

Summary Thu 14 Aug	
Pool Swim Open Goal Freestyle (1,600m) 07:08–08:02 Preston	
Workout Time	Distance
0:53:24	1,600M
Active Kilocalories	Total Kilocalories
783KCAL	898KCAL
Avg Pace	Avg Heart Rate
3'20"/100m	88BPM
Lengths	Pool Length
64	25M



## Swim challenge done, 21 miles in 21 days.

It's time to hang up the goggles as this morning I swam the final lengths of the 21 miles in 21 days challenge – the equivalent of swimming the English Channel, though thankfully in the warmth of the Total Fitness pool rather than the cold waters of Dover!

It really was a challenge: swimming so many lengths day after day was tiring, and there were moments when I wondered what I had taken on. Some days the pool was almost empty and peaceful, other days it was so full that weaving

around other swimmers became part of the workout!

I am especially grateful to the staff at Total Fitness, who have been wonderfully supportive throughout, and to so many in our church community who have cheered me on. Your encouragement has kept me on track and meant more than I can say.

What has amazed me most of all is the generosity of those who have sponsored the challenge. Together, you have helped raise over

£1,000 (final details to follow) – a fantastic sum which will go towards our shared work. Thank you for every donation and every word of encouragement.

Now that the challenge is complete, the only question is: what next? If you have any ideas for a future challenge, I'd love to hear them - but no promises!

Summary Fri 15 Aug	
Pool Swim Open Goal Freestyle (1,600m) 14:28–15:18 Preston	
Workout Time	Distance
0:49:50	1,600M
Active Kilocalories	Total Kilocalories
745KCAL	852KCAL
Avg Pace	Avg Heart Rate
	96BPM
Lengths	Pool Length
64	25M

Summary Thu 21 Aug	
Pool Swim Open Goal Breaststroke (750m) Freestyle (850m) 07:20–08:17 Preston	
Workout Time	Distance
0:56:05	1,600M
Active Kilocalories	Total Kilocalories
870KCAL	990KCAL
Avg Pace	Avg Heart Rate
3'30"/100m	119BPM
Lengths	Pool Length
64	25M

Summary Sat 16 Aug	
Pool Swim Open Goal Freestyle (1,600m) 13:39–14:30 Preston	
Workout Time	Distance
0:50:57	1,600M
Active Kilocalories	Total Kilocalories
743KCAL	853KCAL
Avg Pace	Avg Heart Rate
3'11"/100m	84BPM
Lengths	Pool Length
64	25M

Summary Sun 17 Aug	
Pool Swim Open Goal Breaststroke (750m) Freestyle (850m) 14:51–15:42 Preston	
Workout Time	Distance
0:51:09	1,600M
Active Kilocalories	Total Kilocalories
813KCAL	924KCAL
Avg Pace	Avg Heart Rate
3'11"/100m	90BPM
Lengths	Pool Length
64	25M

Summary Mon 18 Aug	
Pool Swim Open Goal Freestyle (1,600m) 07:06–07:56 Preston	
Workout Time	Distance
0:50:16	1,600M
Active Kilocalories	Total Kilocalories
736KCAL	844KCAL
Avg Pace	Avg Heart Rate
3'08"/100m	103BPM
Lengths	Pool Length
64	25M

Back Tue 19 Aug	
Pool Swim Open Goal Freestyle (1,600m) 07:18–08:11 Preston	
Workout Time	Distance
0:52:55	1,600M
Active Kilocalories	Total Kilocalories
772KCAL	887KCAL
Avg Pace	Avg Heart Rate
3'18"/100m	103BPM
Lengths	Pool Length
64	25M

Summary Wed 20 Aug	
Pool Swim Open Goal Freestyle (1,600m) 07:07–07:59 Preston	
Workout Time	Distance
0:52:14	1,600M
Active Kilocalories	Total Kilocalories
753KCAL	866KCAL
Avg Pace	Avg Heart Rate
3'15"/100m	84BPM
Lengths	Pool Length
64	25M

## Sidespersons, Readers & Coffee Rota

**Sunday 24 August**  
**Trinity 10 / St Bartholomew**

8.30am Angela and Peter Milner.  
*Reader:* Peter Milner

10.00am Laraine Southwell and  
Jenny Stanton. *Reader:* Brian  
Bamber. *Prayers:* Revd. Janet.  
*Coffee:* Brian and Melvyn.

**Sunday 31 August - Trinity 11**

8.30am Irene Farrimond and  
Elizabeth Bunyan. *Reader:* Philip  
Range.

10.00am Brian Bamber. *Reader:*  
Andrea Waine. *Prayers:* Revd.  
Simon. *Coffee:* Laraine and Ann.

## The scarecrows are coming back!

**20 – 28 September 2025**  
**Our theme: Noah's Ark**

Get ready to join the fun as we  
prepare our animal-themed entry  
for this year's Scarecrow Festival!

### Scarecrow Workshop

Saturday 13th September,  
save the date!

Come along and help assemble our  
display. Bacon and sausage barmes  
will be provided to keep everyone  
fuelled! Everyone is welcome –  
bring your creativity and a friend!  
More details coming soon.



# Our church vestments, a stitch in time...

Church vestments are a beautiful  
and important part of our  
worshipping tradition, marking the  
seasons of the Church's year and  
adding dignity to our services.

Recently, while looking over the  
vestments at St Leonard's, Revd's  
Simon and Janet realised that we  
do not have a complete set of  
purple vestments – which are used  
during Advent and Lent. They also  
noticed that some of the existing  
sets are in need of a little tender  
loving care.

Revd Janet took the green  
and red sets home to wash and  
repair, but the green vestments



in particular are very fragile and  
beginning to show their age.

Replacing vestments can be  
costly – a new set often runs  
into several hundreds of pounds.  
So instead, we are exploring the  
possibility of setting up a sewing  
group here at St Leonard's to make  
new vestments ourselves.

If you enjoy sewing, or would be  
interested in learning, this could  
be a wonderful way to contribute  
your skills to the life and worship  
of our church. If you'd like to get  
involved, please have a word with  
Revd Janet. Thank you.

*Thank  
You!*

A thank you to all parishioners for their  
thoughts, prayers and cards following the  
death of my father Colin Milner on the  
20th July after a short illness and whose  
funeral took place on Monday 18 August  
at his village chapel.

*Peter, Angela & Alex.*

## ST LEONARD'S FORTHCOMING EVENTS

### Saturday 27 September at 7pm

"Magic Voices Choir"  
A Concert for Preston Arts Week sponsored by  
Preston Arts. (Church)

### Sunday 28 September at 12 noon

"Harvest Lunch" (Hall)

### Sunday 5 October at 7pm

"An Evening of Music from Stage and Screen"  
Preston Symphony Orchestra (Church)

### Sunday 2 November at 12 noon

"Patronal Lunch" (Hall)

### Sunday 16 November at 2pm

Concert by St. Leonard's Gilbert  
& Sullivan Group (Church)

### Saturday 22 November at 1pm

"Christmas Fair" — A Purrfect Friend Group

### Saturday 29 & Sunday 30 November

"Christmas Tree Festival" (Church & Halls)

### Saturday 6 December 10am

"Arts and Crafts Fair" Ian Hamilton (Halls)

### Sunday 7 December at 2pm

Preston Opera presents "Opera Classics from the  
Small and Silver Screen" (Church)

*Please note - church events in red type.*

## St. Leonard's Afternoon Tea

To be held on

**Sunday 31 August 2025**

in the Church Hall  
from 2pm

Please sign up on  
the sheet at the  
back of church  
- Don't miss out  
spaces are filling  
up quickly.

**£12**  
per person



ALL PROCEEDS TO THE CHURCH FUNDS

## St Leonard's Afternoon Tea, time is running out!

With only two weeks to go, time is running out to book  
your place at our Afternoon Tea on Sunday 31st August.

Come along and enjoy a relaxed afternoon with  
friends, delicious cakes, and plenty of tea and coffee. It  
promises to be a lovely occasion for all ages, but places  
are limited and going fast!

If you haven't booked yet, now is the time. Don't  
miss out – make sure your name is down and join us for  
what will be a wonderful afternoon together.

## Are you our new Parish Safeguarding Officer?

As mentioned in previous issues, we are currently  
looking for a new Parish Safeguarding Officer—a vital  
role in helping to make our church a safe place for  
everyone.

You don't need to be an expert already—training  
and support are available—but you do need to care

about people's wellbeing and be willing to follow clear  
procedures to help protect children and vulnerable  
adults.

If you're interested in finding out more, please speak  
to Rev Simon or Philip Walsh. Even if you're unsure,  
we'd be happy to talk it through with you.

## CHURCH DIARY

### Friday 22 August

8am Morning prayer in church for growth and renewal.

### Sunday 24 August - Trinity 10

8.30am Said Eucharist  
10am Sung Eucharist

### Wednesday 27 August

10am Eucharist

### Friday 29 August

8am Morning prayer in church for growth and renewal.

### Sunday 31 August - Trinity 11

8.30am Said Eucharist  
10am Sung Eucharist

### Wednesday 3 September

10am Eucharist

### Friday 5 September

8am Morning prayer in church for growth and renewal.

### Sunday 7 Sept - Trinity 12

8.30am Said Eucharist  
10am Sung Eucharist

## St Bartholomew, a faithful apostle

On 24th August each year, the Church celebrates the Feast of St Bartholomew, one of the twelve apostles of Jesus. Although he is mentioned by name in the Gospels, we know very little about him — which perhaps makes him one of the more mysterious disciples.

In John's Gospel he is often identified with Nathanael, the man who asked the famous question: "Can anything good come out of Nazareth?" (John 1:46). Philip invited him to "come and see," and when Nathanael met Jesus, he was astonished to be told that Jesus had seen him under the fig tree. This encounter convinced him that Jesus was indeed the Son of God.

Tradition tells us that after Pentecost, Bartholomew travelled far and wide to share the Good News, with ancient sources suggesting he went as far as India, Armenia and Mesopotamia. In many places, he is remembered as a missionary and martyr who gave his life for the faith.

Bartholomew reminds us that discipleship is not about fame, status or recognition. We don't know much about his background or personality, but we do know that he was faithful. He responded



to the call to follow Jesus, and he carried the gospel to new places. His witness encourages us to do the same — to remain steady in faith, to share God's love wherever we are, and to trust that our lives, however ordinary they may seem, can speak powerfully of Christ.

As we give thanks for Bartholomew, may we be inspired by his quiet faithfulness and his courage to say yes to Jesus' call.

If you have any prayer requests that you would like to share in this newsletter, please email [revsimonking@gmail.com](mailto:revsimonking@gmail.com)

## ST LEONARD'S CHURCH DIRECTORY

<b>Vicar:</b>	Rev. Simon King (01772 956698) <a href="mailto:revsimonking@gmail.com">revsimonking@gmail.com</a>
<b>Assistant Priest:</b>	Rev. Janet Taylor (01772 615421) <a href="mailto:curatejanet@gmail.com">curatejanet@gmail.com</a>
<b>Churchwardens:</b>	Philip Walsh (01772 745409) Vacant
<b>PCC Secretary:</b>	Ian Dawson (0771 1053722)
<b>PCC Treasurer:</b>	Susan Walsh (01772 745409)
<b>Pastoral Assistant:</b>	Jenny Stanton (01772 748701)
<b>Organist:</b>	David Cookson (07721 677831)
<b>Safeguarding Officer:</b>	Vacant
<b>Leo's (Sunday School)</b>	Please see Jenny Stanton or Jeanette Smith

### Church Hall Enquiries:

### Social Media:

### Eco Champion:

### Acting Choir Leader:

### Church Flowers:

### Electoral Roll Officer:

### Gift Aid Officer:

### St. Leonard's News

Philip Walsh (01772 745409)  
Ruth Gardner (07984 858437)  
Ian Dawson (0771 1053722)  
Diane Maslaczky (07747 004628)  
Margaret Dixon (01772 748763)  
Angela Milner -  
[am.milner@btinternet.com](mailto:am.milner@btinternet.com)  
Peter Milner -  
[ajk.milner@btinternet.com](mailto:ajk.milner@btinternet.com)  
Rev. Simon King (01772 956698)  
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If you have any news that you would like to share in this newsletter, please email [revsimonking@gmail.com](mailto:revsimonking@gmail.com)