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Lillington Parish Church
St Mary Magdalene's
Magazine
SEPTEMBER 2023

From the Vicar

Dear Friends,

Our summer holidays are usually taken on the local canal and river network. It is a slow and peaceful way of life that is an antidote to the rushing around that can so often characterise our everyday lives. September is a month of new beginnings. The children are back at school. For some it is a new school for most a new teacher and new levels of learning.



Although it is a long time since I was last in the classroom being taught or teaching, I still think of the periods of the year as terms and the Autumn term can be particularly busy. So it is important for me to remember the lessons learned on the waterways. I love the flash of iridescent blue as the kingfisher flits from one fishing perch to another. But it is the heron that fascinates me most. She will stand completely still in the shallows waiting for a fish to swim by. The ability to remain motionless is impossible for most of us but for the heron it is the only way to catch her lunch. In the stillness she is able to see and sense the fish around her. In her stillness it is as if the world is drawn to her rather than the other way around.

The Bible has much to say about stillness and silence. The book of Ecclesiastes reminds us that there is a time for everything under heaven - including a time to keep silence.

Isaiah voices God's wisdom: "In returning and rest you shall be saved: in quietness and in trust shall be your strength.

So I take the picture of the heron with me into the coming term, a reminder that it is good to wait and watch and look and listen as well as do and achieve and run from one task to another. In the coming term we will continue working on a variety of projects looking at our use of space, our access, the way people first encounter us online, how we can maintain our online presence and much more. But we will also commit ourselves to quietness and trust.



May you all find in the stillness the drawing close of God and in the silence the small gentle voice that can often only be heard when we are still and at rest.

God bless

William

Every Little Helps!

Recycling aluminium cans and raising money for Love Lillington

In January 2019 we started a new venture to help us move towards a more eco-friendly church and raise some money for Love Lillington at the same time.

Crow Recycling (www.crowrecycling.co.uk) are a social enterprise in Coventry. They collect aluminium cans, which are smelted & put to new use. They serve schools, businesses etc. For every kilo we collect, they will pay us 30p (about 65 cans per kilo). All monies Crow send to us are paid to our Love Lillington Grants Fund.

A reminder of what you can do to help: please continue to collect your aluminium drink cans – as the quantity received has fallen off of late.

We can only accept clean, crushed (underfoot) and bagged cans – and these can be deposited in the two designated bins at the back of the Octagon, which are clearly marked. If the cans are not crushed the bin fills up too quickly which means Crow Recycling have to make more visits than are really necessary.

Please do continue to support this venture – it is greatly appreciated.

Christine Butler
07963 229756



Our new Curate, Revd Cerys Smith

A warm welcome to Cerys, our new deacon at St Mary Magdalene's, Lillington.



Cerys was born in Cumbria but has grown up and lived in Solihull and Birmingham for most of her life, studying at both Aston University and the University of Birmingham. Cerys was baptised and brought up in the Church of England and is a lifelong Christian, having always attended and supported her local parish church. Cerys has always felt a call to help people in need, particularly after spending three months in Rwanda through a church link. This experience challenged and inspired her faith and led her to work as an administrator and project officer for various UK charities, as well as studying for an MA in international post conflict security and development.

Cerys is also a trained mediator and has delivered reconciliation training in the diocese, here in the UK, and abroad. Cerys is looking forward to becoming part of the community of the parish of St Mary Magdalene's. She hopes to learn and grow but also to bring her skills and energies to serve God and us faithfully and well.

And we are happy to have you with us, Cerys!

From the Diocesan website

Churchyard Prayer Space

One Sunday in July after Star Church, some younger members of our congregation helped me to rearrange the churchyard Prayer Space. We were celebrating God's wonderful creation and so displayed plants (real) animals (plastic) and seashells (beautifully decorated by the children). As I picked up the octopus, I was told by 2 of the children that they have 9 brains and 3 hearts. That was new information to me, and it just goes to show that you are never too old to learn or too young to say important things.



Ellie Hucklesby



FILM NIGHT

All films begin at 6.00pm

September 16th	The Duke
October 21st	Pride and Prejudice
November 18th	Hacksaw ridge
December 16th	Nativity

Update for Ukraine

Please donate medical supplies and toiletries!

Thanks go to everyone who has contributed into the basket in St Magdalene's Church for donations of medical supplies and toiletries. Anything that can be bought from a Chemist will do. All these are still very much needed, we have heard that people on the frontline are in "desperate need for medical supplies". Please do check that all the items donated are still in date.

Other news is from the Ukraine Charity Shop, (situated on the second floor next to where M&S used to be), this is a request for **bric-a-brac and any toys**. This is another way to help Ukraine. Please either take direct to the Ukraine Charity Shop or put the items in the basket in church, and these will be collected, along with the other items for delivery.

A new poster was published last month, which is displayed in St Mary Magdalene's porch and Octagon, with requests for **cleaning products** for bathrooms, floors and kitchens, and washing powders and liquids.

Please give what you can - even if it is just a packet of paracetamol – it all helps.

Dawid Koslowski who is the inspiration for all this, and the Polish Centre, are very thankful for your help and extend their thanks.

Margaret Moore and Pat Poulson – the deliverers!



Join us at Star Church!

THIS IS WHAT OUR 11.15 SERVICE LOOKS LIKE

Join us for Star Church Worship every Sunday



**FUN * LIVE BAND * REFRESHMENTS *
ACTIVE * FAMILIES * EVERYONE WELCOME**



Parent and Toddler Group
Thursdays 10.30am – 12.00noon
in term-time

Octotots is an informal weekly
get-together for babies, toddlers and
their grown-ups held at
St Mary Magdalene's church
Vicarage Road, Lillington CV32 7RH

The sessions are FREE! and
Refreshments are served throughout

Pick up a flier where the dates of our
meetings are listed or contact the church
office to find out more

01926 470449 – email
lillingtonparishchurch@gmail.com or

check out our website :
www.lillingtonparishchurch.org

Walking the Welsh 3000s – the challenge of a lifetime!

I first heard of the Welsh 3000s from a friend with whom I trained for the ministry. Our two families began sharing annual holidays in a ramshackle old house just a mile from Snowdon whilst we were still at college – and on one of our walks he outlined the challenge: to climb all 15 of the Welsh peaks above 3000' between sunrise and sunset. The peaks lie in three ridges between Snowdon and the sea towards Llandudno – the Snowdon horseshoe (the 3 tallest peaks), the Glyders (5 peaks) and the Carneddai (7 gentler peaks) – with two steep valleys between them.

When we first attempted it, in our late 30s, it seemed a reasonable proposition! My friend's preference was to walk southward – a gentle climb through the hills, half the peaks attained by late morning and only two stiff ascents. However, on both our attempts he decided after the second range that he had had enough – as he had already completed the challenge – and being a well-schooled mountain walker I didn't desert him. How I wished a decade later I had pushed on and completed the challenge!



My friend emigrated to New Zealand and in 2018-2019 I made three more attempts, each time thinking it would be my last. Covid restrictions came and went. Surely at 60 I was now too old, and I must reconcile myself to the thought that some challenges are simply too difficult! And yet the human spirit still reaches out for the impossible... and so this year training began again.



This attempt would be northward – sleeping on the mountain under Crib Goch to reduce the climb on the day. So one Friday in June, I and my two co-walkers ambled up the mountain to our bivy site ready to be up before dawn. Mountain weather is always unpredictable and we were dismayed to find 4 thunderstorms forecast for the following day; however emergency prayer-cover meant we missed the first three of them, for which I was profoundly grateful!

Crossing the dangerous knife-edge of Crib Goch shortly after dawn, we bagged our first three peaks by 7am and were down in the valley by 9am. The 5 peaks of the Glyders are much slower – long ascents and broken summits, and it wasn't until 5.30pm that I descended the pyramid of Tryfan and met our support team at Ogwen lake. Then up the steepest ascent by 8pm, and the next 3 by the time darkness was falling. We had done all the difficult walking in the light – but then the thunderstorm finally burst upon us and visibility, even with torches, shrank to a couple of feet. So the last three peaks, which should have taken 30 minutes each, took three times as long and we were finally off the mountain at 4.30am – nearly 24 hours after climbing out of our bivy bags in the early morning rain! Our heroic drivers ferried us back for a long morning sleep and a splendid celebratory lunch.



The following Sunday at St Mary Magdalene's, I was able to announce that together we had raised £2000 for the church chairs, and was very moved to be presented with an original Dave Snatt painting of Tryfan which now proudly hangs in our sitting room, reminding me that some impossibilities are possible after all!

I am thankful to Jesus for many things – beautiful surroundings, a challenge finally overcome, a body which still works, friends to walk with, the willing encouragement and support of my wife and family and church friends and a delightful rest afterwards – with the guidance, protection and companionship of my Lord throughout.

And what was true of that special day is true also of my life.

Mike Duff
June 2023



Safeguarding

If anyone has ever attended training on safeguarding children or vulnerable adults, you will have heard it said that safeguarding is everyone's responsibility.

This of course applies to our church family. In order to ensure that our safeguarding procedures are in line with Coventry Dioceses requirements, Abi Dixon our safeguarding officer has access to a Parish Dashboard which runs on a traffic light system to indicate how we are doing (GREEN = OK, YELLOW = Do Something, RED = Do something urgently). At the moment all aspects are either green or yellow. It is almost impossible to keep it all at green as once there is a notification of a DBS coming up for renewal, or training needs to be completed, the dashboard will change to yellow. Abi and I have been working to keep DBS checks up to date. These need to be renewed every 3 years and we will notify anyone who needs to update. We check risk assessments are in place for activities which need them and encourage training to be undertaken by the volunteers who need it. We also send out reminders when training needs to be redone (which is also every 3 years) and make sure that the appropriate reports go before the PCC in a timely manner. It is an ongoing process.

There is a requirement for volunteers in certain positions to complete safeguarding training at different levels but to return to the statement that safeguarding is everyone's responsibility we would encourage any member of the church to undertake the basic online learning which can be found at:

<https://safeguardingtraining.cofeportal.org>

Ellie Hucklesby
Parish Safeguarding Assistant

African Vision Malawi

We would like to thank the congregation of St. Mary Magdalene's church for their wonderful support in raising £1127.40 this year for our work with people with disabilities and special needs.



As you can imagine, life for people with disabilities and special needs in Malawi is very difficult. We hold regular outreach clinics in the rural area and work with groups such as 500 Miles, who fit prosthetics, and Malawi Action for Physically Handicapped (MAP). Sometimes 500 Miles suggest we provide a wheelchair or other aid and MAP make the equipment for us, such as the wheelchair made for the child in the photo above.

People with disabilities are usually the most poverty stricken and are often outcast from their communities. We are working on a new project focused on providing effective educational opportunities for children and adults with special educational needs and disabilities.

Thank you so much for your continuing support, none of the work we do would be possible without people like you.

Gaynor Cook

Start Easy Fundraising!



Would you like to join me in supporting St Mary Magdalene's church at no cost to yourself?

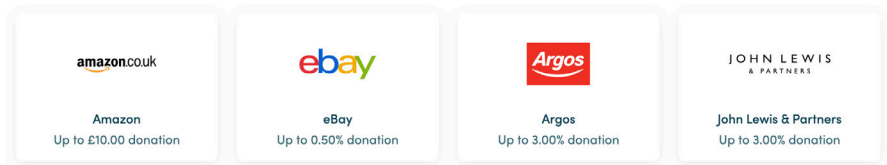
I am using 'easyfundraising' to support the church – I started earlier this year and have already raised £72.94! Other church members are also using the scheme and so far, we have raised £344.08 for the church.

All you need to do is go to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and join for free.

Every time you shop online, go to easyfundraising first to find the site you want and start shopping, or you can set up a reminder to prompt you to use easyfundraising. After you've checked out, the brand will make a donation to St Mary Magdalene Church at no extra cost to you whatsoever!

There are over 7,000 brands to raise money through – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S.

There are no catches or hidden charges and how great that we can donate without any cost to ourselves! Please do consider joining me and other church members in using easyfundraising and raising money for StMM.



Sally Druce
Churchwarden

What's Happening

**Saturday 9th
September
10am to 12 noon**

Coffee morning with games and craft activities

**Saturday 16th
September 6pm**

Film Evening – 'The Duke' a 2020 British comedy film dealing with the 1961 theft of the Portrait of the Duke of Wellington, the film stars Jim Broadbent, and Helen Mirren
Harvest Lunch in the Octagon

**Sunday 8th
October from 12
noon**

**Saturday 14th
October 10am to
12 noon**

Coffee morning and bulb planting

**Saturday 21st
October 6pm**

Film Evening

Coming soon ...

**Board Game
morning**

Harvest Lunch



**Sunday 8th October 2022
At 12 noon in the Octagon**

Christmas Fair



Hire our Octagon!



Are you looking for a venue? The Octagon is a modern room built adjacent to the church. It can be hired at very competitive rates for small groups, meetings or parties. Please contact the church office on 01926 470449 for details.

Rheams (Plumbing and Heating) Limited

Tel. 01926 428752

Family run business established in 1967

- GAS SAFE REGISTERED ENGINEERS
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- FREE INFORMATIVE CONSULTATIONS
- LARGE/SMALL SCALE RENOVATIONS
- NEW BUILDS
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(natural gas, LPG and Commercial)
- LANDLORDS CHECKS
- POWERFLUSH SERVICE
- BATHROOM INSTALLATIONS
- ALL GENERAL PLUMBING

Robin & Carol's **EXCELLENT ADVENTURE**

We set off for our 'excellent adventure' on the 11th May in our motorhome that we call Cleopatra (why she's called Cleo is another story!).

Firstly a very calm 36 hour crossing from Portsmouth to Bilbao before we hit the road to Santiago de Compostela, Spain. We had been here before in 2015 and enjoyed it so much we wanted to go back. It's fair to say that it hadn't changed much and with Robin's knee being a bit dodgy we soon remembered the steep climb back from the centre of town to our campsite. This time we didn't witness the huge censer being swung – it's so big it takes 8 men. Known as a Botafumeiro it is over 5 foot high and uses a pulley system installed over 400 years ago.

A week later and we entered Portugal with the aim of travelling down an old road that runs from North to South. After the first day of twisty roads with cliff-side drops Robin decided that it would be best to stick to the motorways. So our journey encompassed the Douro Valley, Porto, Aveiro, Obidos and a little seaside town on the left hand corner – Zambujeira do Mar. Aveiro is known as the Venice of Portugal and you can see why in this photo.



From Portugal we moved into South East Spain and travelled up the coast. Initially planning more time on the beaches we in fact only saw the sea once, from a taxi window! The 'bucket list' of



Seville, Ronda, Grenada (and the Alhambra) and finally Valencia were completed in 2 weeks. We learned that whatever cathedral you go to it is always the biggest or first! Seville is home to the largest Gothic Cathedral in the world; Granada Cathedral is the first Renaissance one; and Valencia allegedly has the Holy Grail (we didn't see it!) There was a lot of very scenic views and one campsite we stayed was up in the mountains near Granada, however we thought you might like to see Carol having a cool drink in Seville, instead!

Espresso and Ice cream with a large serving of squirry cream – the other one is for Robin.

And so to France, a country that we love to visit, not for anything in particular but we just like the relaxed pace, the food, the space and everyone is very friendly – unless you shout loudly at them in English! We travelled through valleys, hills, little villages, passed pretty Chateaux and enticing Patisseries. We even crossed over the tallest bridge in the world, the Millau Viaduct. We were disappointed that when driving over it you couldn't see anything so we had no idea how far up we were.



Robin having pudding at the Chateau du Chantilly, with Chantilly cream of course

However home loomed and we were on our last week camped between Abbeville and St Valery du Somme (where William the Conqueror assembled his fleet before sailing to invade England in 1066). The 4th July was a lovely day and we decided to take Cleo to a car wash, she had travelled 3,500 miles so far and there aren't many places that have a high gantry where you can wash the roof.

As we headed home in our shiny motorhome we heard a large bang, almost an explosion, thirty seconds later Robin shouts "we're overheating" and we pulled over onto the side of the dual carriageway. The Breakdown company were very good and found us a tow truck for a local Fiat garage in under an hour. However that's where the problems started.

The garage mechanic (using Google translate) told us it would be repaired on Monday, possibly Tuesday. So for a week we had no accommodation and no transport. We found a hotel a mile up the road for the night, it was fabulous and expensive and no vacancies for the rest of the week.

The garage is in the little village of Wailly-Beaucamp, it has no bus or train service and only the one hotel, so we needed to get a car and find somewhere to stay. The next day was a day from hell – a taxi to Berck-sur-Mer where the local supermarket rented cars ... but it turned out only to members of the EU. A 3 mile walk into town and the Tourist



information Bureau (after suggesting aforementioned supermarket) said get the bus to Le Touquet. As it was 12.30pm, and even buses don't run at lunchtime, we sat with a coffee and tried to see if there were rental cars available from Le Touquet, sadly not but we found that Abbeville had (hurray!) So after 2pm there was a bus ride, then a train ride to get to Abbeville – to discover that they don't have an office there you have to book online and then they deliver it there. It was now 4.30pm and no cars until tomorrow. We found a little apartment 5 minutes from the train station for the week which was the only bit of luck we had had all day – but of course, no wash bag, toothbrush or clean clothes ... that would have to wait until we got our car the next day.

Three days later we found out that the garage could only give us an estimate for repairs that week and it would be another 3 weeks before they could carry them out. The breakdown people weren't too happy when we asked them to bring the vehicle home and have it repaired at our own garage (natural, as this is the more expensive option) but they did agree eventually.

So we made it home, via Eurostar with just a couple of rucksacks. All our summer clothing was stuck in France but M&S came to the rescue! All was well and we waited for news of Cleo, who was still sat on the roadside at Wailly-Beaucamp. At last a return journey was booked and she was expected home at the end of July, but no news – where was she? Unbelievably the recovery vehicle had broken down with Cleo on board, but it managed to limp back to where it came from (just outside Fenny Compton!) and remained there for another week.

Cleo is now safe and sound and it turned out to be a very simple repair job. She is fit and ready to go on her next trip as we head off at the end of August to Edinburgh with tickets for the Tattoo and a plan to discover more of Northumberland and Yorkshire.

Robin & Carol Innes

(Apologies to Bill & Ted for stealing their film title!)



Note of Thanks

“Thank You so much to everyone for your kind messages of support, your visits, prayers, cards and gifts and not forgetting the food deliveries! Your support has been a real blessing to me during my recovery period from knee surgery and really shows what church family means to us both. I look forward to seeing you all soon. Christine Butler”

Charity of the month

August

The logo for Samaritans, featuring the word "SAMARITANS" in white, uppercase, sans-serif font centered within a solid green rectangular background.

The Samaritans organisation provides support for those in emotional distress; not only for the moment of crisis, but also by taking action to prevent crises. This charity gives people ways to cope as well as the skills needed to be there for others; they encourage, promote and celebrate the connections between people that can save lives. They offer listening and support to people and communities in times of need.

September

The logo for WaterAid, consisting of a blue icon of a water tap with a drop of water falling into a blue square, followed by the word "WaterAid" in a bold, black, sans-serif font.

Water Aid provides clean water, decent toilets and hygiene knowledge to people who don't yet have access to them. Access to clean water and toilets is a human right and should be a normal part of daily life for everyone, everywhere. With local partners and national government in the countries they operate in, they develop solutions to help them provide water, toilets, and hygiene to everyone. Water Aid campaigns worldwide, showing governments and key decision makers that investing in these basic services will have incredible positive impacts.

Gaynor Cook & Sara Snatt

Join Us Online!

Did you know you can attend our church services online?

If you are unable to join us in-person due to illness, caring or travel, you can still join our weekly services. You can join us live if you are at home, or catch up later if you're otherwise engaged.

You can participate from anywhere in the world and from any time zone. We have regular virtual congregation members from Australia and Germany among others!

We stream our Sunday morning service live at 9.30am and our Wednesday morning service live at 10am. There are booklets on our website so you can follow the service.



You can join us via our website:
www.lillingtonparishchurch.org/streaming
or follow us on Twitch:
www.twitch.tv/lillington_parish_church



Do give it a go - you may be at home but you will feel like you are with us in person and we welcome your participation.

Diana Taulbut



Christmas Fair meeting



Tuesday 19th September
From 6.30pm
At 17 Lime Avenue, Lillington
For anyone interested – volunteers on
the day, help with setting up, ideas for
fundraising, or just to have a cuppa
with a slice of cake!



If you cannot make the meeting, or want to know more,
contact Carol Innes on 07758 857740.

Harvest Festival

Could you make a casserole or
an apple dessert for our Harvest
lunch on Sunday 8th October? Or
perhaps you would be willing to
help clear away afterwards? All
offers welcome!

Contact Heather Ransom 07962
061362 or Carol Innes 07758
857740 if you can offer any help.



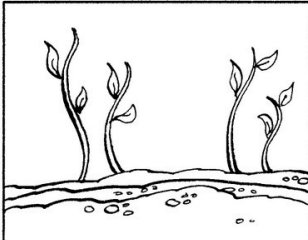
Junior Crosstalk

The tale of
the
Wheat
and the
Weeds

JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

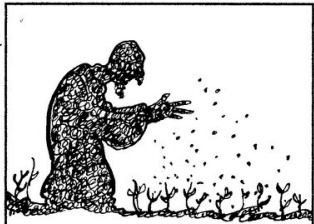


ONE WAS ABOUT A MAN WHO SOWED SEED IN HIS FIELD.



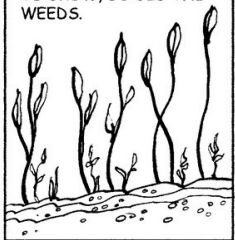
THE SEED TOOK ROOT, AND SOON STRONG PLANTS BEGAN TO GROW.

BUT ONE NIGHT, WHEN EVERYONE WAS ASLEEP...



... AN ENEMY OF THE MAN, CREEPT INTO THE FIELD, AND SOWED SEEDS AMONGST THE WHEAT.

AS THE WHEAT BEGAN TO GROW, SO DID THE WEEDS.



WHEN THE SERVANTS SAW THE WEEDS THEY SUGGESTED RIPPING THEM OUT.

NO, LET'S LEAVE THEM UNTIL HARVEST TIME!



IF YOU PULL THEM UP NOW, YOU MIGHT KILL THE WHEAT TOO. WE'LL SORT THEM OUT AT HARVEST.



WHEN THE WHEAT WAS READY, IT WAS HARVESTED INTO HUGE BUNDLES.

BUT THE WEEDS WERE BURNED IN A LARGE FIRE.



THE PARABLE TELLS US THAT ALTHOUGH WE LIVE ALONGSIDE BADNESS, WE CAN KEEP SEPARATE FROM IT.

HARVEST

Sunday 8th October 2023

JOINT SERVICE

10.30am



Followed by lunch in the Octagon

Harvest Lunch



Sunday 8th October 2023

At 12 noon in the Octagon

***Come and share the abundance of the season
with a Main course, a pudding and conversation.***

If you would like to come along please sign the sheet at the back of church so that we can get the catering right, or If you could provide a casserole in a slow cooker or an apple pie/pudding that would be wonderful

Contact Heather Ransom (07962 061 362) or Carol Innes (07758 857 740) for more information.



***Donations to our Harvest
Charity – Water Aid***

Drought

When, with my garden hose,
I slake the sod,
I am as one of those
Who walk with God.

I am His April shower,
His summer rain;
I cause the drooping flower
To bloom again.

*O, thirsting sod,
Fear not that brazen sky;
I am your god –
Until his springs are dry.*

Reginald Arkell, Green Fingers c 1938
Sent in by an anonymous contributor





Ladies Fashion Show AND Pop-up Shop!

SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!

Colours.

[FUN]DRAISING
FASHION SHOWS

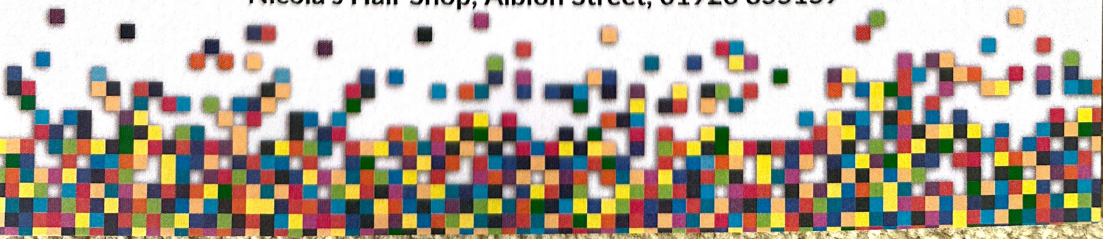


Thursday 28th September 2023
Medics to Medics
Aid to Ukraine

Holiday Inn Kenilworth, 212 Abbey End, Kenilworth, CV8 1ED
Doors open 6.30pm, show starts 7pm

Tickets: £10 *includes entry to win one of two £25 Colours vouchers*
Tickets to be purchased in advance

For tickets and more information please contact:
Dianne Powley - 07796184985 - diannepowley77@gmail.com
Dilys Davies - 07800656713 - dilysdavies99@gmail.com
Nicola's Hair Shop, Albion Street, 01926 855159





Lecture programme

This year's programme spans some six centuries, from the Flemish Renaissance landscapes of Pieter Bruegel to the contemporary designs of Thomas Heatherwick and the role of the arts in progressive programmes of rehabilitation and education within the Criminal Justice System. The lecture on Paul Cezanne is timed to coincide with the exhibition of his work at Tate Modern, and that on Joaquin Sorolla to coincide with an exhibition of Spanish art at the Royal Academy. Lucy Kemp-Welch painted many people's favourite painting in Leamington Museum and Art Gallery: if you're not familiar with *Winter's White Silence* then do go to see it before it goes 'on tour' in a forthcoming exhibition of her work in Bournemouth.

Our lectures are held at the Royal Spa Centre, Newbold Terrace, Leamington Spa CV32 4HN at 11:00am and 2:00pm.

Coming up...

**Wednesday 6th September 2023
Edward Hopper: Painter of Loneliness
Lecturer: Lydia Bauman**

WE NEED

VOLUNTEERS

JOIN OUR
TEAM

PANTRY HELPERS

Lillington Community Pantry is a community supermarket based at Pound Lane in Lillington. We provide a long term solution to food poverty by providing low cost food and wrap-around support to those facing food poverty.

HOW CAN YOU HELP?

Wednesdays

- Taking Deliveries
- Re-stocking
- Supermarket Pick-Ups

Thursdays & Fridays - Open To The Public

- Morning Set Up
- Working with members
- Helping in the cafe

If interested in volunteering please contact:
lillington@thecommunitypantry.org.uk



Help to keep our magazine going!

If you have enjoyed reading this issue of Crosstalk and you are able to, please consider donating a small amount to help with our running costs.

Donate cash

In church - look out for the donation box and mark your cash with 'Crosstalk'

Donate via bank transfer or cheque

Our church bank details are:

Bank: HSBC

Account Name: Lillington PCC

Sort Code: 40 27 06

Account Number: 91308580

Reference: CROSSTALK



Thank you for all you are able to give.



**Lillington Parish
Church**





ECO TIP!

As the autumn nip creeps into the air and the evenings begin to shorten, it's a good time to get ready for winter. This month we're looking at getting ready for colder days and helping keep our energy consumption low.

Is your home too cosy? Most household thermostats have a default setting of 21°C but the World Health Organization's standard for warmth says 18C is suitable for healthy people who are active and appropriately dressed. For those with respiratory problems or allergies, they recommend a minimum of 16C; and for the sick, disabled, very old or very young, a minimum of 20C. Many thermostats have the option to vary the temperature at different times of the day, and you could use this to reflect your lifestyle, including the suggested comfortable night time temperature of about 14 or 15C. Smart radiator valves help if you are heating seldom-used rooms.

Steve Hucklesby



Phil Edwards
Handyman Services

General Handy Man
NO JOB TOO SMALL!

Whatever you need doing, a dripping tap, some shelves putting up, gutters cleaning, or the garage clearing out, give me a call.

Home: 01926 424485
Mobile: 07931 812235
e-mail:
philedwardsram@gmail.com

A cartoon illustration of a handyman wearing a green cap, a green shirt, and green trousers, carrying a brown toolbox and a hammer.

RECIPE 9: APPLE FLAPJACKS

SERVES: 4, TIME: 45 MINUTES

EQUIPMENT:

- | | |
|----------------------|--|
| 1 Set Kitchen Scales | 1 Set Measuring Spoons |
| 1 Chopping Board | 1 Grater |
| 1 Sharp Knife | 1 Medium to Large Pan |
| 1 Wooden Spoon | 1 Flat or Foil Tray (approx 2cm in Height) |
| 1 Potato Peeler | 1 Sheet of Greaseproof Paper |

INGREDIENTS:

- | | |
|---------------------|---------------------------|
| 200g Porridge Oats | 1 Tsp Cinnamon (optional) |
| 50g Butter | 2 Cooking Apples |
| 50g Sugar | |
| 3 Tbsp Golden Syrup | |

METHOD:

1. Pre-heat the oven to Gas Mark 6, 200 Centigrade or 180 Fan Oven.
2. Grate the apple (if you prefer you can peel the apple first).
3. Weigh the butter and sugar melt in a pan adding the Golden Syrup. Also adding the cinnamon (if desired).
4. Once the butter has melted then take the pan off the heat adding the porridge oats and then add the grated apple to this mixture.
5. Cut the greaseproof paper so that it covers the tray leaving enough to enable you to be able to lift the flapjacks from the tray when ready.
6. Once the greaseproof paper has been fitted in the try the pour the mixture into the tray, spreading the mixture to the edges of the tray and then flatten to level.
7. Place tray in the oven, cook for about 20-30 minutes checking occasionally.
8. When ready take out of the oven and slice into pieces whilst hot and then allow the mixture to cool completely.

METHOD CONTINUED:

9. For the apple topping, slice the apple into thin slices. Make sure the flapjack pieces have cooled down then place one slice of the apple onto each slice of the flapjack.

9. Pour the Golden Syrup into a pan and on a medium heat stir and heat through. Then pour the heated Golden Syrup over the sliced apple which has been placed on each slice of the flapjack.

COOKING TIPS:

Make sure to use your apples quickly once they have been chopped or they will turn brown.

The greaseproof paper trick can be used for any traybakes or cakes that can sometimes be difficult to get out of the tray once cooked.

The Salvation Army launched The Victory Programme to help people to make tasty, nutritious meals that will save them money. We include a recipe each issue for you to try out!

Services in September

September 3	Trinity 13	9.30am 11.15am 6.00pm	Holy Communion (in church & on line) All Age Communion (in church) Evening Service (in church)
September 10	Trinity 14	9.30am 11.15am	Holy Communion (in church & on line) Worship for All (in church)
September 17	Trinity 15	9.30am 11.15am	Holy Communion (in church & on line) Worship for All (in church)
September 24	Trinity 16	9.30am 11.15am	Holy Communion (in church & on line) Worship for All (in church)

Weekday Services in September

Wednesdays Holy Communion **in church** and online at 10.00am on 6, 13, 20 & 27 September

From the church records (July)

BAPTISMS: None

WEDDINGS: None

FUNERALS: Edith Preston, Harry Mills, Margaret Hunter



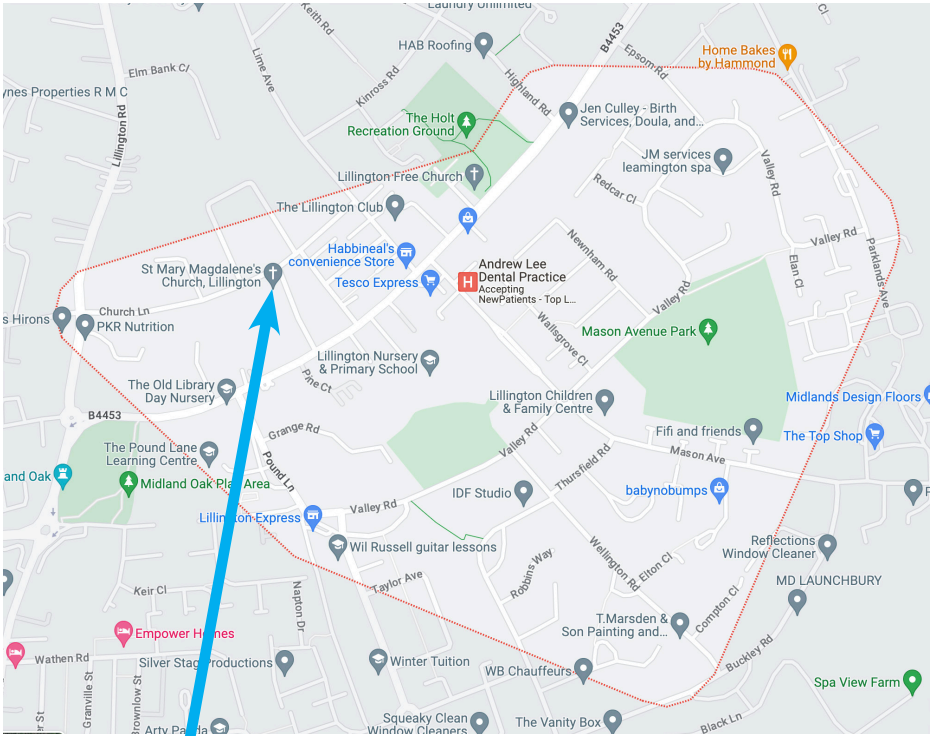
Services are streamed live
and are also available afterwards on the website
www.lillingtonparishchurch.org

For Funeral, Baptism and Wedding enquiries,
please contact Rev. William Smith on 01926 316475
or email wms.smith@btinternet.com

For general enquiries please contact the church
office by telephone on 01926 470449 or email
office@lillingtonparishchurch.org. Outside of office
hours, please leave a message on the answer phone
and we will return your call.



FIND US



**We are on the corner of Church Lane and
Vicarage Road in Lillington!**

**For directions, use Google Maps or email
office@lillingtonparishchurch.org**

CONTACT US

Please do contact us with any questions or queries, or just to say hello!



Church Office & General Enquiries

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*The Church Office is normally open 9:30am to 1pm,
Monday, Tuesday and Thursday*

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 THE CHURCH
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