameless boldness' (lit)'* (v.8). If the man answers despite all his family being asleep, *how much more* will our Father in heaven respond to our prayers. We should never give up!

A Loving Richness

Jesus concludes with a threefold promise: *'ask and it will be given to you; seek and you will find; knock and the door will be opened to you.'* (9). Does this mean that God will give us whatever we ask for? As earthly parents only give good things to their children, *how much more* is this true of our heavenly Father: *'Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion?'* (11,12). He doesn't give us everything we want, but what is best for us.

'If God were to say to me, 'I want to give you a special love gift, what would you like?' I would say: 'you choose'' (SD Gordon).

Grace – it really is amazing

Most of us will know the hymn, *Amazing Grace*, by John Newton. Grace is an essential element of our faith, but what is it, exactly?

In everyday life the word 'grace' has many uses: in the courts, a pardoned person has been 'shown grace'; in the arts, an exquisite dancer moves with beauty and grace; if someone undertakes an unpleasant task cheerfully and willingly, it is done with 'good grace' and composers sometimes add 'grace notes' to their music to enhance the playing of their music.

The biblical use of the word 'grace' is quite different! The New Testament describes grace as God doing something for us that we could not do for ourselves. That 'something' is the free and unearned favour of God towards us. It is God's goodness which removes human inferiority and worthlessness and which raises our status. It pays the debt of sin. Grace welcomes the wretched, the weak and the wayward. It adopts us – homeless orphans – into God's family.

The story of King David and Mephibosheth is a remarkable example of grace (see 2 Samuel 9:1-13). When David discovered a disabled relative of a former friend, he opened the way for this person to be brought into the royal household. He was accepted into David's family and given the same status as one of his sons.


Similarly, God accepts the unacceptable into His Heavenly Family. He accepts us as we are, regardless of status, health - or any objections we may have! Our gracious God loves us even though we are unlovely, undesirable and unholy.

We must see God's love in the gift of His Son. We can only be thankful that through Christ we have a new relationship with God. It is by His grace we are saved.

In John Newton's famous hymn, he wrote 'grace will lead me home'. Through the grace of God we can be assured of eternal life, joy, peace and security with Christ.

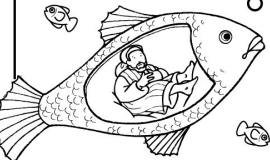
Lester Amann

CHILDREN'S PAGE



Mouse Makes

READ the full story in the book of Jonah



What swallowed Jonah?
A big _____

How long was he there?
three _____ and three _____

Jonah 1:17

JONAH'S JOURNEY

Which city did **God** tell **Jonah** to go to?

and why?
Jonah 1:12

Where did Jonah try to go instead?

What did he travel in?

Jonah 1:3

What did God send to stop him?
A great _____


What did Jonah tell the **sailors** to do to make the sea **calm**?

him into the **sea**
Jonah 1:4-16

What did Jonah do?

then what did the fish do?
Jonah 2:1-10

DID YOU KNOW?
In Bible times wearing itchy sackcloth made from goat's hair was a sign of grief and repentance



When Jonah reached Nineveh he proclaimed God's **message**... the city would be overthrown in _____ days
Jonah 2:1-10

What did the people do?
F _____

What did they put on?

Jonah 3:1-9

What did God do?
R _____


Jonah 3:10


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

Find the missing words. Look up the Bible references then look for them and the words on this page in **bold** in the word search

the PARABLE of the SOWER


JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS





ONE WAS ABOUT A FARMER WHO SOWED SOME SEEDS

MOST FARMERS DIDN'T BURY THEIR SEEDS IN THE GROUND. INSTEAD THEY THREW THEM IN THE AIR!

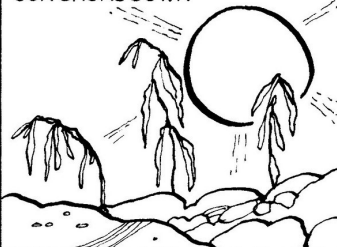




THE FARMER HOPED THEY WOULD TAKE ROOT JUST WHERE THEY LANDED




BUT SOME SEED WAS EATEN BY BIRDS!

SOME SEED FELL ON ROCKS, BUT THE PLANTS DIED WHEN THE HOT SUN SHONE DOWN





OTHER SEEDS TOOK ROOT, BUT WERE QUICKLY STRANGLING BY WEEDS



SOME SEED FELL ON GOOD SOIL. IT TOOK ROOT AND GREW AND GREW!

SOON THERE WAS A FINE FIELD OF WHEAT!

JESUS EXPLAINED THAT THE SEED ARE 'WORD OF GOD' AND WE SHOULD LET THAT WORD 'GROW' IN OUR HEARTS. JUST LIKE SEEDS IN GOOD SOIL.

Bible Bite

A short story from the Bible

It can be read in the Bible in Genesis chapter 6:9 to 9:17.

Everywhere God looked, people were hurting others, fighting, lying, cheating and stealing. Only Noah was good.



Walnuts

A handful of walnuts may help reduce your feelings of hunger. Walnuts are unique among nuts in that they are mainly comprised of polyunsaturated fats, which help decrease ghrelin, a hormone that increases hunger. They also seem to increase peptide YY (PYY), a hormone that increases fullness or satiety.

As appetite hormones play an important part in regulating how much you eat, this could be good news. As one scientist says, walnuts "may favourably change appetite hormones so that we can feel fuller for longer."

Eat your porridge

A daily serving of wholegrains can help slow down your middle-aged spread.

Recent research has found that the wholegrains found in oats, as well as brown bread and brown rice, are the key to midlife weight control and loss.

Wholegrains are usually low in fat, rich in fibre and starchy carbohydrate and often have a low glycaemic index. They also provide a range of nutrients, vitamins, and fats.

One scientist explained that "the data suggests that people who eat more wholegrains are better able to maintain their blood sugar and blood pressure over time. Managing these risk factors as we age may help to protect against heart disease."

So, eating porridge for breakfast could be an easy way to improve your health.

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

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

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

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

