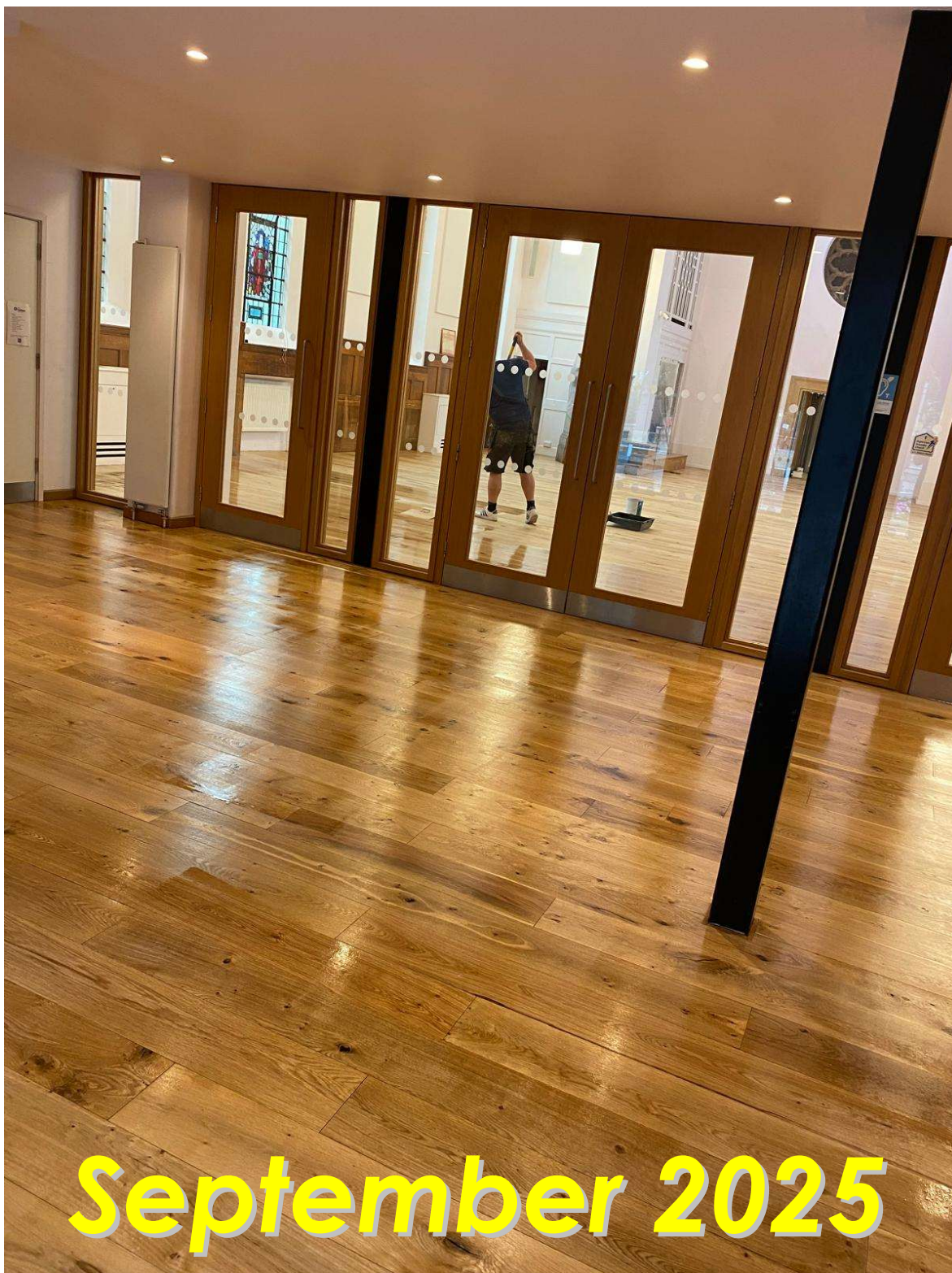
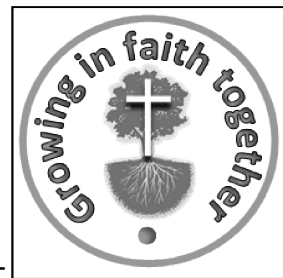


Unity

The Newsletter of Ealing Green Church

Ealing Green Church, The Green, Ealing, London W5 5QT



September 2025

Ealing Green Church (Methodist & United Reformed)

Minister: the Rev Susan Male
07852497070 (*note new number*)
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Church Office: office@egchurch.org.uk /
020 8810 0136

Open Tuesday – Friday 10am ~ 5pm

Website: www.ealinggreenchurch.com

Contributions to Unity: unitymagazine@hotmail.com

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Church Secretary	Position Vacant	
Church Secretariat	Position Vacant	
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Communion Steward	Nora Masih	
Unity Magazine	Lee Horwich	020 8567 2851
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Ecumenical Officer	Position Vacant	
Bible Reading Rota	Church Office	020 8810 0136

~ Groups ~

Monday Fellowship: 2nd & 4th Mondays monthly at 1.45pm

Choir Practice: before and after the service each Sunday

Full details can be found in the weekly notice sheet

~ You are welcome to come to any meeting ~

September 2025

Welcome to the September issue of the Unity newsletter.

This issue's contents are listed below. Thank-you all for your contributions.

**Closing date for contributions for the October 2025 issue is
September 18th.**

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Front page:

The church floor being polished.

If you have any pictures relevant to the time of year or some other event, please let me have them. Ideally a .jpg file.

Thanks, Lee

Nothing is more important than empathy for another human being's suffering. Not a career. Not wealth. Not intelligence. Certainly not status. We have to feel for one another if we're going to survive with dignity.

Audrey Hepburn

From Sue:

Dear Friends

It is September already!

My life has always had September as the beginning of the yearly cycle – as a schoolchild, a student, a teacher, a mother of school age children (even play group age), and now a Minister. I think it would come as a bit of a shock to me if I was in a situation where I needed to start my year in January!

So, Happy Methodist New Year... my 18th as a Minister!

How can you make this Methodist year 2025-6 special for you and God, and you and your church? Have you had a conversation with God to discern what he might be calling you to be involved in this year? If you haven't then that is the only really important message I have for you at this point. Have a conversation with Him, and challenge yourself to do something for him.

As the Circuit Local preacher Tutor, I am always hoping that some of you would like to take up Local Preaching, Worship Leading or participating in, or leading a Local Arrangement Service. If you would like a chat about it please be in touch.

Also be in touch if there is somebody who you think would like me to take Holy Communion to them at home. I do this regularly for Ealing Green members who are house-bound and would be willing to do it for others. Sometimes it takes me a while to put a visit in because my diary is so busy – but it seems to me better to put a visit in for a month in the future than not to do it at all! Quite often at Ealing Green others come with me when we do a home communion which is really nice.

So as is customary at this time of year, here are dates for your diary for the beginning of the Autumn Term,

Friday online worship on Zoom

Fridays Sept 5th, 12th, 19th, 26th; Oct 10th, 17th, 24th; Nov 7th, 14th, 28th ;
Dec 5th, 12th, 19th

10 am- 10.45 am

This is in effect both:

- the prayer meeting for our two churches. We pray for individuals and church and world events. It is a very supportive group which started during the pandemic and has continued since.
- an opportunity to read the Sunday Gospel together and to share how it is speaking to us. This is excellent preparation for the Sunday Service.

You will need a link and an order of service to join us. I send these out weekly but only to those who have expressed an interest since I don't want to inundate those not interested with emails. If you don't receive this and want to, just let me know and I will add you to the list.

Kingsdown Open Church Meeting

13th September 11am – 3pm initially for coffee in the foyer, but then gathering in the hall

An opportunity to look at priorities and desires for the coming year together and to share in fellowship together. Liz will already have started to ask you to sign up so that she has numbers for food. This is very handy for me too! Come with social ideas. Your minister has never led a church that has held an International Evening and wants to – can you do this?. Is there also something else we can do for the community, or a cause we can get involved in that would make a difference? Perhaps we could meld all three into one event!

Ealing Green Church Meeting

14th September after church

This is for everyone. Please stay for about an hour and a half after church to help your church to make a difference to members and to the community. What ideas do you have that you wish we could hear? Also, a chance to hear some of the things that the church is already doing, and some of the Circuit events and courses for this year.

Monday Morning Bible Study on Philippians

September 15th, 29th ; October 6th, 20th, November 3rd, 10th

11 am – 12.30 latest.

Would you like to join us for this Study? I will let you know verses for the first session in the week before it starts. I will encourage you to

consult commentaries before you come, and to have a think about the passage ready to share with others, but this won't be compulsory since the text is short and we will read it in the sessions.

This would be a good time to start coming if you are interested. It is a joint group, with members from both churches, which meets at Ealing Green - in the foyer.

Sunday 21st September

Circuit Service led by Reverends Sue, Ajay and Steve at Ealing Green at 3pm.

Do you want to hear more about your ministers and our particular joys and difficulties, in being part of the church family? This will be a service about Equality, Diversity and Inclusion and how it has affected us. Come and hear, and if it inspires you to want to speak about your experiences too you will be able to join us for a course which explores the subject and how to make our churches a welcoming place for everyone. There will be more information about this shortly by email but now keep the date.

Saturday 27th September – at both churches

Watch out for information about the Macmillan Coffee Mornings which are being held this morning!

That should get you off to a good start.

I am looking forward to another year with you all

Sue



Letters, Emails and Texts.

Nothing this month

News of the Church Family

We give thanks that **LARRY** had a stent inserted following a heart attack 2 weeks ago and is recovering well. Our congratulations to both **LARRY** and **HEMA** as they celebrated their Golden Wedding Anniversary on 16TH August.

Please continue to pray for **AILEEN** who is doing well at home with the help of carers, after a long period in hospital.

JOHN AXBEY has been in hospital for the past week with an infection. We pray that he will return home this weekend as planned.

We are thankful that **YAS, Gordon's** wife was able to return home the following day after corrective knee surgery. We pray for healing for her.

Please pray for **JEAN ROSE** who is experiencing severe shooting pain in her foot which is making it considerably harder for her to walk. She is waiting for an x-ray and possible surgery.

ZARA has had back pain for the last two weeks making it difficult for her looking after young Ryan. We pray that her gradual improvement will continue.

Our love and sympathy to **ELA** on the death of her older brother two weeks ago in Atlanta.

Please pray for **COLIN** as he recovers from his knee replacement surgery. He is walking well on crutches downstairs but not yet ventured upstairs.

Congratulations to **FELIX** on his A level results. He will be going to UCL next month. Also to **MARIAH** on her GCSE results. She will be changing schools and going to Twyford for her A levels.

We have received some difficult news from **Rev Hugh Sheehan** who was Minister here about 20 years ago about his wife Tina.

HUGH told me that **TINA** is receiving palliative care as they have been told that she only has 2-4 months to live. This has come as a big shock to them as Tina has only just been diagnosed. They both asked for this sad news to be included in Unity. Thankfully at the moment Tina does not have any pain. I have chatted to her on two occasions since hearing this news and Tina was asking about different folk they knew at EGC and we both had several laughs together as we remembered various events. Hugh said she is

philosophical and stoical. I assured them of our prayers for them. Hugh is looking after Tina at home but he only walks with a Zimmer frame now, so it is not easy for them

We pray for all those mentioned above and for anyone else in our Church Family who may be struggling at the moment for any reason. We pray that they will be aware of God's presence with them and receive His comfort and strength for the days ahead

Gill Hatherall

Church Notices

Here are the notices that also appear in the order of service:

- **More Scam Emails:** This week several emails have been sent to church members pretending to come from Mike Brown of Greenford Methodist Church, asking for help and for you to buy vouchers. This scam seems to target our circuit regularly, so please be vigilant!
- Greenford Methodist Church is organising an International Evening on Saturday 20th September, from 6pm till 9 pm to raise funds for the finances of the Church, a cultural evening with entertainment & food from around the world. Adults £10, Concession £5, children free. All are welcome to come and/or take part. Please contact Claudette Hanson (claudette365@aol.com) if you wish to take part
- Pilgrimage to Wesley's Chapel with London Methodist Lunch Club on Friday 12th September 2025, 1:00 to 4:30pm.

Japanese saying on Meetings

The best number for a meeting where decisions have to be made is an odd number less than three.

Unity

Right, that's it, summer is officially over. Not really, there's still some sunshine to come, and, upside of climate change, the weather shouldn't be closing in on us just yet.

In fact, my memories of the autumn term are that the first couple of weeks were always hot. I would say unseasonably, but it always seemed to be that way. We were not allowed to wear summer clothes, or shirtsleeve order as it was called then, but had to wear the 'proper' uniform prescribed to us. And was it uncomfortable? – yes it was! But just as we were getting used to it, the sun would take its leave and the temperatures would drop correspondingly.

Still, we have two things to look forward to this month and you will see them repeated elsewhere in this issue. Firstly the church barbecue, which will be held on the 7th of September – which is why I am trying to get this out in plenty of time so we can get an idea of how many people are likely to come (so's we can get enough food and drink!)).

Later in the month we have the MacMillan Coffee morning – see page 20 of this issue.

Another thing highlighted in the Church notices is the receipt of scam emails. Jane received one a week ago from 'Mike Brown' asking for some money to help him out. She didn't know that there is a Mike Brown at Greenford, but had come across a Mike Brown a couple of years ago and wondered if it was real. In the end the lack of more precise information and the many notices for one to ignore such emails precluded any further consideration - and she deleted the email. As Sarah had recommended in her weekly update – please be careful and DO NOT act on any such email until you have some other backup information.

Elsewhere we are looking for a chef, or someone to help out as such, for the night shelter in the new year. More details later on in this issue.

In the meantime, pray for dry weather for the barbecue and MacMillan morning on the 27th ..

God bless you

From the Ealing Food Bank

Dear Supporters,

Thank you for all the food donations we received in August.

We can only continue to make a difference in Ealing if we work together as a community; individuals, businesses, local government and other organisations. With your support, we can continue to provide food, advice and a place of welcome to anyone who is struggling in Ealing.

Thank you for being part of this.

Kind regards,

Ealing Foodbank Team



September

- Tinned Veggie main meals
- Tinned Chickpeas & Vegetables
- Tinned Fruit
- Tinned chunky Soups
- Peanut Butter/Jam/Marmalade
- Instant Coffee
- Savoury Biscuits and snacks

You can also purchase our most urgently needed items on **GIVE TODAY** for delivery straight to us



The Divine Equation

The happiest years of my late husband's life were after he had retired, when he was able to spend time in HMP Wormwood Scrubs - not as a prisoner but as a chaplaincy volunteer.

He would meet with the men when they were in the health unit. He loved sharing the gospel with them, and he would follow up with them when they were back on the wings. Inevitably the Christian charity 'Prison Fellowship' (PF) became an important ministry that we supported - and I still support. I can't do much practically, but for the past few years I have corresponded with a prisoner in the north of England through PF.

I have been particularly struck by the article below entitled 'The Divine Equation' by Andy Prescott, their Head of Fundraising and Communications. (He has given me permission to share it with you.)

On the first day of my degree course, my mathematics lecturer opened with a line I have never forgotten: 'Mathematics is a game. The pieces are the numbers, and the rules are the rules of algebra.'

At the time, it felt like a clever way to make something daunting feel approachable. But, 30 years later—on the anniversary of my graduation—those words came back to me with a new and deeper resonance.

Because life, in many ways, is a kind of game, too. The 'pieces' are our choices, our relationships, our work, our regrets. And there are rules—some imposed by society, others written on our hearts. But above all there is a greater framework: the pattern and order that God has revealed in Christ.

Just like in mathematics, the rules are not there to trip us up—they help us see the bigger picture, to understand the relationships between things. They lead us into clarity.

Psalm 19:7 reminds us, 'The law of the Lord is perfect, refreshing the soul.' But what about when we break the rules? What happens when the equation does not balance—when a life seems too far gone, too messed up, too deeply marked by wrong turns?

That's where the Good News speaks most powerfully. In God's mathematics, the answer to sin is not disqualification—but redemption. 'While we were still sinners, Christ died for us' (Romans 5:8). The cross does not ignore the broken rules; it absorbs their full consequence, and then—miraculously—offers a clean slate. God takes the equation of our lives, full of wrong answers and unfinished sums and—through grace—makes it whole.

Our prisons are spaces where many feel stuck in unsolvable equations. But the presence of PF volunteers tells a different story: there is a God who knows every part of their lives and still offers a way forward. A God who restores. A God who rewrites the script.

As we move through August and toward the changing seasons, may this be our shared encouragement: no matter how messy the board looks, the game is not over. In God's hands, the pieces can come together again.

If you would like to know more about Prison Fellowship's work, their website,

<https://prisonfellowship.org.uk/> is worth a visit.

Glynis

Chef wanted

On account of one of our chefs being unable to commit to this coming year we are on the lookout for another person

to help with the preparation of meals for our homeless guests on one or two Thursday evenings starting in January. If you know anyone willing to help for a week or two please can you let us know.

Thanks

Lee



The Church Upgrades

I think we all need to offer Sarah huge thanks for the recent work that has been done in the church and the hall.

For too long - years and years - the stage has slowly accumulated all sorts of 'stuff' and the conditions of the curtains have slowly deteriorated. Of late Jane and some willing helpers have cleared the stage (and the sheds outside) and filled the dumpster and a skip, so that the work



could be undertaken.

And now, the church floor has been completely repolished/varnished and the stage curtains replaced. It all looks so much better and our thanks go to Sarah for organising it.



Harvest Festival service and Pot Luck lunch

Come ye thankful people, come'

This year we will celebrate our
**Harvest Festival on Sunday 5th
October at 11 am**

Rev Sue Male will be our preacher

We are once again asking for gifts for the Food Bank please. Their list is on the next page.

As well as donations for the Food Bank we would also be grateful for any flowers or fruit or vegetables you might have in your garden or allotment, for decorating the



Church and to take to any of our Church Family who are unwell or housebound.

However with these perishable items we ask that you please bring them to Church either any time between 10:00am and 5pm on the previous Friday 3rd or else between 09:30 and 10:30 on the Saturday morning.

We are hoping that the cubs/scouts will join us this year.

Other gifts can be brought on the previous Sunday, or during that week. Otherwise it is fine to bring them with you when you come to the Harvest service!

I am inviting people to offer to decorate one windowsill with flowers or fruit, vegables or canned food – or a mixture of any of those! It is not a competition, but would be most helpful and a chance to help decorate the church.

We hope that EVERYONE will make a great effort to come to this joyful service and invite friends and relatives to join us, as we think of the words as we sing.....

'All good gifts around us are sent from Heaven above.

Then thank the Lord, O thank the Lord, for all His love'

After the service we would be grateful for help in dismantling the Harvest display. Coffee will still be served in the foyer.

Gill Hatherall

Pot Luck lunch

Right after the Harvest Festival, when the church has been cleared up, you are invited to the pot luck lunch in the hall. Bring a dish if you can, but whether or not you do, please stay and enjoy the food that has been brought.

It may not rival the loaves and fishes, but there there is always enough to go round



Mail Rail

This may be something for some of you to consider – especially if you have small children to visit.

We had two of our grandchildren staying during August and discovered a hidden treasure which we all enjoyed

It was the underground mail train at Mount Pleasant. We went for a ride on the train which had carried four million letters a day. Letters are becoming a thing of the past, sadly, with the onset of email

The building works started in 1914 and it was opened 1927, operating until 2003. In 2017 it became a museum. *Marion*

The Museum is open
Tuesday to
Sunday 10:00 - 16:00
and is suitable for all ages

What is Mail Rail?

Located across the road from The Postal Museum, Mail Rail is a small train which runs underground. Initially designed to transport mail, Mail Rail reveals the story of the postal service's subterranean world beneath the streets of London.



It takes two years to learn how to speak and fifty years to learn how to be quiet.

Anon

A journey back in time

On Saturday 9th August my daughter, son-in-law and their dog took me back to the village where I lived with my mother and my brother for some time during the war. I have been back several times over the years but I think this will be the last visit. The village is called East Hagbourne and it was in Berkshire- I say WAS as due to border changes it is now in Oxfordshire.



This once small hamlet, a farming community, has grown considerably since we lived there and some of the "new" houses are selling for a million pounds as it now has fast trains to London from Didcot, so is now a commuter village. However, many of the thatched cottages remain as I remembered them, although our cottage "Little Thatch" has gone, and there is a large house on the site, thatched, but certainly not little! Our cottage had been a farmers' house and consisted of one room downstairs, attached to it was the stable which was our kitchen. It had a manger in the corner where our dog, Punch, slept. Water was pumped from the well in the garden no bathroom or course, just an outside loo. Upstairs were two bedrooms.

My brother Roger and I walked to school which was then just one large hall divided into two classes by a curtain, he on one side in the Juniors, aged 6 and I on the other side in the Infants, aged 4. His teacher was also the Head, Mr. Parsons, a rather fearsome man according to Roger. Mine was a very genteel lady, Miss Barnes who came to tea with us every Friday. I have a little book in which I wrote little "stories" consisting of one or two sentences about our life in the village. One story says "Today is my birthday. I am five years old. I hab a brush and koom"

On our recent visit, we walked down the High Street to the school,



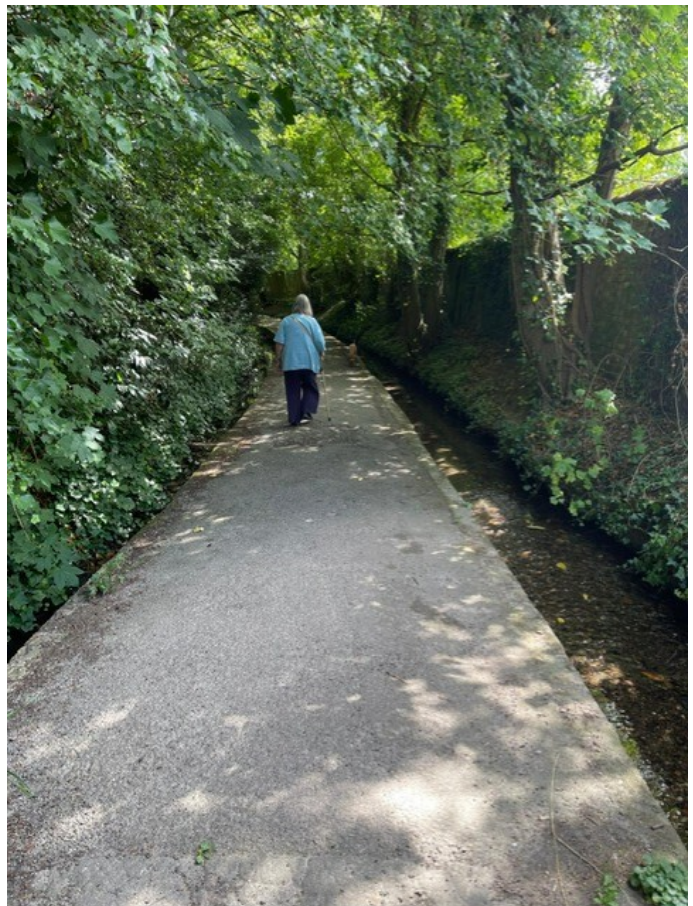
then back to the pub "The Fleur de Lys". I remembered many of the lovely old houses on the way through the village, some of them very old indeed, in fact the village is mentioned in the Domesday Book of 1086. Just along the road was a paper mill where blotting paper was "invented" quite by accident, but that's another story.

My brother and I still keep in touch with two people from those days, Tony, a villager who now lives in Didcot and one evacuee like us, Brenda who now live in Ruislip and who I meet often. So these friendships have lasted over 80 years ! True friendships! East Hagbourne has certainly left its mark on us. An idyllic childhood.

Helen

[The pictures show me walking along the same path:

- in black and white as a small child.
- In colour most recently.]



Bees make honey

As most of you know I am the proud guardian of a few bees and find the little creatures fascinating for all sorts of reasons, which I will not bore you with here (but if you do want to get really bored with them, just catch me after a service).

If there was ever a case of not counting your chickens etc. this year was a good example. I had anticipated one of the hives giving me a bumper crop of honey. I had tried to lift the 'supers', which is where the honey is stored, and found three of them on this one hive very, and I do mean very, heavy and almost impossible to lift. Each 'super' can provide over 10kg of honey and so I had anticipated a goodly crop of honey from this hive. One day, a few weeks ago I noticed an unusual swarm around that hive, unusual because it is late in the season for bees to swarm. I put it down to the hot weather we have been having, but on inspection some days later I found that the supers had been robbed of all of their honey. They were now as light as a feather. The bees had absconded leaving the hive empty.

So my honey harvest is somewhat reduced and I have learned another lesson! I spent some time preparing for extracting the honey from the remaining hives and a couple of days later, around lunchtime, started. I locked myself in the garage with sheets of plastic on the ground and all the equipment ready to go and started. Now this is, inevitably a sticky process and, for reasons most of you will understand, not one to be carried out in a kitchen if at all possible. I had closed the garage doors, but hadn't noticed the small gap at the top of one of the doors.

The olfactory senses of bees is remarkable. I'll bet none of you, walking past our garage front door would have smelled the honey being extracted there – but enough bees did so that I was forced to catch and throw out (yes really) a constant number of the little so-and-sos which prolonged the whole operation.

Some actually got into the honey being produced and had to be rescued on a fork, which was taken to the table outside so that they could lick themselves clean and fly off, hopefully away from the place where they had almost drowned.

Eventually, late into the evening I managed to get all the honey into food grade buckets.

Cleaning the equipment is a must, so the next morning I took the extractor down the garden and put it on the picnic table – see picture 1 There was still a very thin film of honey on the insides of the drum. Fifteen minutes later – picture 2 - I returned. The bees' communications are, to me, fascinating.



By the evening the whole drum was dry and completely free of any hint of honey. The plastic container on the left, which had some honey soaked wax in it first thing still had some wax in it – but it was literally as dry as dust – any honey initially clinging to it had been eaten away.

And so had the bees. They had cleaned up all of the equipment. All I had now to do was to get out the washing soda and give everything a good wash before

putting it away until next year. The hard work of getting all the stickiness off the equipment had been done by the bees themselves. When I came to take it away there wasn't one of them paying any attention to me at all. Their work was done.

I will be getting some jars soon so, if anyone who is interested in buying some honey, please let me know towards the end of September.

Lee

MacMillan Coffee Morning!

Saturday 27th September 2025, 10:00 AM
Ealing green church



Join us for a warm cup of coffee and help raise funds for a great cause!

Firstly - We're kindly asking for donations of:

- Books
- Jewellery
- Second-hand items (in good condition) – but
NO CLOTHES



Please bring these items to the church ahead of the event so we can prepare the stalls.

Secondly - Bakers needed!

If you'd like to donate a cake, please bring it along on the day of the event. Please kindly label the ingredients in case of allergies.

Thirdly - Can you spare a little time?

We're also looking for volunteers to help on the day. If you're able to lend a hand, please let Helen (07443634541) or Winnie (07511859242) know.

The U3A ukulele band (see picture from last year) will be playing again.



If you're unavailable on the day but still would like to contribute, scan the QR code below to make a donation:



<https://cm25.macmillan.org.uk/fundraising/CM25008742>

Thanks

Helen & Winnie

Collection Point –

This month's Communion Collection goes to the Gurkha Welfare Trust.



Who are the Gurkas?

The Gurkhas are soldiers from Nepal who are recruited into the British Army, and have been for the last 200 years. Gurkhas are known to be as fearless in combat as they are good natured in daily life.

To this day, they remain renowned for their loyalty, professionalism and bravery.



Gurkhas are traditionally recruited from the hill people of Nepal, who trace their roots right back to an 8th century Hindu warrior, Guru Gorakhnath.

They first encountered the British in 1814, when the British East India Company fought against them during the Anglo-Nepalese War. British forces admired the Gurkhas' military abilities and honourable tactics, and first recruited Gurkha troops in 1815.

What does the Gurkha Welfare trust do for the Gurkhas?

We provide financial, medical and development aid to Gurkha veterans, their families and communities.

We enable Gurkha veterans, their families and their wider communities to live their lives with dignity in Nepal.

We ensure that Gurkha veterans, their widows and their wider communities are able to live with dignity.

We achieve this primarily through the provision of financial, medical and community aid in Nepal.

We operate through 20 Area Welfare Centres spread across traditional Gurkha recruiting areas.

In the UK, in conjunction with other service charities and government bodies we offer advice and support to help the thousands of retired Gurkhas and their families who choose to settle here.

Debt of honour

In recognition of the country's debt of honour to these soldiers, a public appeal, led by eight of our greatest wartime Field Marshals to establish The Gurkha Welfare Trust

The Trust then began to create a network of bases in Nepal to distribute financial aid to retired soldiers who had met with disasters such as landslides and floods. We also bought land for ex-Gurkhas to become subsistence farmers and provide enough food to support their families.

From that arrangement we later began paying our regular Welfare Pension payment, expanded our remit to include community initiatives like schools and water projects and developed a comprehensive medical scheme across Nepal.

Shera Dhad Damar

is a picturesque rural village located in the foothills of Gulmi District.

Like many villages in rural Nepal, this community had long faced a serious drinking water problem.

Although there was enough water for farming, the villagers had no proper system

for safe, clean drinking water. Families had to rely on streams nearby, walking nearly an hour just to collect water to drink or cook with.

"Most of our young people have gone abroad for work," says Dilli Ram Neupane, Secretary of the Water Users and Sanitation Committee (WUSC). "There just aren't enough jobs in Nepal, and farming doesn't provide enough to live on. The village is now mostly women, children and elderly people."

The project has brought a major change to daily life, especially for



women. Bhim Lal Neupane, Chairman of the WUSC, says, "For us, this project is like a child for a couple who couldn't have one. It has brought so much joy. Now, the housewives don't have to spare time from cooking and working in the fields to walk far and fetch water."

One of the happiest beneficiaries is 63-year-old Kunti Devi Neupane, who lives with her husband, daughter-in-law, and grandson.



Her son is working abroad. "Until a few months ago, I could never have imagined that clean drinking water would run right in front of my house. I feel so lucky to have this luxury in my lifetime!"

Please give generously to this charity, which is proposed by members of Ealing Green church.

Thank you and God bless you.

As September rolls into October, I become obsessed with apples. Now obviously this is provoked by the ripening fruit clustering on the trees in our orchard, but it is as though all things pomological ripen in me, too.

Monty Don

September

Sept	Time	Preacher	Prayers	Reader	Set-up	Welcome	Flowers	Coffee
7 th	11:00	Alex Anteyi	Alex	Helen & Amanda	Sarah	Linda Q. & Joan	Fleur	Helen & Amanda
14 th	11:00	Sue Male	Sue	Yvonne & Amanda	Gordon	Brian, Linda Q. & Gill	Helen	Yvonne
21 st	11:00	Sue Male	Helen	Nyarai & Louise	Louise	Gill	Amanda	Nyarai & Helen
21 st	15:00	Circuit service. No one on the rota.						
28 th	11:00	Phil Male	Jane	Edwin & Antonya	Antonya	Brian & Joan		Jean

Notes:

- September 14th – Holy Communion – Fleur, Nora & Amanda
- September 21st – Café church at 11:00 and in the afternoon for the Circuit Service

There is a direct correlation between gardening and mental health, not just to maintain good mental health but to repair it as well - that's anything in the gamut from depression to serious brain damage, schizophrenia or autism.

Monty Don