

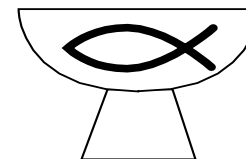
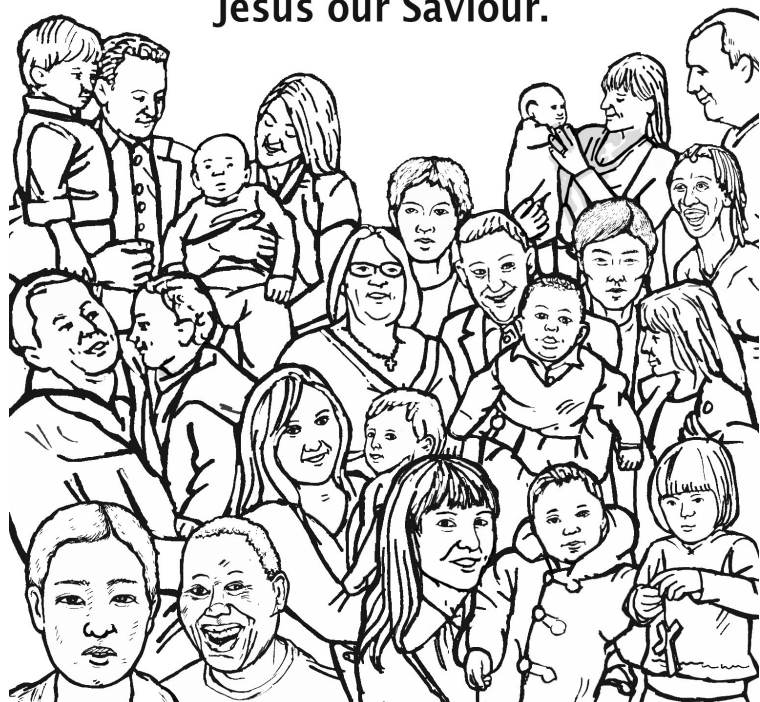
July 2022

30p

# Upton-cum-Chalvey Parish News

**St Mary St Laurence St Peter**

Father God,  
as you made us in your image,  
may we see you in all those we meet  
and serve you in all that we do,  
in the power of the Holy Spirit  
and in the name of  
Jesus our Saviour.



## 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
Vergers (SL): Allan James	01753 532425
Organist (SM): Malcolm Stowell	01628 660651

### Clergy days off:

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:

In the days after Easter, Elizabeth and I were fortunate to be able to spend a few days in France where we went to church as we would usually do. We joined a simple midweek Mass in a side chapel of Auxerre cathedral. It was a Roman Catholic service, and my French isn't great, but despite these obstacles, the sense of joy in the little congregation was palpable and we left knowing that we had met Christ risen and alive.

The experience reminded me of my time as a Chaplain in the Royal Navy. Early on in my ministry I decided that I would always worship in a local church when my ship was alongside rather than lead my own worship onboard. I would look first for an Anglican Chaplaincy and then for a service in English but even if those things were not available, I would always go to church. So, over the years, I took part in a Mass for the beatification of Mother Theresa in Crete; sang Anglican hymns in Mauritian patois; joined non-denominational worship in US military bases and united Protestant worship in Kuwait and Oman. I worshipped in English, French, Arabic, and Spanish and in every conceivable tradition. Midnight mass in Mumbai was a highlight. Three hours long and Book of Common Prayer, of course! Inevitably It was sometime difficult to follow all the words, and on occasions the different style of worship left me wondering what was coming next in the service. Once or twice, I was put on the spot for a spontaneous "word" as a visiting minister. Yipes! However, despite these challenges I never left church without the feeling that God had given me some gift to sustain me in what were sometimes fairly difficult times. It was a regular reminder that there is no human activity more surrounded with promises of blessing than corporate worship. Whatever form that may take. A particular service may or may not be to our personal taste, but more important is the fact that we are there.

Through these last couple of years, it has been hard for all of us to maintain our pattern of worship. Closing our churches was a terrible decision to have to take. Zoom services helped but could not replace physical worship. A recent survey of worshippers revealed that many people are now finding it hard to resume regular worship. For some there is a new nervousness of gatherings. A majority of those who have stopped say that they have simply got out of the habit. Church vanished and other things moved into that space in the week.

Returning to worship may be a complicated journey for some of us, but we can take that decision confident that our faltering steps will be met early on with the overwhelming grace of God. God who is "always more ready to hear than we to pray," and always "gives more than either we desire or deserve." Our Father is always ready to welcome us home, no questions asked.

"To worship is to quicken the conscience by the holiness of God, to feed the mind with the truth of God to purge the imagination with the beauty of God, to open the heart to the love of God, to devote the will to the purpose of God."  
Archbishop William Temple.

With love

Father Scott

## JULY SERVICES & EVENTS

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

Sat 2nd	12noon	St Peter's Summer Fete (until 2.30pm) (SP)
Sun 3rd	10.00am	St Peter's Patronal Festival - Joint Parish Eucharist (SP) - no services at SM or SL
Mon 4th	8.00pm	St Peter's DCC Meeting (SP)
Tue 5th	7.30pm	St Mary's DCC Meeting (SM)
Sat 9th	12noon	Langley Fair (until 4.30pm) (Memorial Ground)
Mon 11th	7.30pm	St Laurence's DCC Meeting (SL)
Fri 15th	6.30pm	"Discover the Discoverers" (see page 5) (SL)
Mon 18th	7.30pm	Upton-cum-Chalvey PCC Meeting (SP)
Tue 19th	7.30pm	"An Evening with Bishop Steven" - for PCC and DCC members (SM)
Fri 29th	6.30pm	"Discover the Discoverers" (see page 5) (SL)

### **‘Discover the Discoverers’: The Herschel Family**

Celebrating and sharing our town’s cultural heritage. Discover Slough and the Universe . . .

Friday 15th & 29th July 6.30pm Introductory talk at St Laurence’s Church (SL3 7LS) followed by  
7.00pm Walk including Herschel Park, Upton House and Observatory House (site), Herschel Arms and other related sites.  
(If wet, then remain at St Laurence’s for event).

Further details at: [www.saint-laurence.com](http://www.saint-laurence.com) or  
email [allanjames.benbecky@gmail.com](mailto:allanjames.benbecky@gmail.com)

### **Church of England national funding to increase 30%**

The Church of England is planning a significant increase in funding for the next three years. It will go towards supporting parishes and growing new worshipping communities across the country. Ministries to young people and disadvantaged communities will be especially targeted.

The Church Commissioners for England intend to distribute £1.2 billion between 2023 and 2025. That is up 30% from £930 million in the current three-year period. They also plan to maintain this level of funding in the subsequent six years.

In total, this would mean the Church Commissioners plan to distribute £3.6 billion to frontline work between 2023 and 2031. That would make the Church Commissioners and Archbishops’ Council among the largest grant givers in the country.

The Archbishop of Canterbury, Justin Welby, said: “I am especially pleased that the funding will support our aims to double the number of children and young disciples by 2030 and aid the parish system in doing what the Church does at its best: making the love of God known to every person.”

### **St Mary’s News**

After six months of talking, the Big Lunch finally happened and far exceeded all our expectations. Although the weather was disappointing it was an amazing day. The church was full and buzzing with chatter, music, singing and plenty of food. A very big thank you to everyone who helped to make the day the success it was, from Leonie and Dionysus Ensemble, Slough Music Service Choir, Clarissa from BiD who arranged for the Vintage Cinema Bus and children’s entertainer and everyone who helped to decorate the church, serve refreshments and clear up at the end (apologies if I have missed anyone).

We must of course remember Rev Linda who was the inspiration behind all the bunting but due to her fall the day before missed the main event. Our thoughts and prayers are with her for a speedy recovery. (A special thanks to her husband, Steve, who spent many hours up the ladder fixing the bunting).

We must again thank the Police, Slough Borough Council, Police Cadets and Premier Inn for their support and help removing the tents, cutting the grass and organising Community Clean Up. Our churchyard is now looking good and safer for our congregation, visitors and neighbours to enjoy.

Many of our visitors on 5th June were coming into the building for the first time so we hope that now they have seen inside they will be encouraged to return and join us for our worship.

Jean

### **St Mary’s Lunchtime Concerts**

Due to the coronavirus pandemic there will be no Saturday Lunchtime Concerts until further notice.

### **"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

July will be a quieter month in our calendar. I retire as District Churchwarden on 30th June after 20+ years in the role, nowhere near the local record of 56 years! Allan will take my place for his second stint. I will remain Treasurer.

Our financial situation is pretty good at the moment, which is just as well as we are paying significantly more to the Diocese via the PCC. Our electricity costs will rise by around 135% from August and I anticipate a big rise in the price of gas too, in due course. The FUNdraising team are working hard, as usual, to keep up the momentum.

Herschel 200 activities continue this month with Friday talks and walks on 15th and 29th. See page 5 for details.

Dave



It was bad enough your mobile ringing half-way through his sermon, without the ring-tone being the 'Christians Awake' tune!

## St Peter's News

St Peter's starts July with a busy weekend. The annual summer fete takes place on Saturday 2nd, from 12noon to 2.30pm. This is our opportunity to open the church and the grounds to our community and we are hoping that after a break of two years we will attract a good turnout.

The next day we will celebrate our patronal festival with parish mass at 10am. It will also be the occasion to welcome back Graham Baldock as our organist. Graham played for us for many years until work and personal commitments meant he had to resign, Now he has retired he is able to play for us on alternate Sundays

The District Church Council meets on Monday 4th by Zoom.

The summer fete marks the mid-point of our summer fund raising programme, when a very small group of us go out with stalls to various venues. Why not join us? We have a month off in August!

Margaret

### C of E has good skills, says new bishop

The next Bishop of Bath and Wells, Dr Michael Beasley, has said that the CofE learned valuable lessons during the pandemic. "There's been a huge amount that we've seen in our response to an emergency. It shows we have a flexibility and a resilience and an ability to respond to situations that we might not have known we have, but now we do."

He said that such resilience will be needed, to cope in these "challenging times", with the world still emerging from the pandemic, the war in Ukraine, and the cost-of-living crisis, "which is only to become increasingly urgent."

He said: "Addressing these issues is going to demand everyone's faith and experiences, their creativity and skill."

## Mendel, the peas, and the beginning of genetics

Two hundred years ago, on 20<sup>th</sup> July 1822, Gregor Mendel was born. The Austrian/Czech friar and botanist discovered the laws of heredity and created what eventually became the science of genetics.

Born to a relatively poor but devoutly Roman Catholic farming family in what was then Moravia, in the Austrian empire, Johann Mendel (he became Gregor after he joined the Order of St Augustine) became a monk partly to relieve “perpetual anxiety about means of livelihood”, but his faith was clear and frequently expressed.

He was also a meteorologist, mathematician and teacher, but his ground-breaking experiments with pea plants between 1856 and 1863 demonstrated the action of something invisible – now called ‘genes’ – in determining the inherited traits of an organism. Although he announced his results and published them in 1866, the significance of his work was not appreciated by scientists until around 1900, when his experiments were verified – another example of the consensus of scientists failing to recognise the validity of different ideas.

He was elected Abbot in 1868, and after that his life was taken up largely by administrative duties – including a long dispute about payment of religious taxes. He died in January 1884 of chronic nephritis. Czech composer Leoš Janáček played the organ at his funeral.

Mendel’s work was introduced to Britain in the early years of the 20<sup>th</sup> century by William Bateson, the first Director of the John Innes Centre in Norwich – the first research institute devoted to Mendelian genetics in Britain. He translated Mendel’s paper from German into English, championed his work and coined the word ‘genetics’.

Tim Lenton

### Baptism

A couple took their five-year-old young daughter to church. During the service, the minister conducted the baptism of a tiny infant. The little girl watched in wonder as he held the baby, said solemn words, then poured water over its head, and then carefully wiped it dry. Finally, she turned to her father. “Daddy, why is he brainwashing that baby?”

## Sea Sunday

Over many years the 2nd Sunday of July has been kept as Sea Sunday, with a special focus on prayer for all seafarers. The Mission to Seafarers supports the work of sailors facing difficult waters, piracy, and separation from loved ones for long periods at sea. However, we can also experience storms in our own lives.

In Acts 27 we read how Paul was being taken as a prisoner to Rome, when he was caught in a storm off Crete. After 14 days they were shipwrecked on the island of Malta. Paul had warned the crew that it wasn’t a safe time of year to sail: *“I can see that our voyage is going to be disastrous and bring great loss to ship and cargo, and to our own lives.”* But his words were ignored, and the ship sailed into a violent storm.

By the third day they *‘finally gave up all hope of being saved’*. How do we face up to storms in our lives? Do we worry and panic? God doesn’t necessarily prevent storms from taking place, but we can trust His purpose through them.

Paul urged the sailors to *“keep courage, because not one of you will be lost, only the ship will be destroyed”*. His confidence rested on an angelic promise: *“Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.”* Only the sovereign God, who created the wind and waves, can promise to save people from a storm. What does this mean for us in our circumstances today?

*‘Through many dangers, toils and snares I have already come. Grace has brought me safe thus far, and grace will lead me home.’* (Amazing Grace: John Newton).

Canon Paul Hardingham

## 14th July: Phocus of Sinope – the brave gardener

Many of us are gardeners, but not many of us are buried in our gardens.

Phocus was a fourth century Christian gardener who ran a little guest house in Sinope, on the Black Sea (now part of modern Turkey). He used the produce from his garden to welcome and feed any visitors who came by, as well as giving anything left over to the poor.

In a time of persecution, the governor of the district sent soldiers to kill him because of his Christianity. But when the soldiers arrived at Phocus’s guest house, they did not recognise him. Phocus politely fed them and invited them to stay the night, during which he crept out into his garden to dig his own grave and

prepare for death. In the morning, Phocus divulged his true identity, rather to the dismay of the soldiers, who did not want to kill this kindly man. But Phocus assured them that he considered martyrdom the highest honour, and humbly bent his head to their swords. And so, the soldiers killed him and buried him in the grave he had prepared.

The news of Phocus's martyrdom spread far and wide, drawing many pilgrims to his garden. His calm courage and faith in God were widely admired and in time Phocus became the patron of sailors in the Black Sea, and then the whole Eastern Mediterranean.

Phocus's life echoes that of many Christians today, who go calmly about their daily mundane jobs in lands of persecution, and who do not avoid the call to Christian martyrdom, however it may come to them.

### **Debt leaves you so lonely**

Christians Against Poverty has warned that more people are suffering loneliness and isolation as the cost-of-living crisis pushes them ever deeper into debt.

The charity has recently reported finding clients "too worried to answer the door or answer the phone."

Before contacting CAP for debt advice and support, 60% of respondents said they had felt lonely, while about 40% admitted that they had not had a meaningful conversation in the past week. Two thirds said that they had no one to turn to when they had a problem.

As one client explained, CAP "definitely gave me hope that there was light at the end of the tunnel." CAP's helpline has experienced a significant rise in demand this year.

Along with free debt advice, CAP offers emotional support and life-skills courses to help people to connect with others and reduce their loneliness.

### **The kiss**

An honest seven-year-old calmly announced to her parents that Billy Brown had kissed her after church. "How did that happen?" gasped her mother.

"Well, it wasn't easy," admitted the young lady, "but three girls helped me catch him."

### **Wonder and Worship: Reflections in a Scottish Rainforest**

It can be easier to notice things away from home, when we are relaxed and surrounded by unfamiliar sights in an exotic location. But sometimes the same wonders are there in our own back yard. GK Chesterton was a great advocate of intensive observation, and he invited his readers to take a fresh look at things that might be taken for granted. The rewards for this mental adjustment are great, and can feed into our worship in new ways.

I first learned to appreciate old growth forests on the West coast of Canada: the centuries-old tangle of logs and underbrush, and thick layers of moss and lichen, that provide rich resources for countless organisms. Several years later, in Scotland, I stumbled over a few acres of birch and hazel, lush with moss and ferns, and humming with insect and bird life. Fallen logs lay everywhere, vegetation grew up the trees, creepers hung down, and sunlight slanted through clearings.

I later discovered that this patch of woodland is one of the few remaining areas of old growth Atlantic rainforest, so I visited one sunny morning when I had more time to linger. The wood is home to 140 species of lichen and 100 of moss, so I found myself looking very closely at tree trunks and boulders. Each lichen is a unique relationship between a fungus and a particular collection of single-celled algae – an example of the collaboration that is so essential to every ecosystem.

Places like this are worth preserving, respecting, and appreciating as much as a work of art or a historic city. I'm so grateful to the community that chose to preserve it, and the Creator who used such intricate and patient processes to create it. As the animals and plants around me did what comes to them naturally, I did what I was made for - thanking God for everything I saw. I found myself praising God alongside all those species of lichen, moss and trees. "Let everything that has breath praise the Lord" (Psalm 150).

There is a growing call to take both our personal devotions and our church services outside from time to time, and there are a growing number of resources to help us do this. As you go through your week, can you find one new way to appreciate your surroundings, and praise God alongside the rest of creation?

Dr Ruth Bancewicz

## Up to £3 million to boost diocesan discretionary funds

The Church of England is to make extra funding available to dioceses for grants to help clergy and lay workers struggling with the cost-of-living crisis.

Up to £3 million will be distributed to diocesan boards of finance or nominated local discretionary funds. The grants are aimed, in particular, towards helping those with rising energy bills.

It is expected that people from the following groups will be eligible to apply: stipendiary clergy, curates, self-supporting ministers with a provided house, salaried lay workers such as youth and children's workers, and retired clergy carrying out a specific role in support of diocesan ministry.

A Church of England report published last year backed targeted support for clergy facing financial challenges such as those with larger families or with no additional household income other than the stipend.



*Not everyone has a natural gift for rural ministry*



## On why our church is safe from vandals

The Rectory  
St James the Least

My dear Nephew Darren

I was sorry to hear that your church was broken into last week. Since your sound system rivals that of any concert hall and your projection equipment would put most cinemas to shame, it is not surprising that is what they had their sights on. Your bemusement that they never touched your library of recordings is less understandable. I would have thought that few thieves would have been much interested in renditions of 'Shine Jesus, Shine' and other such artistic gems.

It may have been an act of Christian charity to put a sign outside saying 'Thieves will be forgiven', although since they took this as an invitation to burgle your house the following evening, I hope your forgiveness still operates. Especially as they also stole your favourite guitar.

Last year, we had unwelcome visitors. The thieves must have spent several hours breaking down the church's 400-year-old oak door to get in. Shame about that. Had they bothered to try the handle, they would have discovered that we never lock the church anyway.

Since we have yet to leap forward into the 19th century, there was little to attract them. Had they removed the marble sarcophagi of the Earls of Lincombe, the money they may have made wouldn't even have paid for the subsequent hernia operations. Inevitably, there was general outrage that the poor box had been broken into – although as far as I can remember, for many years it had contained nothing more than an old three-penny piece and a button.

For many of our congregation, this represented the End of Civilisation as We

Know It. Calls were made to have a permanent armed guard on the premises, and a few even speculated about the possibility of having strategically placed land mines about the place. Mrs Beaufort offered to lend us her fierce Pekingese, and Colonel Beauchamp generously offered us his collection of man traps.

Perhaps our thieves may be forgiven their crime, but until that three-penny piece and button are returned, it will not be forgotten.

Your loving uncle,

Eustace

### **Next time you take a selfie, don't worry about your nose**

A recent study by scientists at the University of Texas has discovered that younger patients are booking unnecessary cosmetic surgery on their noses because selfies tend to distort features, making people's noses look longer and wider.

The findings, published in the journal *Plastic and Reconstructive Surgery*, reveal that noses can look up to 6.4 per cent longer in a selfie, as compared to a standard photograph.

Professor Bardia Amirlak, the lead author of the study, explains: "There is a noted relationship between the increase in selfie photographs and an increase in rhinoplasty requests. As the popularity of selfie photography increases, it is crucial to understand how they distort features and how patients use them to communicate.

Rhinoplasties are among the most common cosmetic operations in the UK and can cost up to £7,000.

### **NEXT MONTH'S MAGAZINE**

Please let me have articles for the August issue by **Sunday 10th July** at the latest!

Dave

### **Religious Symbolism of Insects**

An ANT represents Christian industry, but the FLY was thought to be a bearer of evil. In Catholic symbolism it's a symbol of sin. It's a bringer of disease and was sometimes shown with the Goldfinch, "a saviour bird against the disease."

The BEE represents tireless activity, Royal power and Chastity. Associated with St Rita of Cascia, it's said that after her baptism a swarm of bees came around her but she didn't get stung at all. The parents were told it was a sign to indicate she would be of hard work and devotions.

The GRASSHOPPER or LOCUST was one of the plagues that went to the Egyptians when Pharaoh was against letting the Jews go with Moses. It also says in the Bible that John the Baptist ate honey and Locusts.

The SCORPION is one of the symbols of evil and is often mentioned in the Bible. It's a symbol of Judas and is on flags and shields held by the soldiers who assisted at the Crucifixion of Christ.

People believed that the SNAIL was born from mud and ate it so it was interpreted as the symbol of a sinner and laziness because it didn't make any effort for looking for food but ate whatever it found!

The SPIDER represents the miser because it bleeds the fly of blood like a miser "bleeds" the poor. The second thing it represents is the Devil, because he traps people like the spider traps his victims in his, web and thirdly it represents the malice of evil doers whose webs will perish like spiders' because the cobweb is a symbol of human frailty.

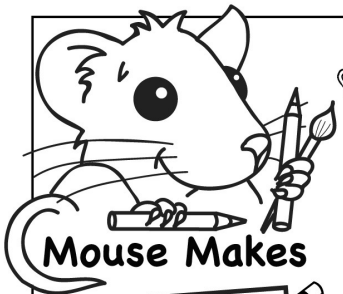
Alice Sanders

### **Pay for what you get**

A man and his ten-year-old son were on a fishing trip, miles from home. At the boy's insistence, they decided to attend the Sunday worship service at a small rural church. The father forgot to bring any cash, so he reached in his pocket and gave his son 10p to drop in the offering plate as it was passed. As they walked back to their car after the service, the father complained. "The service was too long," he lamented. "The sermon was boring, and the singing was off key."

Finally the boy said, "Daddy, I thought it was pretty good for 10p."





Cross out all the X to find the bible verse:

NXOXWXTXHXRXEXA  
 XRXEXMXAXNXYOXT  
 XHXEXRXTXHXIXNXGX  
 SXTXHXAXTXJXEXSXU  
 XSDXIDX.WXEXRXEXE  
 XVXEXRXYXONXEXOAFX  
 TXHXEXMXTXOXBEXW  
 XRXIXTXEXENX,IXSXU  
 XPXPXOSXETHXAXTX  
 TXHXEXWXOXRXLXDXI  
 TXSXEXLFXCXOXUXLD  
 XNXOXTXCXOXNXTXAI  
 XNXTXHXEXBOXOXKXS  
 XTXXAXTXWXOXULX  
 DBXEXWRRXIXTXEXN  
 X.JXOXHXNX2X1X:2X5X

What did Jesus turn water into?  
 \_\_\_\_\_  
 John 2:1-11

Who's mother-in-law did Jesus heal?  
 \_\_\_\_\_  
 Matthew 8:14-15

How did Jesus get out to the disciples in the boat?  
 \_\_\_\_\_  
 Matthew 14:22-27

Who did Jesus raise from the dead?  
 \_\_\_\_\_  
 John 11:38-44

How long had the woman at the synagogue been disabled?  
 \_\_\_\_\_ years

What did she do after she was healed?  
 \_\_\_\_\_  
 Luke 13:10-13

Who did Jesus heal when his ear was cut off?  
 \_\_\_\_\_  
 Luke 22:47-51

**DID YOU KNOW?**  
 Jesus fed thousands of people from a few loaves and fish, ... not once but twice!

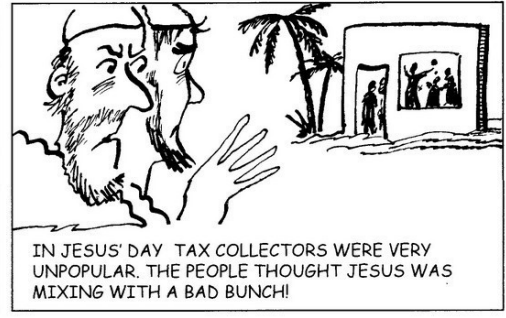
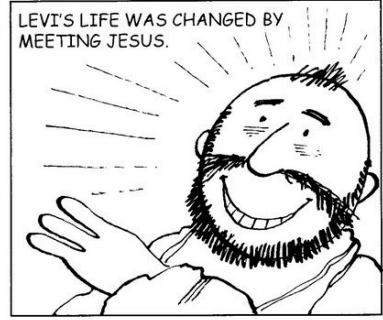
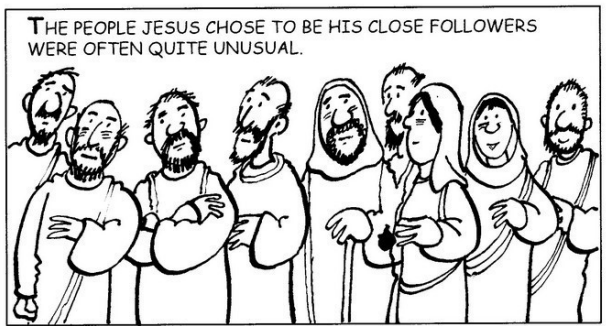
READ **Matthew 14:13-21** AND **Matthew 15:32-39**  
 In each story...  
 How many loaves and how many fish did Jesus have?  
 How many people were fed?  
 How many baskets of broken pieces were left over?

**DID YOU KNOW?**  
 There are over **37** miracles of Jesus recorded in the Gospels.  
 How many of them do you know?

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

Find these words in the word search  
 JESUS • MIRACLE  
 DEAF • HEAR • BLIND • SEE  
 PARALYSED • WALK • SICK  
 HEALED • DEAD • RAISED  
 MUTE • SPEAK • DEMONS  
 CAST OUT • STORM  
 CALMED • WATER • WINE  
 FISH • MULTIPLIED

The Doctor and the Sick



THE PEOPLE JESUS CHOSE TO BE HIS CLOSE FOLLOWERS WERE OFTEN QUITE UNUSUAL.

ONCE JESUS STOPPED BY A TAX-COLLECTOR'S OFFICE AND SPOKE TO A MAN CALLED 'LEVI'.

LEVI'S LIFE WAS CHANGED BY MEETING JESUS.

LEVI WANTED ALL HIS FRIENDS TO MEET JESUS TOO, SO HE CALLED A BIG PARTY FOR HIS TAX COLLECTOR FRIENDS

IN JESUS' DAY TAX COLLECTORS WERE VERY UNPOPULAR. THE PEOPLE THOUGHT JESUS WAS MIXING WITH A BAD BUNCH!

... BUT I AM HERE TO HELP PEOPLE WHO HAVE LOST THEIR WAY!

SURELY IT IS THE UNWELL PERSON WHO NEEDS THE DOCTOR - NOT THE WELL?!

see Luke 5:27-32

# Bible Bite

## A short story from the Bible

It can be read in the Bible in Luke chapter 2 verses 41 to 51

Every year Joseph and Mary went to Jerusalem for the Passover festival with their family and friends. This year Jesus was twelve.

The women and children went in front to set the pace



Next year, Jesus, you'll be walking at the back with the men.

The Passover feasting lasted eight days...



...and then they set off for home again



but without Jesus.

Mary and Joseph didn't find out until the evening



I thought he was with you!

So they walked back to Jerusalem and started searching for Jesus...



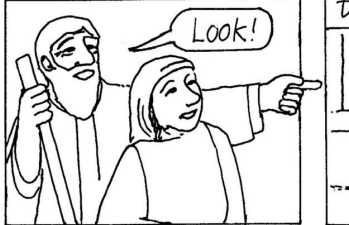
Sorry, I haven't seen him.

...and the next day,



then on the third day

they went to the temple



Look!

He was talking with the teachers.



You must be very proud of your clever son



But Mary was not happy.

How could you treat your father and I like this?



Didn't you know I'd be here?

Mary thought about this all the way home



I needed to be where my birth father, God, is working.

Mary thought about this all the way home



...and all her life.

## Watch less TV, and live longer

A recent study at the University of Cambridge has estimated that about one in ten cases of heart disease could be prevented, if people watched less TV.

It seems that more than four hours of screen-based sedentary activity a day can lead to coronary heart disease, which is one of the UK's leading causes of death. Heart disease is responsible for about 64,000 deaths each year.

On the other hand, people who watch two to three hours a day were found to have a 6% lower risk of developing heart disease, while those who view less than an hour a day had a 16% reduced risk.

## Worried more about money

Four in ten of us are now more worried about our energy bills than about catching Covid. That is the finding of a recent study by University College London (UCL).

Dr Daisy Fancourt, of UCL's Institute of Epidemiology and Healthcare and the lead author, said that as the cost-of-living crisis takes hold, "Concerns about money have been increasing, with people now more concerned about finances than about Covid-19. This suggests that new psychological stressors are becoming dominant for individuals."

The study found that there has also been a drop in happiness and life satisfaction levels, with fewer than half of adults saying they felt in control of their mental health, as compared with 54% six months ago. Depression and anxiety symptoms are the highest they have been for more than a year, on a level with when the first lockdown was eased in 2020.

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## SERVICES IN THE PARISH

### St Mary's Church, Church Street, Slough, SL1 1PJ

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>

