

# **The Church of Our Lady, Stowmarket**



**For Saints and Sinners**

**The 10<sup>th</sup> Edition: Summer 2016**

## Foreword

Welcome to this 10<sup>th</sup> edition of your social magazine.

So, how come we are half way through the year already and the nights are beginning to draw in again? The years seem to rush by ever faster as we grow older. As a child, I couldn't wait for the 6-week school holidays and the long, warm sunny days playing outside in the street. There were few cars in our East London neighbourhood and games of rounders, hopscotch and tag were frequent. As a special treat, my 2 older sisters and I would make for the local park and lido with simple packed lunches, a bottle of Tizer to share and our swimming costumes tightly wrapped in towels. We did not return home until tea time beckoned. What carefree days they were.

Anyway, come rain or shine, I hope you enjoy this latest edition of your social magazine. But, before we move on to the articles a contributor has asked if future publications could include parishioners' small announcements that they want to share. Perhaps, birth of a baby, fond memories of a deceased loved one, or congratulations on a deserved achievement. If you are interested, please send me your brief announcements by email, with a photo attachment if desired and we'll see how it goes. There are some examples of announcements on the back page, but please remember the magazine only comes out 3 times a year and space is limited.

Thank you for your continued help. I really appreciate all your ideas and the support you give so freely. Please keep your ideas and articles coming!

*Yvonne Hannan, Editor*  
[yvonne@hannan.f2s.com](mailto:yvonne@hannan.f2s.com)

## **Parish Pastoral Committee (PPC) Chairman's Report 2015 - 2016**

The PPC meets regularly and publishes its minutes on the Narthex notice board and the Parish website. Reports are received from the Pastoral Care Group, Cafod+, Fair Trade, the Social Committee and the Finance Committee and their edited annual reports and other parish news follows this report.

The 4-year tenures of Pat Barnes, Christine Cannon, Margaret Cutting and Maureen Favager ended this year and there was already a vacancy. Elaine Durbin, Andrew Duxson, Richard Hall, Carole Kelly and Allan Scott are our 5 new elected members and Fr David co-opted Christine Cannon to continue.

Bishop Alan visited the Parish in January when he met and spoke to parishioners after the 3 weekend Masses. He also met the PPC, the Finance Committee and the Catechists. Some parishioners attended the Chrism Mass at Norwich Cathedral and annual Diocesan Pilgrimage to Walsingham. However, despite using smaller coaches this year we still had some empty seats, so please consider joining these important excursions.

As parish representative, I attend Deanery Council of Laity meetings with Fr David, who attends in his capacity of Dean. I also represent the parish on the Stowmarket Churches Together Committee, supported by Fr David, Christine Cannon and Carole Kelly. This Committee organises the Good Friday Walk of Witness, the annual Christian Aid Appeal, the Week of Prayer for Christian Unity and the Women's World Day of Prayer. Churches Together also supports the Stowmarket and District Food Bank. The Food Bank is especially well supported by goods and money donated by Our Lady's parishioners and it continues to meet an ever increasing need. When the Food Bank started in 2012, fifteen parcels were delivered each month. Now more than forty parcels are delivered each month.

In addition, help and support is now offered to families during school holidays. Budgeting and parenting courses are held, too.

Two issues of our Social Magazine have been distributed, but its future is in the gift of its contributors, so keep sending your offerings at any time, in any format to Yvonne Hannan, editor.

Profits from the monthly coffee after 08.30 Mass are sent to Siem Reap, Cambodia and by the time you read this we will have had a *bring and buy* event after all Masses on June 19<sup>th</sup> to further help our Siem Reap friends

In conclusion, I am grateful for the wholehearted support I receive from my fellow members of the PPC and indebted to Fr David for the support, good advice and counsel he gives us all.

Thank you Father.

*Josephine Lea, Chairman, PPC*

## **Pastoral Care Group (PCG)**

Twenty-seven parishioners who find it difficult to get to church were helped to attend two Masses for the sick and housebound, with the opportunity to be anointed. In addition, twenty-two cards were sent to parishioners assuring them of our prayers at the Masses.

Our small army of enthusiastic helpers provided assistance and transport and after each Mass a happy social occasion, with lots of good conversation and plenty of refreshments, was enjoyed by us all. The next Mass for the sick and housebound will be later in the year in October, so if you know anyone who is sick

and/or finds it difficult/is unable to get to church please contact your area co-ordinator, or Fr David. Please see the Parish Directory for contact details.

In October Fr David invited all parishioners bereaved during the last year to attend Mass on All Souls Day. PCG members attended the Masses to offer support to the bereaved and provided refreshments and listening ears after the 10.00 Mass.

In March all newly registered parishioners were invited to the World Food Day lunch-time celebration and a further two new parishioners were invited to the June Summer Party. Both occasions are a great opportunity for newcomers to meet their fellow parishioners and for more established members of the parish to welcome new parishioners into Our Lady's family.

The PCG thanks everyone who helps out at group events. However, we do need more people to join the local contacts team: the work is not onerous: delivering Easter and Christmas Cards with Mass times and offering the occasional lift to events like the sick and housebound Masses. If you want to help us, or if you have any questions, do please give me a call. The bigger our PCG team, the lighter the job will be for everyone.

*Gillian Millyard, PCG Administrator, 01359 242475*

## **Cafod+ Support Action Group**

We continue to pursue the LiveSimply principles, which are to live sustainably with creation and in solidarity with people in poverty. The results of our simple Parish questionnaire showed our positive response to this call. A submission has been presented to CAFOD to provide evidence of the ways in which

we are living simply and to support our application for a LiveSimply Award for Our Lady's Parish.

During the past year three Prayers for Peace and other times for prayers and meditation have been well supported by ourselves and other Stowmarket church members. Four Lenten talks based on Laudate Si were given by Cafod + members and in addition, a study day, with a soup lunch for participants, included all four talks in one day.

The very generous Wass Family once again hosted a Duck Race in Dagworth, which was a great family occasion, with lots of fun for adults and children alike. The event raised £300. Monthly Fair Trade stalls sold a total of over £2000 of goods and a special thank you goes to Betty Stephenson for all the bread sales over the past few years.

I would also like to thank Fr David for his interest in Cafod+, and the support and encouragement he has given to our work.

*Pat Keating*

## **Social Committee**

The 2015 Parish Summer Party held on 8<sup>th</sup> June at the Cedars Hotel was attended by over eighty parishioners who enjoyed tasty traditional barbeque fayre and curries. The children really enjoyed their activities and the weather was mostly kind to us.

The annual autumn bazaar held on 14<sup>th</sup> November 2015 was preceded by a lot of hard work, but was well worth the effort. As usual, it was a busy and enjoyable day, which presented lots of

opportunities to meet new people, whilst at the same time raising a good deal of money for the Parish.

The World Food Day on 7th February 2016 was well attended with everyone having the chance to try lots of tasty food from fourteen different countries. This considerable feat (AND FEAST!) was achieved despite the fact that several families who have kindly cooked food for us in the past had moved away from the area.

Finally, some dates for your diary:

- 26<sup>th</sup> June 2016 – Summer Party
- 12<sup>th</sup> November 2016 – Autumn Bazaar

*Carole Kelly*

### **Catechism 2015-2016**

The two Sunday morning catechism classes for children in years 1 and 2 and preparation for First Holy Communion for children in year 3 has continued. Richard and Ina Congdon taught the younger children and the book “I Belong” worked well with the older children’s First Communion preparation.

Rosemary and Allan helped the Children’s Masses to include music and the children became more involved in the Mass by doing readings and taking up the Offertory Gifts. Anthea Duxson assisted me to run the First Holy Communion Classes and I will continue to take these classes in the coming year.

However, Richard is standing down, so more help is needed to continue teaching our younger children, who do not attend a

catholic school. If you can help or want more information about our catechism classes, please see the Parish Directory to find out how to contact me. Thank you

*Debbie Kerry, Head Catechist*

## **Altar Servers**

We have maintained our team membership of twenty-five Altar Servers. Over the last year we welcomed two new members, and two members left. We are also fortunate that former Servers continue to support weekday services.

The youngsters take their roles seriously and are keen to learn and support Fr David in the celebration of the Mass. It takes real courage to volunteer to be an Altar Server. I am grateful, therefore, to the young people who have taken on this rewarding role, which increases understanding and spiritual development.

Training sessions have been held through the year and more senior Servers have learnt new roles for Easter and Christmas celebrations.

Each year we have a Parish funded outing. This year we went to Dunwich and explored the beach, local history and heath. Next year's outing is being planned.

New servers are always very welcome, so to find out more please contact either Simon Millyard or Phil Mahoney who co-ordinate the Altar Servers at Our Lady's.

*Simon Millyard*

## **Music at Woolpit**

Music raises the heart and mind to God through anthems, worship songs and chants to the liturgy and Woolpit now has an enthusiastic mixed voice choir to enable congregational singing, with a good quality pipe organ to accompany the singing and to provide organ voluntaries. Thanks to all who made this venture possible: Fr David for welcoming Anthea and me and for trusting us with the music; the choir for their ceaseless enthusiasm, reliability and encouragement; and Fr Anthony Glaysher for his generous contribution of choral music as a basis for our repertoire.

*Andrew Duxson*

## **Parish Bible Study Group**

Our friendly group meets in the Parish Hall with tea and coffee for an hour at 4.00pm on Tuesdays. Currently we are reading and studying St Luke's Gospel. This is very rewarding and a good basis for interesting spiritual discussion. If you want to know more about us and/or think you would like to participate in the group, just come along one Tuesday and join us for a cup of tea or coffee. You will be very welcome!

*Andrew Duxson*

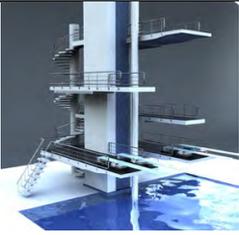
## **DID YOU KNOW THAT**

$(111,111,111) \times (111,111,111) = 12,345,678,987,654,321$

*How cool is that?*

## A Sports Quiz: from your editor and just for you

1. Identify the sports represented in the pictures labelled A-L below. Write your answers in the spaces provided.

		
A	B	C
		
D	E	F
		
G	H	I
		
J	K	L

2. Identify the sports people in the pictures numbered 1-12 below. Write your answers in the spaces provided

		
1	2	3
		
4	5	6
		
7	8	9
		
10	11	12

3. Match the sports to the correct people.
- In the spaces provided write the sports you identified A-L
  - Match the right people to the right sport. In the spaces provided write the numbers and names of the people you identified 1-12 alongside their sport.

Letter	Identified Sport	No.	Name of Sportsperson
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			
L			

## *A Prayer of Thanks for the Summertime*

*Creator of all, thank You for summer!  
Draw me closer to You and teach me how to pray  
no matter where I am or what I am doing.*

*Thank You for the beauty I see all around me  
and for the opportunity to be outside  
and to enjoy Your creation.*

*Thank You for the increased time I have  
to be with my friends and family,  
and for the more casual pace of the summer season.*

*Thank You for the warmth of the sun  
and the increased daylight hours.  
Warm my soul with awareness of Your presence,  
and light my path with Your Word and Counsel,  
and as I enjoy Your creation, create in me  
a pure heart and a hunger and a thirst for You.*

*Amen*

### **DID YOU KNOW THAT**

Thermal expansion causes the Eiffel Tower in Paris, to be a full 15cm taller in the summer months than it is in the colder winter months.



## The Ten Ages of Woman

- **Age 3:** She looks at herself. She sees a princess
- **Age 8:** She looks at herself. She sees Cinderella
- **Age 15:** She looks at herself. She sees an Ugly Sister and she says: *“Oh Mum, look at me. I look awful. I can’t possibly go to school looking like this!”*
- **Age 20:** She looks at herself. She sees too fat/too thin; too short/too tall; hair too straight/too curly. She makes herself look the best she can. She takes another look at herself and she decides to go out.
- **Age 30:** She looks at herself. Sees too fat/too thin; too short/too tall; hair too straight/too curly. She decides there isn’t time to fix how she looks, but she still goes out.
- **Age 40:** She looks at herself. She sees too fat/too thin; too short/too tall; hair too straight/too curly. She smiles at her reflection and says *“well, at least I’m clean”* and she goes out anyway.
- **Age 50:** She looks at herself. She reminds herself of all the people who can’t see themselves in a mirror any more. She holds her head high, goes out and conquers the world.
- **Age 70:** She looks at herself. In the reflection she sees wisdom, laughter and ability. She goes out and she really enjoys herself.
- **Age 80:** She doesn’t bother to look at herself. She just puts on a terrific hat and then she goes out to enjoy the world, another day and all the people around her.

## *A Quotation about the pursuit of happiness*

*Happiness is as a butterfly,  
which when pursued  
is always just beyond your grasp  
but which, if you will sit down quietly,  
may alight upon you*



This thought-provoking quotation is accredited to the 19<sup>th</sup> century Novelist Nathaniel Hawthorne. He was born in 1804 in Salem, in America. His works often explore the inherent sin of humanity and frequently include moral messages for the reader.

Nathaniel Hawthorne's ancestors include *John Hathorne*. He was the only judge involved in the famous Salem witch trials. Judge Hathorne sent many "witches" to their deaths and to the day he died he never repented of his actions.

It is thought that in order to hide this ancestral relationship with Judge John Hathorne, when he was in his early twenties the author added a "w" to make his surname "Hawthorne".

## Dr. Geezer and Mr Young: a cautionary tale

Old Dr Geezer was very bored in retirement, so he decided to open up a private medical clinic. This sign was erected outside:

***Dr Geezer's Private Clinic  
All courses of treatment £500  
if not cured, you receive £1,000***

Mr Young, was convinced old Dr Geezer knew nothing about modern medicine and decided he could trick Dr Geezer and make £1,000 to add to his holiday fund. So, Mr Young soon made an appointment to be seen at Dr. Geezer's Clinic and he was soon receiving his consultation .....



- Mr. Young: *"Dr. Geezer, I've lost all taste in my mouth. Can you help me?"*
- ❖ Dr. Geezer: *"Of course I can help you. Nurse, please fetch the medicine and dropper from box 22 and put 3 drops of the medicine into the patient's mouth."*
- Mr. Young: *"Aaagh!! This is petrol!"*
- ❖ Dr. Geezer: *"Congratulations! You've got your taste back. That will be £500, please"*

***Mr. Young reluctantly pays his bill, but he is pretty angry and after a couple of days he returns to the clinic with a plan to recover his money.***

- Mr. Young: *"I've lost my memory. I've tried and tried, but I can't seem to remember a thing. Can you help me?"*
- ❖ Dr. Geezer: *"Of course I can help you. Nurse, please fetch the medicine and dropper from box 22 and put 3 drops of the medicine into the patient's mouth."*
- Mr. Young: *"Oh, no you don't, that's petrol!"*
- ❖ Dr. Geezer: *"Congratulations! You've got your memory back. That will be £500 please."*

***Mr. Young grits his teeth and pays his 2<sup>nd</sup> bill, but by now he is furious. After a few days he returns to the clinic with yet another plan to try and recover his money.***

- Mr. Young: *"My eyesight's become really weak, I can hardly see a thing. Can you help me?"*
- Dr. Geezer: *"I'm so sorry, but I don't have any medicine to cure that. I'll get you a cheque for £1,000 as promised"*

***However, in the Reception Area, the Administrator, Mrs. Geezer, draws up a cheque to the value of £10 and makes it out to Mr. Young. Dr. Geezer collects the cheque from Mrs. Geezer and hands it over to Mr. Young with a smile.***

- Mr. Young: *"But this cheque is only for £10. You should have given me £1,000."*
- Dr. Geezer: *"Congratulations Mr Young! You've got your vision back! That will be £500, please ."*

***The moral of this story is:* Being "Young" doesn't mean you can outsmart an "old Geezer"!!!**

*Phil Coulson (a parishioner's friend)*

## **The Diocesan Pilgrimage to the Basilica of Our Lady of Walsingham 2016**

If you wondered about the sudden disappearance of Our Lady's banner over the May Bank Holiday weekend, let me tell you where it went.....

Led by Father David, and in the coach kindly organised by the parish, fifteen parishioners from Our Lady's, began their annual pilgrimage to Walsingham at 08.45, on May 2<sup>nd</sup>. I was lucky enough to be one of the fifteen. The weather forecast was looking somewhat uncertain with rain promised at some point in the day, accompanied by a cool breeze. In previous years this trip has required the full wardrobe from summer clothing to winter woollies and wet weather gear, so we hardened campaigners knew to dress according to the forecast. Our journey took us through some wonderful countryside via Ixworth, Euston, Thetford and Swaffham. It was a pleasant change just to sit back and take in the springtime countryside: we soon left Suffolk behind and were welcomed into Norfolk by beautiful displays of bluebells, making a blue carpet in the dappled sun beneath the trees and in stark contrast with the bright yellow oilseed rape wafting in the fields.

As we neared our destination, showers gave way to sunshine. Some of the group decided to spend time in quiet reflection at the shrine, whilst some of us wanted to walk the 'Pilgrim's Mile,' and were dropped off at the coach park, a former railway junction. The walk into the village centre took us by the old re-named station: St Seraphim's, which houses a small Orthodox shrine and museum. A little garden outside was guarded by some ferocious looking geese, so we didn't linger too long! We dropped our banner off at the Church of the Annunciation and made our way to the Church of England Shrine and more specially, towards the tea room, for much needed sustenance. I can thoroughly recommend the coffee and 'Norfolk cake',

which hit the spot nicely. On days like this, the tea rooms become the haunt of many Catholics, who meet and chat to friends from around the Diocese before heading off to walk to the Catholic shrine. As we left the café a noticeable breeze picked up but at least the sun was shining. See picture below!



*Our Lady's merry band prepare to walk the Pilgrim's Mile. (Photograph from the Diocese of East Anglia Website).*

Bishop Alan blessed and crowned the statue of Our Lady of Walsingham in the Friday Market Place and after a short period of prayer we set off in procession to walk the mile to the shrine. Walking the 'Holy Mile' is always a wonderful experience. The strong headwind buffeted our banner along the way: it took three of us, taking turns each, to carry the banner and 'tack' ( a nautical term, of course!) our way along the lane to the shrine. En-route, pilgrims were invited to recite the Rosary and sing hymns in prayerful celebration of Our Lady. In between there were periods for quiet reflection and a chance to absorb the

smells and sounds of spring: new-born lambs calling in the field, the birds in the hedgerows and the running water in the clear stream beside the road. It's surprising how long it can take to walk a mile, (especially with a headwind), but we knew when we were approaching the shrine as the bell rang out to welcome our arrival. We placed our banner at the front with the growing collection from other parishes, and took our seats in the main area in front of the Chapel of our Lady of Reconciliation. A short penitential service was held after which there was time for individual confessions at the fourteen Stations of the Cross, before Bishop Alan brought proceedings to a close with a prayer. A short break for lunch provided enough time to pass through the Holy Door, gain a Plenary Indulgence and make a visit to the Slipper Chapel, which is well worth a visit. Originally built in the middle of the 14<sup>th</sup> Century, the Chapel was dedicated to Saint Catherine of Alexandria. Catherine was the patron saint of pilgrims to the Holy Land and her knights kept the road to Nazareth open during the Crusades. The Chapel itself, served pilgrims as they travelled to England's Nazareth.



*Altar of the Slipper Chapel*

After the reformation, the Chapel had various uses until it's restoration in 1896.

The first Mass at the Chapel was celebrated in 1934 and in 1938 the shrine was reconsecrated by Bishop Youens of Northampton.

*Photograph and history from the website of the Basilica of Our Lady of Walsingham.*

At 3pm, we all gathered again in front of the Chapel of our Lady of Reconciliation for a solemn Mass, led by Bishop Alan and which this year, was dedicated to Mary Queen and Mother of Mercy: a fitting dedication for this year of Mercy. It was about this time that the storm clouds began to gather and the Met Office prediction of rain finally came to fruition. Nevertheless, we hardy pilgrims stuck it out, although I must admit, it was the first time I had participated in a Mass from under a broolly!

Alas all too soon, the day came to an end. We made our way back to the waiting coaches and a few final farewells to some old friends, before we made our separate journeys home.

This is the 4<sup>th</sup> year Mandy and I have been on this pilgrimage. Each year is a new and uplifting experience, shared with some of the friends we have made since being welcomed as new members of the Catholic faith at Our Lady's. If you have not taken this wonderful opportunity before, I strongly urge to you to join us next year as we return to England's Nazareth.

Post Script. *The Walsingham Association have some really ambitious plans to re-develop the site of the Shrine with a plan to invest up to £6m to improve the accommodation and facilities on site.* See their website for further details on their plans and how to become involved: <http://www.walsinghamdevelopment.org/>

*Richard Hall.*

## **DID YOU KNOW THAT**

*'I am'.*

is the shortest complete sentence in the English language?

## *Friends to Dinner*

*We've friends coming to dinner on Thursday  
So I've booked a shampoo and set;  
The Harpers, the Simpsons, the Taylors,  
And that couple that we've only just met.*



*So what can I give them on Thursday  
That's elegant, tasty and quick,  
(Remembering my sauces get lumpy,  
And my pastry resembles a brick?)*

*Are sun-dried tomatoes still favoured?  
Is pesto still in or passé?  
Would they spot the polenta had come from a shop?  
Has the aubergine quite had its day?*

*Do you think I should put on a starter?  
Or just offer tit-bits with a drink?  
Do you think they'll expect choice of puddings?  
Do you think I should care what they think?*

*Suppose someone's gone vegetarian?  
Ron says he's allergic to wheat.  
And I know Brenda Taylor will never touch cheese  
So what CAN I give them to eat?*

*Classic French, Japanese or Italian,  
Or something quite simple, like stew  
If I chuck in some herbs and a pepper  
I can always say it's a ragout.*

*Or is nursery food still in favour?  
How about spotted Dick for the sweet?  
On the other hand, why should I bother,  
There's an M&S just down the street.*



Josephine Lea

**Some interesting facts  
that you may not know  
about falling raindrops**



- Raindrops usually fall at about 7 mph.
- The maximum speed that raindrops fall at is about 18 mph.
- The precise speed at which raindrops fall depends on their size.
- The bigger the raindrop the faster it falls.

## Chai Tea Loaf: a Veena Josh recipe

### Ingredients

#### The fruit mix

- a. 1 tsp each ground cardamom, fennel, cinnamon and ginger with 4 black tea bags added to 225ml water
- b. juice and zest of one orange and 250g mixed dried fruit

#### The basic cake mix

- a. 50g unsalted butter
- b. 100g demerara sugar
- c. 1 gently whisked egg
- d. 225g self raising flour

#### Topping for the cake

1tblsp ground fennel mixed with 2tblsp demarera sugar

### Method

1. **First make the fruit mix.** Put the spices and tea bags in the water, bring to the boil, simmer for 5mins, then remove from the heat. Add the fruit, orange juice and zest to the cool flavoured water, cover and leave the fruit mix overnight.

#### **Next day**

2. Grease and line a 2lb loaf tin and preheat oven to 180C; Fan160C; Gas mark 4.
3. **Make the basic cake mix.** Cream together the butter and sugar, slowly add the whisked egg and then fold in the flour.
4. Remove teabags from the fruit mix and then fold the fruit mix into the basic cake mix. Spoon the completed fruit cake mix into the prepared loaf tin and level it off.
5. **Make the crunchy topping:** mix fennel and demarera sugar together. Sprinkle the topping on the cake.
6. Bake cake for about 75mins or until skewer comes out clean. Leave the cake to cool in the tin.

*Enjoy a slice of cake just as it is, or spread it with butter  
or have it with a piece of strong cheddar cheese.  
Any version is good, trust me - I've tried them all....*

*A Quotation from a great German Thinker*

*“There are only two ways to live your life  
One is as if nothing is a miracle  
The other is as though everything is a miracle”*

Albert Einstein (1879 - 1955)

*The Lion Poem*



*The lion lives in the jungle  
Where all his hair is in a bundle*

*He eats lots of berries  
He especially like cherries*

*He plays with the trees  
But not with the fleas*

*The lion starts to run  
Because of the sun*

William (age 5), one of our young readers

## The Lord said unto Noah: a conversation

- The Lord said unto Noah:  
*"Where is the ark I commanded you to build, Noah?"*
- ❖ Noah said:  
*"**Lord**, I have three carpenters off sick, the wood supplier let me down, even though the wood's been on order for three months, and the damp-proof specialist hasn't turned up today as he promised."*
- The Lord was not impressed by this and said unto Noah:  
*"I'm not interested in your excuses, Noah, I expect the ark to be ready in seven days and seven nights."*
- ❖ Noah said:  
*"It shall be so, **Lord**."      **BUT, IT WAS NOT SO .....***
- The Lord was starting to get cross and said unto Noah:  
*"Okay, so what seems to be the trouble this time, Noah?"*
- ❖ Noah said:  
*"**Oh Lord I am undone!** My key sub-contractor has gone bankrupt, the pitch to waterproof the ark hasn't yet arrived, the glazier has gone on holiday to Majorca, (even though I offered him double time to stay on site) and to top it all, Sem has formed a Pop Group with his brothers Ham and Jacob and they have all just left to go on tour. **Lord**, I'll need an extension and a bigger budget if I'm to get the work done."*





*God, my Friend*  
**a lovely bedtime prayer for children**

*God, my Friend, it's time for bed.  
it's time to rest my sleepy head.  
but first I say my prayer to you  
please guide me down the path that's true.*

*God, my friend, please bless my mother,  
and all your children: my sisters, brothers.  
Oh! and don't forget there's daddy, too:  
he says that I'm his gift from you.*

*God, my friend, it's time to sleep.  
I thank you for my soul unique,  
and I thank you for another day,  
to run and jump and laugh and play!*

*God, my friend, it's time to go,  
but before I do I hope you know,  
that I am thankful for my blessings, too,  
and God, my friend, I REALLY do love you.*

*Amen*

**Finally, and just to leave you with a smile on your face, here is a little something from your editor:**

Q: What did the little yellow duck say to the shop assistant when she bought a bright new red lipstick?

A. Just put it on my bill.....



## Sports Quiz: Answers

Letter	Sport	No.	People
A	BADMINTON	2	Chris and Gaby Adcock
B	FOOTBALL	11	David Beckham
C	CRICKET	8	Moeen Ali
D	CYCLING	1	Bradley Wiggins
E	GOLF	10	Tiger Woods
F	SWIMMING	12	Rebecca Adlington
G	BOXING	5	Nicola Adams
H	LONG JUMP	9	Greg Rutherford
I	DIVING	4	Tom Daly
J	F1 CAR RACING	6	Lewis Hamilton
K	TENNIS	7	Martina Navratilova
L	GYMNASTICS	3	Max Whitlock

## Examples of Announcements

### *Birth announcement*

*Jill and Jack are delighted to announce  
the birth of their daughter  
and new sister for big brother Jonas.*

*Our beautiful little girl Jane  
arrived safely on April 10<sup>th</sup> 2016.*

### *In Memoriam*

*In loving memory of Jonas Smith  
who died peacefully in the Hospice  
on April 10<sup>th</sup> 2016 after a short illness.*

*Dad, you will always be in our hearts.  
Jack and Jill*

### *Congratulations*

*Well done on passing your exams, Jane.  
All our love and best wishes for the future.*

*Jack, Jill and Jonas  
P.S. Enjoy yourself at College!*