

PARISH MAGAZINE UARY 2020

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Deadline for the magazine is middle of the month prior to publication. Next magazine **WEDNESDAY 19 FEBRUARY 2020**

Copy: email to:-

ccgravesend.mag10@yahoo.co.uk

Hand to a Church Warden or Mike Cubitt

Christ Church Hall is available for hire Contact Maxine Springett, contact numbers are 01474 746428 or 07511962277.

Well equipped, very suitable for meetings and children's parties

Front cover: The inverted dome of Palau de la Música Catalana (see page 12)

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Who's Who at Christ Church	www.christchurchgravesend.org.uk				
Vicar	VACANCY				
Associate Priest	Jacqueline Littlewood	560106			
Assistant Curate	Karen Nelson	362654			
Pastoral Assistant	Jasmine Humphries	249106			
Pastoral Assistant	Colin Parsonson	359713			
Church Warden	Jan Osborne	740763			
Church Warden	Lucy Hornby	07545444760			
PCC Secretary	John Hougham	352138			
PCC Treasurer	Steve Humphries	249106			
Reader	Rosemary Austin	358702			
Reader	Sheila Brown	356339			
Reader	John Hougham	352138			
Reader	Martin Sewell	745443			
Webmaster	Tim McArthur				
Magazine editor	Mike Cubitt	07840343831			
Christ Church Milton-Next-G	FEBRUARY 2020				

Saying Yes to Life

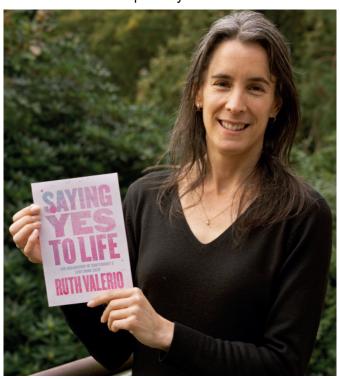
Dr Ruth Valerio will be installed to the honorary position as Canon Theologian at Rochester Cathedral during a service of Evensong at 3.15pm on Sunday 23 February. All are welcome. Following the service at 5.00pm, Dr Valerio will talk about her new book 'Saying Yes to Life'. It is free to attend and all are welcome.

Dr Valerio is Global Advocacy and Influencing Director at the Christian relief and development charity, Tearfund. In this role she leads a group dedicated to serving those living in poverty by influencing theology and thought, mobilising churches and communities and advocating to governments and institutions. She carries a vision to inspire and equip Christians to a whole-life response to poverty and to caring for God's world, helping build a movement that brings about lasting change on the issues that impact the poorest and most vulnerable.

Ruth is the author of the Archbishop of Canterbury's Lent book in 2020, 'Saying Yes to



Life' – offering a Christian reflection on the environmental and poverty crisis.



Dr Ruth Valerio

Do you run a local business?

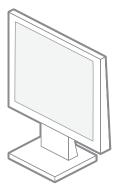


Have you thought of advertising in this monthly magazine?

If you would like details of costs and how you could contribute to Christ Church through advertising please

contact 07840343831 or email ccgravesend.mag10@yahoo.co.uk

Church Magazine Vacancy



After ten years in the post our current editor is stepping down.

We are looking for someone to take over editing and producing the Christ church parish magazine.

If you have a flair for design and are interested in publishing, or have a background in this area then you would not find this too difficult to pick up and run with.

The vacancy needs to be filled before April 2020 as this is the date that the present editor steps down, but is available to help or show anyone interested in how the current magazine is put together.

A use of and/or knowledge of a publishing software would be an advantage, and ability to work to a fairly

tight deadline and on own initiative, as copy does not always arrive until the last minute.

The person taking on the role will also need to gather information on their own initiative, and the use of the Internet is at times essential for getting copy to publish.

There must be an awareness of copyright laws when using third party copy and illustrations.

COPY FOR THE NEXT MAGAZINE

This is your magazine, and every effort is made to include items supplied by you, our readers.

The one thing that would be most helpful, when submitting copy, is that you e-mail this rather than put a typed sheet on the hook in church.

As I am not a touch typist, it takes considerable time to re-type any copy and is open to me making errors.

Send copy to the address on page 2 by Wednesday

19 FEBRUARY at the very latest, or speak to

Mike Cubitt - 07840343831

WORKING PARTY

'In order to save on expensive cleaning and maintenance, we hold a monthly working party on a Saturday morning starting at 09.30.

Together we clean and tidy the church, do a bit of necessary DIY or gardening, have a coffee and often some home-made goodies – and finish by about 11.30.

We are enormously grateful to the few loyal helpers who turn up month after month – but we desperately need a few more.

Please consider putting the dates into your diary and coming along. All are welcome – if you can do basic DIY please let us know in advance so that the churchwardens can plan jobs in advance.

Working party is normally on the second Saturday of each month... NOTE the next ones will be on Saturday 8 FEBRUARY at 9.30.

See you there, JAN

Herbs & Spices

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SALT PEPPER CINNAMON BASIL **PAPRIKA** DILL CUMIN **OREGANO** THYME NUTMEG SAGE GINGER TURMERIC CLOVES **FENNEL** BAY LEAF



WHAT IS COUNSELLING?

Counselling is a process that gives you the opportunity to explore feelings, thoughts and experiences that are causing distress or that you are finding difficult to understand or make sense of. Counselling can also give you the space to develop new, healthier ways of coping with some of the tough times that life brings along.

I CAN HELP YOU WITH:

Depression, Anxiety, Relationships, Low Self Esteem, Bereavement, Anger Issues, Dealing with Change, Work Related Issues and Spirituality

I am a member of the British Association of Counsellors and Psychotherapists and the Association of Christian Counsellors.

I offer flexible appointments, home visits within the Gravesend area and concessionary rates



HOW I APPROACH COUNSELLING

I am an Integrative Counsellor which means that I use a variety of counselling approaches dependant on your needs and what you want to achieve in the counselling process, Throughout the process you decide what you want to talk about and the pace you want to go. I will listen to you and help you express and understand your emotions. Sometimes I use writing, drawing and toys to help you express difficult emotions

Please call Tracy on 07784 318104 or email info@tj-counselling.com
Central Avenue, Gravesend Kent DA12 5AW
www.tj-counselling.com.

FIRST STEPS **8TH JANUARY 2020** THE BAPTISM OF JESUS

A bit of a grey start to our day, though there are small signs of brightness when our naughty little sheep looks out of the window. He does find it a bit of a struggle to get out of bed on these gloomy mornings but the thought of our First Steps service later cheers him up straight away. It isn't particularly cold when he, his friends and I walk up to church. They're all looking forward to the spring. Into church and as usual they make themselves comfortable while I get bits ready for our service. Linda and Jan arrive to help me and soon it's time to open our big church doors. With Anne poised to play our piano Mum Emma is first to arrive with Abigail, who is very lively today, little brother Rupert and Auntie Lisa Then comes Nanna Sarah with Oliver and Imogene, closely followed by Mum Mia with daughters Aubree and baby Emmie (Sorry if I've spelt this wrong!) Last but by no means least Granddad Stephen rushes in with Aurelia. Our naughty little sheep and his friends are really pleased to see everyone, and so are we. When everyone is settled with jingle bells ready for lots of jingling, I light our candles and our service begins.

Today we're talking about Jesus' Baptism, He is now a big grown up man, though it only seems a short time ago when we were thinking about his birth in the stable in Bethlehem. Doesn't the time fly? Jesus isn't baptised with three splashes of water from a font, like most of us are, but he goes right under the water of the River Jordan. Our naughty little sheep thinks that he must get very soggy. I think that he's right! Jesus comes to John the Baptist to be baptised. John knows how very important Jesus is and he doesn't really feel good enough to baptise him. In fact he thinks that Jesus should be baptising him! John preaches that baptism is for turning your life around, changing the things that you

do that aren't right and good and becoming a different and better person. Washing your sins away and becoming completely clean. But though Jesus doesn't have any sins, he is about to change his life because after this his ministry will really begin.

So John the Baptist baptises Jesus and as Jesus comes up, out of the water the most amazing thing happens. Everyone is waiting to hear what it is. The sky opens and the Holy Spirit looking like the most beautiful white dove comes down from heaven and hovers over Jesus' head. And then the voice of God is heard saying, "This is my Son, my beloved in whom I am well pleased." So God is acknowledging that Jesus is His son and giving him His blessing to go out into the world in His name to preach, teach, heal and love. Wow! Isn't that just amazing?

Everyone has been singing beautifully and jingling up a storm. We've sung some of our favourite songs and said our "Thank you" prayers. You can hear a pin drop when we say the special prayer that Jesus taught us, "The Lord's Prayer." Then we blow out our candles and our service is over. Out into the hall we go from a drink, a biscuit (or two) and some time to

play and chat. As usual our naughty little sheep and his friends are at the front of the then aueue and make themselves comfortable so that they can watch the children play. As always we have had such a good time together and we very much hope that everyone will join us again for our next First Steps service on 12 February. Practically Valentine's Day, so we might be thinking about Love!

God Bless

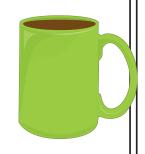
COFFEE ROTA 2020

2 Feb Annie - Jill -

9 Feb Jan - Sue Wilkins - Kay

16 Feb Annie - Jill - Jenny 23 Feb Annie - Jill - Sally

1 Mar Annie - Jill - Angela Kirby





Come in and enjoy a cup of tea or coffee after the 10.00 o'clock Sunday service



Pre-Prep Places Available 2019/20
St Joseph's Convent Preparatory School
An independent school for boys and girls aged 3 to 11



"Fully committed to the pursuit of excellence in a nurturing, safe and happy environment where children are encouraged to achieve their personal optimum in all areas."

Head Teacher

Contact us to find out more

46 Old Road East, Gravesend, Kent, DA12 1NR
T: 01474 533012 E: secretary@sjcps.org
www.sjcps.org www.facebook.com/sjcps

PARISHES TACKLE DOMESTIC ABUSE



Parishes across the Diocese raised awareness of the issue of domestic abuse, marking White Ribbon Day in November, and the United Nation's 16 Days of Activism Against Gender-based Violence in December.

Through a series of events, parishes highlighted the many local organisations and agencies available to support victims, perpetrators and their families.

They also raised awareness of the diverse forms that domestic abuse can take, from physical and mental, to financial and coercive control.

Caroline Clarke, Community Engagement and Social Responsibility Adviser for the Diocese of Rochester, said:

"While women are twice as likely to experience domestic abuse than men, the

White Ribbon UK campaign does recognise that violence can be perpetrated by women against men, in same-sex couples and in other settings too."

For emergency support please contact: Rape Crisis: 0808 802 9999 / Men's Advice Line: 0808 801 0327 / Galop – LGBT+: 0800 999 5428 / Women's Aid: 0808 2000 247

For safeguarding support visit: www.rochester.anglican.org/ safeguarding/

Fitness League

Movement for Life In Christ Church Hall

Every Tuesday From 2-3.15 pm

Light remedial exercises Fully qualified teacher

Ladies why not join us!
For more information please
Phone 01634 255759



MUSTARD SEED

Third Thursday of the month In

Christ Church hall 2.30 – 4.00

We invite you to come and join us for tea, biscuits, cake and conversation with occasional speakers and

quizzes.

Come and find out who we are and meet new people. All ages welcome

Contact: Colin Parsonson: 01474 359713

Pam Kilby: 01474 332693



GRAVESHAM FOOD BANK

Below is a list of items required at the moment

Milk (UHT) - Custard - Toothpaste Hot chocolate - Shampoo - Sweets/treats
Breakfast cereal (not porridge) - Marmite Fruit juice/squash - Toilet roll Sponge pudding - Deodorant Tinned Potatoes - Laundry Liquids/tablets



This list is only a few of the items that can help those less fortunate than ourselves,
any tinned or non-perishable items are most welcome



Wombwell Hall

Wombwell Hall is a friendly care home nestled in a peaceful area of Northfleet offering nursing care for elderly ladies and gentleman.

At HC-One kindness is at the heart of everything we do and our care and services are tailored to individual preferences.

We're pioneering a simple approach to care, where kindness is our guiding ethos.

To find more information on the care we can offer you or your loved one, please visit our website, or contact our Home Manager, Catherine Veerigadu.





Offering:

- · Nursing care
- · Little break Short term care
- · Home from home Long term care
- · Comfortable day rooms
- · Landscaped gardens
- · Regular outings
- 9.3 carehome.co.uk user rating

W hc-one.co.uk

- T 0333 321 4757
- E careline@hc-one.co.uk
- A Wombwell Gardens, Northfleet, Gravesend, Kent, DA11 8BL



Bishop sets out to change inquest law to expose scale of gambling role in suicide

The Bishop of St Albans, Dr Alan Smith, has set out to change the law on inquests to help reveal the full extent of the link between gambling and suicide for the first time.

Bishop Alan, who has played a leading role in a series of high-profile efforts to limit gambling-related harms, wants coroners to record gambling addiction among the circumstances in which someone has taken their own life.

He has introduced a Private Members' Bill to the House of Lords which would make a simple change to the coroners' rules requiring them to consider whether gambling addiction has been a factor.

The information the change would reveal could "shock policy makers from their complacency", he said.

The Coroners (Determination of Suicide) Bill 2020, received its first reading in the House of Lords today [Thursday 16 January 2020].

He said: "I have introduced this commonsense piece of legislation so the Government can begin to get a handle on the consequences of gambling-related harm.

"This new legislation will mean, for the first time, each instance where gambling is a factor in suicide coroners will record it in conclusions.

"I have met far too many families whose lives have been destroyed by the loss of a loved one, often young adults who have their entire lives ahead of them.



"As there is no accurate, up-to-date, data linking gambling with suicide, their desire to get the Government to take action has often been stymied.

"This Bill would change that. For the first time we would have annually available, accurate records showing gambling as a cause in every suicide in the country.

"I expect the first data-set will shock policy makers from their complacency and help to stop our society from continuing to sleepwalk through this crisis.

"Campaigners estimate two suicides every working day of the year are linked to gambling, while the Government and the industry cites lack of data as a reason for making slow progress in reducing harm.

"Therefore, I expect the Government and gambling firms to strongly support this Bill as it will provide the data they claim is lacking.

"The NHS has called for more preventive action as opposed to just a treatment-first approach to tackling gambling-related harm.

"This Bill will support healthcare professionals who see an under-funded NHS spending an estimated £1 billion every year on treatment, and will help them understand the scale of the problem and strengthen their case for more action."



CHRIST CHURCH MOTHERS UNION

ANNUAL GENERAL MEETING
(With Communion)

TUESDAY 11 FEBRUARY 2020

7.30 PM IN THE CHURCH HALL

An opportunity for members to elect your committee, review the year and nances and to plan ahead.

A brief tutorial for the Mothers Union website will take place prior to the start of the meeting.

Let us all walk together In Step with God .



Christ Church 200 Club

The 200 Club is a means of raising money for the Christ Church General Fund, which supports the Ministry and Mission of the church and Good Causes as agreed by the PCC, whilst at the same time giving members the opportunity of a small 'flutter' and the chance to win some money.

Membership costs £30 per year. Fifty percent of all monthly donations are given over to the Christ Church General Fund with the remainder being returned to the membership in prize money. The draw is made on the fourth Sunday of every month in the hall after the morning service.

Payment can be made by an annual sum of £30, a quarterly payment of £7.50 or a monthly payment of £2.50, the latter two by bankers order. Cheques should be made payable to Christ Church PCC No 3 account.

Join by contacting John Thrush, in church, and completing an application form. If you are not sure who John is, ask one of the sides people and they will point you in the right direction.

Winning chances are only limited by the amount of numbers you purchase, the more you have the better your chance of winning.

Worthwhile it certainly is, since its inception the 200 Club has donated over £40,000 to Christ Church to support its Ministry and Good Causes.

Contact JOHN THRUSH 200 Club Secretary

The Palau de la Música Catalana

Palace of Catalan Music (Front page pic) is a concert hall in Barcelona, Catalonia, Spain. Designed in the Catalan modernist style by the architect Lluís Domènech i Montaner, it was built between 1905 and 1908 for the Orfeó Català, a choral society founded in 1891 that was a leading force in the Catalan cultural movement that came to be known as the Renaixença (Catalan Rebirth). It was inaugurated February 9, 1908.

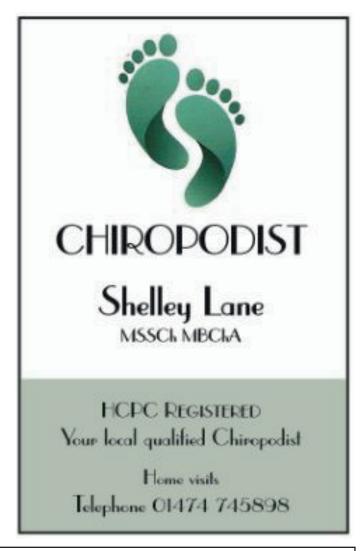
The project was financed primarily by the



society, but important financial contributions also were made by Barcelona's wealthy industrialists and bourgeoisie. The Palau won the architect an award from the Barcelona City Council in 1909, given to the best building built during the previous year. Between 1982 and 1989, the building underwent extensive restoration, remodeling, and extension under the direction of architects Oscar Tusquets and Carles Díaz. In 1997, the Palau de la Música Catalana

was declared a UNESCO World Heritage Site along with Hospital de Sant Pau. Today, more than half a million people a year attend musical performances in the Palau that range from symphonic and chamber music to jazz and Cançó (Catalan song).





Jesus is Baptized

CORNER

When Jesus's cousin John was around 30 years old, a change came upon him. Instead of wondering off into the wilderness around the river Jordan and keeping himself to himself, he began to preach to all the people who lived nearby.



"I have heard the word of God!" he would yell, "You must think about your sins and be truly sorry for them. Beg for the Lord's forgiveness and be good, for the day will come when the Lord will judge sinners.

People began to travel to the Jordan to hear what John had to say. All kinds of men and women came, but no matter who they were, John's message was the same. He said people should be kind, and not cheat or lie, or hurt anybody with harsh words or violence.

Every day people would line up by the river Jordan, wanting to be forgiven for their wrongdoings and wanting to make a new start. One by one, John would take them into the river and submerge them, blessing them as they rose up from the water cleansed of their sins.

"Maybe this John is the Messiah spoken of by the prophets," people would murmur. "Surely this holy man is the Christ!" exclaimed others.

John was always very clear about the truth. "I am not the Messiah, or any other prophet. I am a voice crying out in the wilderness, trying to prepare the way for the Lord," he said. He is much greater than me – so great that I'm not even fit for the job of cleaning his sandals."

When Jesus himself arrived among the crowds at the banks of the Jordan. John knew who he was immediately, and he told everyone who was there.

"Here He comes!" "The one God has promised us! The one who will take away the sins of all the world!"

Jesus laid a hand gently on his cousin's arm and looked deep into his eyes. "Will you baptize me too,

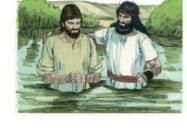
John?" He asked. "My Lord," John gasped. "I can't baptize you! It should be you who baptize me." However

Jesus insisted. "We should each of us do what God has given us to do," He said quietly. And, so John led

Jesus down into the Jordan.

At the very moment that John blessed Jesus as He rose from the waters. The two men heard a mighty thunderclap. John looked up to see the clouds of the heavens parting, and a dove came gliding down bathed in heavenly light. John

knew that the Holy Spirit was descending on his cousin. Then a voice spoke that seemed to come from everywhere and nowhere all at once.



This is my beloved Son," the voice said, "with whom I am well pleased."

Residents across Kent are reminded to be vigilant against fraudsters posing as police officers, following an attempted scam in Sevenoaks.

On Monday 20 January 2020 at around 12.30pm an elderly woman from West Kingsdown received a phone call from a man claiming to be a police officer from Paddington Police Station.

He gave the victim a false name and police ID number, claiming that her bank card had been used fraudulently at a department store in Central London. She was falsely informed that two people had been arrested and that the police believed her bank card had been cloned.

The woman avoided giving out any bank details and passed the phone to her husband, who challenged the male by asking him questions about the police station he said he was calling from. Unable to provide the correct answers, the caller then hung up.

Chief Inspector for Sevenoaks, John Kirby said - 'Unfortunately, there have been a series of incidents across Kent in recent months that mirror this one. It is likely these crimes are being committed by the same offenders and often they target the elderly or vulnerable.

We have a dedicated fraud team who work hard to detect this sort of crime but people need to be aware of how to spot the signs of a fraudulent phone call. While the individual targeted in West

Kingsdown was quick-thinking it is easy to be fooled by these convincing criminals and have your finances put at risk.

Remember, a police force will never ask a member of the public for their bank details, or money, over the phone so you should never give them out in this way. A police officer will also never ask for any money, or other items, to be handed over to them or a courier.

If you receive one of these calls end it immediately and wait at least five minutes before using your telephone in order to clear your line from the scammer.

We also ask for as many people as possible to share this information, so we can protect residents from this crime.'

Further advice:

If you are not confident a person claiming to be a police officer is genuine, ask to take their details and then end the call.

Wait for at least five minutes for the call to clear and then contact 101, or 999 in an emergency. A call handler will be able to verify whether your caller was genuine.

Alternatively, contact Action Fraud on 0300 123 2040.

You can also report suspicious activity online by visiting: https://www.kent.police.uk/services/report-online.







FIRST STEPS

Is a service especially designed for families with pre-school children, although all children in the family are welcome to come.

We meet in the church at 1.45pm on the second Wednesday in each month for a short service and then to enjoy a chat over a cup of tea.

We are finished in plenty of time for parents to meet their other children from school.

Why not come along with your children, you will be very welcome.

Next date is Wednesday 12 FEBRUARY 2020.

Volunteers needed....

'We always need volunteers... the church runs because of the generous service of volunteers.

If you have time and enthusiasm to spare but you are not sure where your talents can be used, we would be glad to meet you for a cup of coffee and to talk through possibilities.

We need **VOLUNTEERS**

for the ADSS café at Safeharbour in Coldharbour Road.

The café is open during the week between 10am and 2pm for the public and is also used by our day centre. The days we need volunteers for are

Monday, Tuesday and Friday

Anyone interested should contact Katie Antill on 01474 533990 or speak to

Alzheimer's & Dementia ANGELA KIRBY Alzheimer's & Dementi

UPPORT SERVICES for further information.

Alzheimer's & Dementia





Special offer now on Further 5% off for OAPs

Call now for a free estimate

Latest professional products used

All types of carpets and suites cleaned

Recent feedback:

"Great communication and very professional, we would definitely recommend and use again. Thank you for such a great clean on our two armchairs"

Call A Brighter Clean now on 01474 230744

A Brighter Clean, Waterman House, 1 Lord Street, Gravesend DA12 1AW

Luddedown

 lovely and lonely: the story of Gravesham's most isolated parish (Illustrated talk with supper)

Speaker: Christoph Bull

On: Monday 24th February 2020

At: Reliance Restaurant, Queen Street, Gravesend

Begins: 6pm for fish & chip supper with talk to follow.

Price: £15 includes both supper and talk. Payment needed before evening as seats that are unpaid are sold on

Booking essential as places are limited – Reliance Restaurant 01474 533593

Exciting Youth Choir in Gravesend

If you are aged between 7 and 17 and enjoy singing then come along!

- Join a friendly group of singers
- Learn great music of different styles and
- Perform at concerts and services

For further information visit www.christchurchgravesend.org.uk

Or call 01474 534517

Join the

semiquavers

Youth choir in Gravesend

We meet weekly for Rehearsals

at Christ Church

Tuesday evenings

6.15 pm to 7.30 pm



Your Parish Magazine for 2020

6

If you usually pay for your Christ Church Parish Magazine on an annual basis, then there can be no better time to make your contribution than when you collect your January copy. At just 50p per issue this represents very good value for you to keep up to date with what is coming forward, or what has happened in the few weeks that have just gone by. With the running of your church it is another way in which you can help

BIBLE NOTES

As well as the "New Daylight" booklet of Bible notes prepared by the Bible Reading Fellowship, there is also a booklet entitled "Bible reflections for older people". This also comes out every four months and is priced at £4.60 for New Daylight and £5.05 for "Bible Reflections for older people"

This booklet is written by older people for older people, the reflections are designed to bring hope, assurance and sustenance, reminding the reader of the presence and love of God. Each issue contains 40 Bible reflections and prayer suggestions to use and revisit as often as needed.

If you would be interested in seeing a copy of this booklet please have a word with Julie Hill.

What happens at Christ Church?

Sunday Services

08.00 am Holy Communion (said)

10.00 am Communion with crèche & God's Gang On the 2nd Sunday All-Age service Evening Service - see inside magazine for details.

Weekday Services

Monday morning prayer 08:00
Holy Communion (said)
Saturday 08:00
Wednesday 10:00
and evening prayer 17.15

For further information
Contact
The Church Wardens

Office hours

Friday 18:30 until 19:30

Registered Charity no. 1130741

Regular activities and youth organisations

There are a wide variety of clubs for you:-

Daily Christ Church Pre-school (2½ upwards)

Monday Music Group; Brownies

Tuesday Mothers Union (2nd Tuesday In church hall) Cubs

Mother Union and Semiquavers

Wednesday Guides

S Girlguiding

First Steps (under 5's and carers) 2nd Wednesday 1.45pm

Ifield Ladies (every third Wednesday)

Thursday Beavers/Brownies; Choir Practice:

2.30 p.m. Mustard Seed (every third)

Friday Rainbow Unit; Scouts; Parent and Toddler

Saturday Working Party (9.30 a.m. every second)



CALENDAR FEBRUARY 2020

Sunday		08.00 Holy Communion 10.00 Holy Communion	9 08.00 Holy Communion 10.00 Holy Communion	08.00 Holy Communion 10.00 Holy Communion	08.00 Holy Communion 10.00 Holy Communion	
Monday		3 08.00 Morning Prayer BROWNIES	10 08.00 Morning Prayer BROWNIES	17 08.00 Morning Prayer BROWNIES	08.00 Morning Prayer BROWNIES	
Tuesday		4 18.30 Semiquavers	11 18.15 Semiquavers MOTHERS UNION 19.30	18 8.30 Semiquavers	25 18.30 Semiquavers	
Wednesday		5 10.00 Holy Communion 17.15 Evening Prayer	12 10.00 Holy Communion 17.15 Evening Prayer 13.45 First Steps	19 10.00 Holy Communion 17.15 Evening Prayer	26 10.00 Holy Communion 17.15 Evening Prayer	
Thursday		6 Choir Practice BROWNIES	13 Choir Practice BROWNIES	Choir Practice BROWNIES 14.30 Mustard seed	27 Choir Practice BROWNIES	
Friday		7 13.15 Parent and Toddlers 18.30 Office hours RAINBOW	14 13.15 Parent and Toddlers 18.30 Office hours RAINBOW	21 13.15 Parent and Toddlers 18.30 Office hours RAINBOW	28 13.15 Parent and Toddlers 18.30 Office hours RAINBOW	
Saturday 1 08.00 Holy Communion		8 08.00 Holy Communion 09.30 Work party 19.00 Beetle Drive	08.00 Holy Communion	08.00 Holy Communion	08.00 Holy Communion	



Fair trade biscuits and organic cakes

Within our collection of fair trade biscuits and cakes, you will be able to treat yourself to a range of delectable sweet and savoury snacks. For those who have a sweet tooth, you may be interested in our selection of cookies, including double chocolate cookies and stem ginger cookies. If savoury is more to your taste, our cheddar cheese oaty biscuits or our pepper and poppy seed biscuits may offer temptation.

All of our fair trade biscuits and fair trade cakes are made from the finest, ethically sourced ingredients available and are perfect for a small dessert or snack. All products are suitable for vegetarians and contain FairPalm oil.

Fair trade and organic breakfast cereal

At Traidcraft we sell only the finest quality fair trade cereal, made using only fair trade ingredients from around the world.

Both healthy and ethical, our fair trade breakfast cereal is the perfect way to start the day. If you're a fan of muesli, then you will love our GeoMuesli selection, such as Exotic Fruit and Fruit and Nut.

For those who are on the go and or require a more convenient breakfast, Geobars offer the perfect solution; compact fair trade cereal bars made from wholesome ingredients.

Organic and fair trade chocolate

Chocolate may be easy on the tastebuds, but its production is no easy task. Almost ninety percent of cocoa that goes into this delicious treat is grown on small farms in developing countries, providing a livelihood to over six million farmers. Despite offering employment to many, there are few benefits for cocoa farmers and many still live in poverty.

Buying fair trade chocolate ensures that the industry is sustainable.



Please speak with
David Williams if there
is anything you would
like to purchase or for
more information
about what is
available