



Sedgeberrow

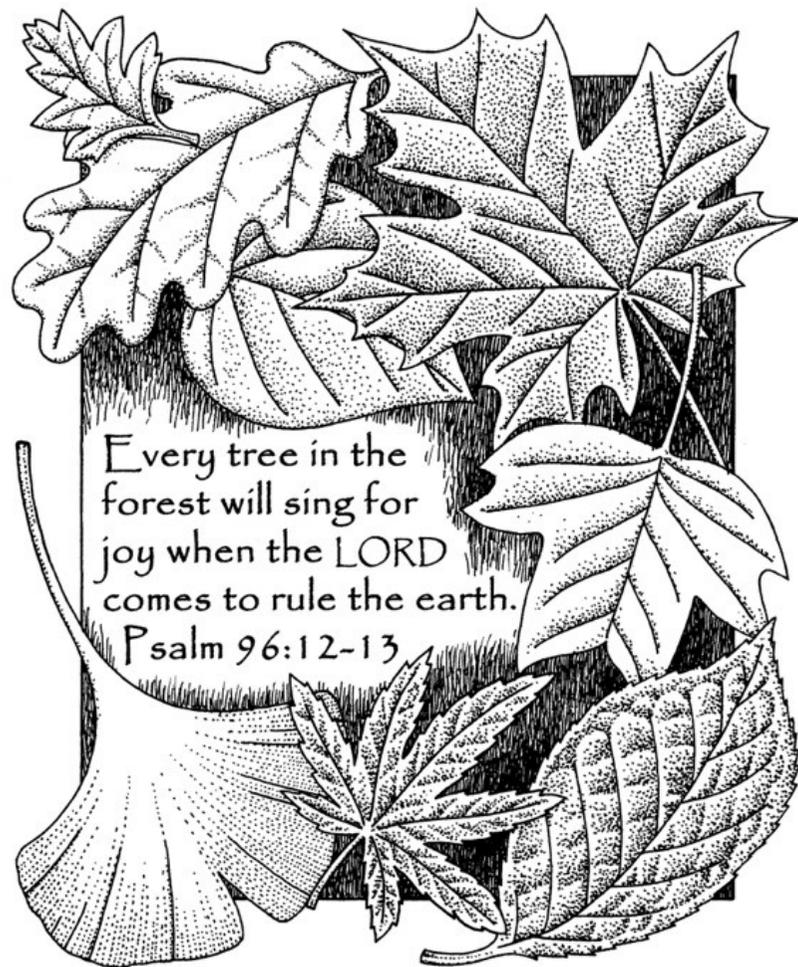


Hampton – Fairfield – Thistledown
Eastwick Park – Charity Crescent



Hinton on the Green

THE HERALD



A Letter from the Archdeacon of Dudley for Parish Magazines

Have you ever had a moment when something from the Bible you know to be true, takes on a much deeper meaning, or impacts you at a deeper level?

This happened to me when I was privileged to attend a service in St Stephen’s, Redditch celebrating the lives of transplant recipients, organ donors and their families. ‘Gifts Beyond Price’ was the brainchild of Elaine Whitfield, a relatively new member of the church, and she planned the most beautiful and moving event, attended, to her surprise, by people from all over the country. Elaine’s father, Arthur, died in 2016. For the last twenty five years of his life, his blood was pumped around his body by a donor heart – he had benefitted from a transplant which had saved his life, and given him many more years than anticipated. It was this that Elaine wanted to express her thankfulness for, both to donor families, and to God.

In a profound symbolic act as part of the service, Natasha, recipient sixteen years ago of a donated heart and lungs when in her early twenties and close to death, lit eight candles, representing the lives one donor can save. Wendy, the mother of Jack, who died in a tragic accident last year, and whose organs were donated, then extinguished a large central candle, amidst hugs and tears, after speaking movingly to each other as representatives of each group, giving thanks for the lives involved. The Lead Retrieval Surgeon and Transplant Specialist from the QE hospital articulated some of the challenging dilemmas involved for his team, and both the joys, sorrows and weighty responsibility he experiences in making time sensitive decisions about life and death amidst tragedy. As a Muslim, he spoke powerfully about our shared humanity. The Reverend Paul Lawlor picked this up in his address too. Never have Jesus’ words in John 15 had such resonance: “There is no greater love than this, that someone should lay down their life for their friends.”

Jesus, in a sense, donated his life, that we might live life in all its fullness forever. Talking with many after the service who had received the gift of new life through the gift of a friend, or the death of a stranger, the love of God for each person he has made impacted me afresh. God so loved the world, that he gave his Son

I resolved that day to live my life more fully, more gratefully, more aware of what it cost. I also spoke to my family making clear that should they ever be put in that awful place of decision, my bodily organs should, if possible, be used to bring life to others, as my life with God will continue into eternity, because Jesus laid down his life and lives in me.

Nikki Groarke

Prayers ... for October

Lord God, we pray for your peace to rule the world. There is so much confusion, so many threats, please bring things together so that the nations cooperate for the common good rather than competing and fighting for position. We pray for "the lion to lie down with the lamb".

We long for the hungry to be fed, the sick to be healed and for you to be glorified.

We pray for the work of the church with buildings scattered all over our land. These buildings are such a worry for small congregations. Free your people from such worry and help them work to your priorities, being open and welcoming to newcomers and strangers.

We pray especially for this little market town. We pray for cohesion. Help us to love our neighbours and treat people as we would wish to be treated, including the immigrants and refugees. Help us to remember that it is your grace that has preserved us so far from seeking asylum. Give us patience and help us to adapt to the growth of our town. We pray that our young people will feel that they've got a stake in the future.

We pray that our schools, that they will teach the young about their common law rights and other rights bestowed by generous kings. Thank you that King John gave us the Magna Carta, to be found in Hereford Cathedral. This gives us a fundamental human right not to be detained by the authorities without being charged or being a detained under the Mental Health Act with a clear diagnosis. Google "Habeas Corpus," it is a fundamental human right.

We pray these prayers, as your humble servants aiming to fulfil your will. Amen.

St Andrew's Church Fundraising Committee Harvest Afternoon Tea and Quiz



Sunday 8 October 3pm - 5pm
Hampton Guide & Scout Hall
£7.00 a ticket.

Come and join the fun!

Raffle also available with all proceeds going towards the Vestry funds

Harvest Services and Events

Hampton

Sunday 8 October

Harvest Service 10.00am

Harvest Tea and Quiz 3-5pm

Sedgeberrow

Saturday 7 October

Harvest Supper 7pm for 7.30pm

Sunday 8 October

Harvest Thanksgiving Service 11.00am

Hinton

Sunday 1 October

Harvest Thanksgiving Service 11.15am



Asum Group Bulletin – October 2017

The next meeting of the Asum Group Council is on Monday 16th October, 7.30pm.

It will be held at the **Fairfield Pub Conservatory** (opposite St. Richard's Chapel/hall), Evesham

It was agreed that the Council would seek to meet in (or near) the different churches (roughly by rotation), and that each meeting would include a short presentation by the hosting church about their current mission, issues, hopes and needs.

If you want an idea or issue to be raised, please speak to one of your representatives, or come to the meeting yourself!

Nick Wright

(Council Secretary)

One Lord, One Faith, One Benefice!

Our four parishes of Bengeworth, Hampton, Sedgeberrow and Hinton-on-the-Green, are now officially united in one 'benefice' i.e. under the care of one incumbent. Later this year, we shall hold a celebration to mark this 'joining of forces'.

Watch this space!

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Watch this space!

Priest in Charge	The Revd Mark Binney (01386) 424235 mark@hamptonchurch.org.uk The Vicarage, Pershore Road, Evesham WR11 2PQ
Honorary Assistant Priests	The Revd Leonard Burn (01386) 881160 The Revd Patrick Wooster Tel: (01386) 45907 The Revd Nick Wright Tel: (01386) 443310
Licensed Lay Ministers (Readers)	John Lynch (01386) 553392 Elaine Major (01386)40722
Parish Administrators Monday and Tuesday 9.15am – 2-15pm Wednesday – Friday 9.15am – 1-15pm	Elaine & Nick, The Parish Office, The Vicarage, 54A Pershore Road, Evesham WR11 2PQ (01386) 446381 email:- office@hamptonchurch.org.uk
Church Wardens	
St Andrew's Hampton	Carolyn Jenkins (01386) 442124 Margaret Thomson (01386) 47541
St Mary the Virgin, Sedgeberrow	Ann Banks (01386) 881623 Roger Horton (01386) 881307
St Peter's, Hinton-on-the-Green	Lisa James 07866654923 Nicola Jocelyn (01386) 424630 & 07779 159346

SoulFood

On the 24 September SoulFood was 3 years old!

We have met 154 times, catered 3080 meals, given out clothing, sleeping bags, socks and food to countless dozens of hungry and homeless people.

...and, on top of all that we've created over 600 prayer stations and enjoyed some very special time together with Rob Halligan, Tim Scarborough and The Northumbria Community.

If you have not yet tried out SoulFood but might enjoy spending time with a prayerful group of people, why not come along.

We meet at 6.00 pm every Sunday evening at All Saints and start with a simple shared meal. **See you some time?**

Fairfield Church



All services start with breakfast

1st Sunday Communion

2nd to 4th Sundays Community Worship

5th Sundays Messy Church with Lunch afterwards (Jul 30, Dec 31, 2017)

Fairfield Tuesdays - Sarah Hewitt 07456 549969

1st CaféChurch, The Olde Red Horse, Vine Street 7.30pm onwards

2nd Home Group 7.45 pm until 9pm (Pete and Julie Rowell)

3rd Prayer Walk – meet at church at 7.30 pm

4th Home Group 7.45 pm until 9pm (Fred and Noelle Beaumont)

Monthly Cinema Trip - Noelle Beaumont 07745 113006

Saturday Sizzle and Share Men's Breakfast - Fred Beaumont 07833 475309

Saturday Sizzle and Share is on the first Saturday of every month. Breakfast will start sizzling at 8.00am if you're not an early riser come any time before 9.30 am.

Book Club - Noelle Beaumont 07745 113006.

Book Club is an opportunity to get to know other women in the area, read a book and share refreshments, in the form of cake and wine. Call Noelle for information on where and when and what... **AND Pub Social! Fred Beaumont 07833 475309**

Whilst partners are at Book Club their other halves have an opportunity to go for a social drink at a local pub. (Orto is a favourite destination)

Sewing Bee - Mandy (446309) or Noelle (45310)

Friday's fortnightly, 10am to 12 pm followed by soup and a roll.

Bring your own project or if you have never quilted before, come and learn. We would also like to donate some small quilts to the Linus Project who pass them on to vulnerable children.

Men's Shed Project - Fred Beaumont 07833 475309

Are you a handyman? Want to hang out with other men and tinker with stuff?

This new project meets monthly to do just that.

Iona Retreat 2018 - Sarah Hewitt 07456 549969/01386 429122

September 2018. Come and join us on the Island of Iona for a week 'Journeying Together' £310 pp full board

Find us on the Web: <http://fairfieldchurch.co.uk>

Find us on Facebook: <https://www.facebook.com/FamilyFairfield>

Follow us on Twitter: <https://twitter.com/FamilyFairfield>

Find us on 



Stay, Play and Pray

During the Summer School Holiday, Jenny, Pippa, Ray and Margaret from the St Andrew's Tots group ran short sessions called Stay, Play and Pray for families. These had a similar format to the Tots groups but gave children the opportunity to study simple bible stories through art, craft and game activities. We learnt the stories of Daniel in the Lion's Den, Jonah and the Whale, Joseph and his Colourful Coat and the Parable of the Lost Sheep. These sessions were well attended and we hope to do something similar at during the Christmas holidays.

St. Andrew's Tots

St Andrew's Tots started back this Tuesday and we were happy to welcome some new babies and toddlers this term, as well as seeing some familiar faces. Tots meet in the Guide and Scout Hall every Tuesday at 9:00.

GREAT AND LITTLE HAMPTON EDUCATIONAL CHARITY

(Registered Charity No: 702528)

FURTHER/HIGHER EDUCATION/TRAINING AWARDS ACADEMIC YEAR 2017-2018

Applications are invited for grants, available at the discretion of the Trustees, for students under the age of 25 on 01 September 2017 who reside in the area of the Parish of Great and Little Hampton. Application forms available by post from:

The Clerk to the Trustees
Great and Little Hampton Educational Charity
50 Sycamore Avenue
Evesham WR11 1YE

(A stamped addressed envelope must be provided)

Closing date 20 October 2017 (No late applications will be considered)

History of St. Andrew's Church

Peter Stewart has now completed his book on St. Andrew's Church and its memorials. He is offering a CD of the book for sale, at £10.00 (£2.00 of which will be donated to the Church). If you would like to order a copy please let the Parish Office know, along with the payment if possible. Thank you.

Bible Sunday – 29 October 2017

William Tyndale, Bible translator and Reformation martyr

This month is the 500th anniversary of the beginning of the Reformation, and so a good time to pay tribute to an outstanding English scholar, translator and martyr of the Reformation.

William Tyndale (c. 1494 - 6th October 1536) was born near Gloucester, and studied at Oxford and Cambridge. He could speak seven languages, and was proficient in ancient Hebrew and Greek. As a priest, his abilities would have taken him a long way, but by 1523 Tyndale's only desire was to translate the Bible, so that English men and women could read it for themselves. It became his life's passion.

For Tyndale had rediscovered a vital doctrine that the Church had been ignoring: that of justification by faith. He had found it when reading Erasmus's Greek edition of the New Testament. In fact, his life's work was well summed up in some words of his mentor, Erasmus: "Christ desires His mysteries to be published abroad as widely as possible. I would that [the Gospels and the epistles of Paul] were translated into all languages, of all Christian people, and that they might be read and known."

Tyndale's translation was the first Bible to be published in English, the first to draw directly from Hebrew and Greek texts, and the first English translation to take advantage of the printing press.

It was to cost him his life. For Tyndale's work was seen as a direct challenge to the power of both the Roman Catholic Church and the laws of England in maintaining the Church's position.

When the authorities had tried to stop his translation, Tyndale fled to Hamburg, Wittenberg, Cologne, and finally to the Lutheran city of Worms. It was there, in 1525, his New Testament emerged. It was quickly smuggled into England, and King Henry VIII, Cardinal Wolsey, and others, were furious.

Tyndale moved on to Antwerp, where for nine more years he continued his work. Then in May 1535 he was betrayed, arrested, and jailed in a castle near Brussels. Tied to the stake for strangulation and burning, his dying prayer was that the King of England's eyes would be opened. Sure enough, two years later King Henry authorised the Great Bible for the Church of England, which relied largely on Tyndale's work.

Not only that, but in 1611, the 54 scholars who produced the King James Bible drew very heavily from Tyndale. Even today we honour him: in 2002, Tyndale was placed at number 26 in the BBC's poll of 100 Greatest Britons.



St Luke's Day

On Wednesday, 18 October, the church keeps the Feast of St Luke, patron saint of doctors. In the Diocese we are inviting people to observe this as a day of prayer for the NHS.

We give thanks for the quality of healthcare we enjoy in this country, compared to many places in the world. We give thanks for all those who have dedicated themselves to serving the health and well-being of others, not only as front-line medical and care staff, but also those who provide administrative and support services in our hospitals and medical practices.

We pray for all those who are stressed and burdened by the ever-growing demand on the resources of the health service, and the responsibilities they carry on behalf of society. We pray also for those who face hard new decisions of life and death, which are made possible only by advances in technology.

We give thanks also for the many dedicated people from other countries who come and serve in the NHS, and pray that our needs may not simply drain resources from less wealthy and privileged nations.

We pray for a church, which bears witness to a vision of health and wholeness for all in society.

Events Update – October 2017

SoulFood	Sun	1 Oct 6pm	All Saints
St Andrew's Tots	Tues	3 Oct 9am	Scout & Guide Hall
Café Church	Tues	3 Oct 7.30pm	The Red Horse
Harvest Supper	Sat	7 Oct 7pm for 7.30pm	Sedgeberrow
Harvest Tea and Quiz	Sun	8 Oct 3pm – 5pm	Scout & Guide Hall
SoulFood	Sun	8 Oct 6pm	All Saints
St Andrew's Tots	Tues	10 Oct 9am	Scout & Guide Hall
St Andrew's Fellowship	Tues	10 Oct 2pm	Scout & Guide Hall
Hampton WI	Thurs	12 Oct 7.30pm	Scout & Guide Hall
Church Open Morning	Sat	14 Oct 10am - Noon	Hampton
SoulFood	Sun	15 Oct 6pm	All Saints
St Andrew's Tots	Tues	17 Oct 9am	Scout & Guide Hall
Standing Committee	Wed	18 Oct 11.30am	Parish Office
SoulFood	Sun	22 Oct 6pm	All Saints
2 C's Afternoon Tea	Sun	29 Oct 3pm – 5pm	Hampton
SoulFood	Sun	29 Oct 6pm	All Saints
St Andrew's Tots	Tues	31 Oct 9am	Scout & Guide Hall
Coffee Morning	Thurs	26 Oct 10am – 12 noon	Sedgeberrow
Christmas Bazaar	Sat	24 Nov 2pm – 4pm	Hinton

St Andrew's Fellowship

Our September meeting was more of a social afternoon, but on the Friday before the meeting I celebrated my 70th birthday, and hosted an open day, to which all Fellowship members were invited, amongst others. I had said 'No Gifts', but would prefer a donation towards my two charities: The Multiple Sclerosis Society and Jean the Bean (Children's Cancer Charity). The total donated was a very generous £315.00.

At our meeting we discussed contributions for the Hampton Flower Show, which was being held at the end of September. We then had a quiz, conducted by John Lynch and won by Ann Evans.

Tea followed, when I was presented with a beautiful bouquet, a card signed by all the members and a Birthday Cake, whilst the members sang 'Happy Birthday'.

At our next meeting on 10 October, we will be back to normal, with a talk on 'Garden Birds', which I'm sure we will all enjoy.

For those of you who might be interested in joining us, you can come along as a visitor.

We meet every second Tuesday of the month in Hampton Guide and Scout Community Hall, at 2pm. Anyone who would like to join our group is welcome to come along as a visitor. For further information please ring me on 01386 49161

Jenny Perkins (Chairperson)

Prayers ... for those who are unwell

Janet Bailey, Mabel Bailey, Sarah Clements, Roseanna Denning, Grace Dolphin, Andrew Dyke, Margaret Goodman, Terry Grinnell, Olivia Hancock, Jess Hawkins, Girlie Humphries, Sue Jones, Joyce Lampitt, Lewis Langstone, Clifford Lewis, Ken Smith, Roger Sinclair & Janice Sinclair, Cyril Westwood, Jessie Webb, Graham Williams, Joan Wood & Michael Wood as well as others known to us personally.

From the Registers – August 2017

Funerals

9 August	Shirley Boon	Cheltenham
10 August	Brian Nottage	Hampton
14 August	Mary Hayward	Hampton
16 August	Doris Pinchin	Sedgeberrow
23 August	William 'Bill' Green	Hampton

Hinton on the Green – St Peter's Church

Afternoon Tea

On 2 September we held an afternoon tea and raised £40 in our raffle, which will go to Macmillan. Thank you to all who came and supported us.

UPCOMING EVENTS

1 October - Harvest Festival

26 November - Candlelit Evensong

HINTON RACE NIGHT

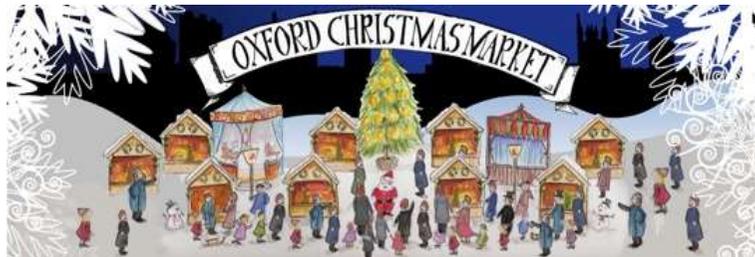
SEDEBERROW VILLAGE HALL

SATURDAY 21ST OCTOBER 2017 7.30PM

- Entry £5.00 per person - Includes Ploughman's Supper
- Licensed Bar and Refreshments available
- Limited seating available - book your tickets early
- Bets limited to £1.00 per horse
- Winners receive share of the proceeds

Part of the proceeds from the evening will go to the St Peter's (Hinton) Restoration Fund

Contact: Clare Davies email: clare7875@gmail.com Mobile 07814188077



Oxford Christmas Market Coach Trip

Saturday 9 December - £12.50 per person

Pick-up: Merstow Green 8.30am, then Hampton, Cheltenham Rd and Hinton-on-the-Green

Ring Lisa James on 07866654923 for further details and tickets.



HINTON BONFIRE

SAT NOVEMBER 4th

7.00- 8.30 pm

Behind 1 Bevans Lane

HOT & COLD DRINKS – HOT DOGS

Christmas Bazaar & Afternoon Tea

Saturday 24th November 2pm till 4pm

Come along for a chat and a catch up, enjoying a fabulous array of cakes, teas and coffee while doing a little Christmas Shopping at the same time.

Everyone Welcome

Sedgeberrow News

Coffee Mornings

The August coffee morning made £161 for Church Funds.

The next coffee morning is on October 26th at 10am in Church.

The Harvest Supper is on Saturday 7 October, 7pm for 7.30pm. Tickets are £10 from Ann Banks, 01386 881623.

Our Harvest Festival Service is on Sunday 8 October at 11am

Dates for your Diary

Christmas Fayre Coffee Morning

Saturday 16 December at 10am

Memorial Service and Trees to remember loved ones - 17 December at 4pm

The Crib and Carol service - Christmas Eve at 6pm

Christmas Day service at 9am



Congratulations to our Partner Church in Bengeworth!

Winners of Best Kept Church Garden Competition

Worcestershire 2017

Hampton WI – September 2017

Our September meeting was our annual Harvest Supper, which was a Bring and Share Buffet. In lieu of 'Jerusalem', Ann Evans opened the meeting with an amusing poem entitled 'My Mum's Getting Pickled with the WI'.

Before we could get down to the serious business of eating, there were a few items of business to go through.

Since the last meeting in July, we had enjoyed a lovely cream tea at Hampton Farm Shop. The proceeds of a raffle held during the afternoon had raised £21 towards the Denman College Appeal. A group of us had visited the Tomato Growers at Lower Moor, which had been very interesting, and gave us a new insight into the world of tomatoes.



The next bi-monthly lunch would be at Raphael's on 11 October.

Members were reminded of the WI stall at the Hampton Flower Show at the end of September.

Ann Evans then introduced Sue White, Chairman of Advisers, who had come along to help us with some administrative matters prior to our AGM in October.

Members then enjoyed the 'bring and share' Harvest Supper. The pudding competition was judged by members placing a coin by their favourite one. The winner was Jane Figgitt with her Berry Trifle. The £7.50 collected will be added to the proceeds from the WI Stall at Hampton Flower show, which are being donated to the 'Jean the Bean' local charity for children with cancer.

Our next meeting on 12 October will be our AGM, when Sue White will be with us again to guide us through the business. If you would like to join us at one of our meetings, do come along. We are always pleased to see visitors and you will be made very welcome. We meet in Hampton Guide and Scout Community Hall on the second Thursday of the month at 7.30pm. For further information, please contact our Secretary, Joyce Davey on 01386 443755.

Clocks go Back

It's that time of year again when we say goodbye to the last of the barbecues and our summer shorts as the sunshine disappears for good - it's the end of British Summer Time.

On **Sunday, October 29** the clocks will go back by one hour at 2am, meaning we will gain one hour of sleep and it will be lighter in the mornings.

However it will mean you're likely to be coming home from work in the dark.

Harvest

Although we tend to celebrate Harvest Festival towards the end of September and throughout October nowadays, the traditional date falls on the first of August and is called Lammas Day. (This is believed to be a corruption of "loaf-mass", due to the loaves of bread that were taken to church, or "lamb-mass", as lambs were often dedicated to the church on this day as well). Lammas day was the festival of the first harvest, also called "The Feast of the First Fruits". As wheat tended to be the first crop to be harvested, it was customary for parishioners to take a loaf of bread made from the new crop to church, as a gift – the beginnings of our modern Harvest Festival in churches and schools. At Harvest time, it was traditional to make a ceremonial corn figure; called "Harvest Queens" or "Kern Dolls" from the last sheaves of corn that were cut, these figures were believed to harbour the "Corn Spirit". The Kern Doll was then dressed in white and festooned with coloured ribbons and taken to the Harvest Supper to be placed in pride of place. Another tradition was to plant the Kern Dolly in the following spring on Plough Monday; this was supposed to release the "Corn Spirit" and ensure a bumper crop and harvest for the year.

Harvest Festival is being celebrated in our churches, both as church services and suppers or lunches, as we think about bringing the harvest home for the lean winter months, and take the opportunity to give to those less fortunate than ourselves.

Ann's Harvest Apple Cake

Ingredients:

- 8oz (225g) cooking apples (peeled and cored)
- 8oz (225g) sultanas
- 150ml (1/4pt) milk
- 6oz (175g) light soft brown sugar
- 12oz (350g) self raising flour
- 2 level teaspoons mixed spice
- 6oz (175g) butter

Method

1. Mix together apples, sultanas, milk and brown sugar
 2. Sieve together the flour and spice, then rub in the butter
 3. Add fruit mixture and egg, then mix well
 4. Place in a buttered, lined 20cm (8 inch) square cake tin
 5. Sprinkle with Demerara sugar
 6. Bake in a preheated oven at 170°C/325°F or Gas mark 3 for 1 hour 45mins until well risen and golden brown
-

St Andrew's CE First School

Successful learners Success for life



After a very busy and eventful school year, we all welcomed the summer holidays and have returned to school refreshed and rested. Term began very calmly on 6th September with 45 new children being welcomed into our two Reception classes. We also welcomed five new members of staff to our school team.

Applications for starting school in September 2018 are now open. You need to apply for a school place by 15th January 2018. For more information and to apply, visit <http://www.worcestershire.gov.uk/schooladmissions>. Our Open Days are being held on Thursday 12th October at 1.30pm and Friday 13th October at 9.30am. Visitors will be able to look around the school and see the wonderful opportunities, experience and facilities that we offer at St Andrew's. Please visit our website for further details.

At the end of the last summer term, we shot to the top of the award stakes by securing our FOURTH coveted Eco-Schools Green Flag Award. This makes St Andrew's officially one of the most ecologically friendly schools in the country and is truly an outstanding achievement.

We will be celebrating Harvest during the first week of October and following the Harvest Church Service, we will be donating food and produce to the 'Caring Hands' food bank at the Christian Centre in Evesham which serves vulnerable families in Evesham and surrounding areas.

Mrs Andrea Bailey - Headteacher

www.st-andrews.worcs.sch.uk office@st-andrews.worcs.sch.uk 01386 41351

ST. ANDREWS CHURCH THE TWO C'S MONTHLY TEAS

Conversation Company

For those who are lonely or bereaved.

Please come & join us for **Traditional Afternoon Tea**

Last Sunday of month - next one - **29 Oct 2017**

Hampton Guide & Scout Hall from **2- 4pm (Note Change of Time)**

For further information contact Elaine Major 01386 446381 or 01386 40722

Tips to cope with stress

October brings ever-shortening days, and often ever busier days at work. Here's some tips to help you deal with stress.

Breathe yourself calm: Take a long, slow breath in for five counts and out for five, and repeat for a few breaths until you feel relaxed.

Set small goals: If you feel overwhelmed by a large project, break it down into tiny, achievable goals. Each time you achieve a little goal, you will feel you have succeeded at something, and your brain will respond by releasing the neurotransmitter dopamine, which will make you feel more positive.

Invigorate your brain: Go for a brisk ten-minute walk – it will help you feel less jaded, bored, anxious or stressed.

Do not multi-task: Your brain can handle only so much information at any one time. Your 'attention' is therefore a limited resource, and you need to protect it to get the best from your brain. So, when you settle down to work, switch off alerts for your phone and emails – concentrate on one thing at a time.

Sit up, stand up: Don't slump. Don't stoop as you walk. Good posture keeps you alert.

Squeeze your own hand: When you have a difficult phone call or presentation to make, squeeze your right hand for 45 seconds. This is said to increase the firing of brain cells on the left side of your brain, giving your brain's 'challenge' system a tiny boost.

Meditate between tasks. Stop and do a five-minute work break meditation.

Choose a verse from the Bible to settle your thoughts such as Psalm 46:10: 'Be still and know that I am God'. Or Psalm 94:19: 'In the multitude of my thoughts within me, your comforts delight my soul.'

MIXED UP MONTHS

Words that begin with 'oct' mean to do with the number eight – an octopus has 8 tentacles, an octagon has 8 sides. So October should be the 8th month of the year, shouldn't it? But it isn't.

The reason goes back to Roman times. October was the eighth month in the Roman calendar until July was added to celebrate the birth month of Julius Caesar. This was followed by Augustus who also added another month (guess what that one was called!). With these two extra months fitted into the calendar what was the eighth month became the tenth month. Which gets more muddled: because words beginning with 'dec' mean to do with the number ten, so under the old way December was the tenth month. Confusing isn't it?

Children's Page – Bible Bite

Bible Bite A short story from the Bible

It can be read in the Bible in Genesis chapters 39: 20-41:44

Joseph's brothers had sold him as a slave and he had ended up in Egypt. Then he was wrongly accused and was sent to prison.

Then Pharaoh's butler and baker were sent to the prison. One night they had strange dreams.

Joseph was trusted to look after the other prisoners. .. I made juice from the grapes and gave it to Pharaoh.. .. all the bread in my baskets was eaten by birds.

God knows what your dreams mean - you will be pardoned ... but you won't.

The two men left the prison.

Two years later Pharaoh had a dream

Don't forget me!

But they did

None of his advisors could explain it...

So Joseph was cleaned up and sent to Pharaoh

...then his butler remembered Joseph.

and then the seven thin cows ate the seven fat cows but they were still thin.

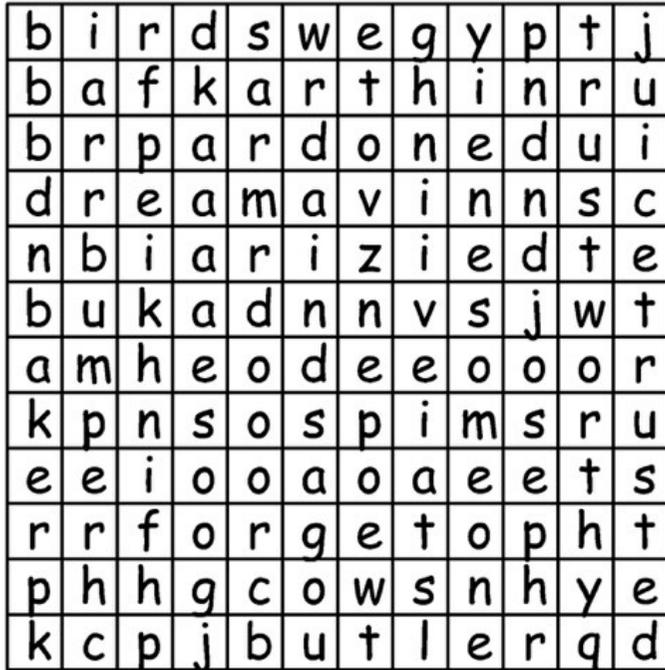
God says there will be seven bumper years, then seven years of famine.

Pharaoh was so impressed he gave Joseph the job!

You must choose someone trustworthy to store the spare food in the good years



Children's Page – Wordsearch



Egypt
grapes
butler
pardoned
advisors
someone
forget
trusted

baker
famine
prison
trustworthy
food
birds
cows
Joseph

thin
seven
juice
Pharaoh
dream
bread
bumper
choose

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window cleaning,
garage clearance
undertaken

Andrew Vellender - 01386 45746

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offering a warm and friendly service in your
own home

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Mob: 07881372125

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rosieclaire12@gmail.com



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Services for October 2017

1 October – Sixteenth Sunday after Trinity		
8am	Holy Communion	Hampton
9am	Parish Communion	Sedgeberrow
10am	All Age Worship	Hampton
10am	Communion Service	Fairfield
11.15am	Harvest Thanksgiving	Hinton
3pm	Baptism	Hampton
Ezekiel 18:1-4. 25-32, Philippians 2:1-13, Matthew 21:23-32		

Wednesday 4 10am Holy Communion Hampton

8 October – Seventeenth Sunday after Trinity		
8am	Holy Communion	Hampton
10am	Parish Eucharist - Harvest	Hampton
10am	Fresh Expression Worship	Fairfield
11am	Harvest Thanksgiving	Sedgeberrow
Isaiah 5:1-7, Philippians 3:4b-14, Matthew 21:33-46		

Wednesday 11 10am Holy Communion Hampton

15 October – Eighteenth Sunday after Trinity		
8am	Holy Communion	Hampton
9am	Holy Communion	Sedgeberrow
10am	All Age Worship	Hampton
10am	Fresh Expression Worship	Fairfield
11.15am	Holy Communion	Hinton
3pm	Baptism	Hampton
Isaiah 25:1-9, Philippians 4:1-9, Matthew 22:1-14		

Wednesday 19 10am Holy Communion Hampton

22 October – Nineteenth Sunday after Trinity		
8am	Holy Communion	Hampton
10am	Parish Eucharist	Hampton
10am	Fresh Expression Worship	Fairfield
11am	Family Worship	Sedgeberrow
3pm	Baptism	Hampton
Isaiah 45:1-7, 1 Thessalonians 1:1-10, Matthew 22:15-22		

Wednesday 25 10am Holy Communion Hampton

29 October – Twentieth Sunday after Trinity – Bible Sunday		
8am	Holy Communion	Hampton
9am	Parish Communion	Sedgeberrow
10am	Benefice Eucharist	Bengeworth
10am	Communion Service	Fairfield
2.30pm	Baptism	Hampton
4pm	All Souls Service	Hampton
Nehemiah 8:1-4a. [5-6]. 8-12, Colossians 3:12-17, Matthew 24:30-35		