

WEEKLY REFLECTION



An ancient European monastery perched on a high ledge was accessible only by way of a basket, held in place by a single rope on a series of pulleys. One day a concerned visitor noticed the rope was frayed in numerous places. Hoping to relieve his anxiety, he asked the monk who was sharing the ride with him, 'How often do you guys change the rope?' Stoically the monk replied, 'Whenever it breaks!' Seriously, waiting for the worst to

happen before taking action is a risky life strategy. Just as common sense dictates that machinery, health, and relationships require continual attention and maintenance, the same strategy applies to our spiritual life. Because we become what we consistently practise in our walk with God, routine and repetition can be spiritual lifesavers. Spiritual excellence isn't an act; it's a habit! Consider prayer and meditation: rather than exceptions, they're intended to be habits you practise daily. Don't wait until the rope snaps before incorporating them into your life! Prayer must first be a spiritual discipline. God's Word designates it as a life habit and not merely an act. Paul instructs us to **'pray in the Spirit at all times and on every occasion...be persistent in your prayers'** (Ephesians 6:18 NLT). **'Never stop praying'** (1 Thessalonians 5:17 NLT). The psalmist David understood this principle. He said, 'Evening...morning, and at noon, will I pray, and cry aloud.' And Daniel practised it too: **'He prayed three times a day, just as he had always done'** (Daniel 6:10 NLT). It was a routine that proved powerful and effective for both men - and it's one that will work for us too!

**EVENING...MORNING, AND  
AT NOON, WILL I PRAY.'**

PSALM 55:17 KJV

**Pray: God will help us build our relationship with Him so that He is always there, our friend, willing to help us.**

# SUNDAY SERVICES @ CHWCHURCHES

GLUTEN FREE? If you require a gluten free wafer for communion please let the sides people know when you arrive and inform the priest when you get to the altar rail.

**31st May 2026 (Trinity Sunday)**

**ST. ANDREW'S WRAYSBURY**  
**11.00 a.m. Joint 5th Sunday service**



**Brian Scully - Open Doors**

The collection in this service at will be donated to Open Doors.  
Cash and card payments will be available

**ST. MICHAEL'S HORTON & ST. THOMAS' COLNBROOK**  
No services - please join us at St Andrew's

**7th June 2026 (First Sunday after Trinity)**

**ST. MICHAEL'S HORTON**  
**9.30 a.m. Parish Communion service**

**ST. ANDREW'S WRAYSBURY**  
**11.00 a.m. Contemporary service with Baptism**  
Refreshments served from 10:30am

**ST THOMAS' COLNBROOK**  
**11.00 a.m. Parish Communion service**

**Next upcoming COMBINED service for your diaries:**

**28th June St. Michael's, Trinity Sunday**

**11.00 a.m. Parish Communion**

IF YOU NEED TRANSPORT FOR THESE SERVICES PLEASE EMAIL FIONA ON [office@CHWChurches.org](mailto:office@CHWChurches.org) OR PHONE 07543 539569

SAFEGUARDING ST. ANDREW'S, ST. MICHAEL'S AND ST. THOMAS' CHURCHES ARE COMMITTED TO THE SAFETY AND WELLBEING OF ALL CHILDREN, YOUNG PEOPLE AND VULNERABLE ADULTS WHO FALL WITHIN OUR CARE. A COPY OF OUR SAFEGUARDING POLICY MAY BE VIEWED ON OUR WEBPAGE. IF YOU HAVE ANY CONCERNS AT ALL ABOUT THE WELFARE OF CHILDREN OR VULNERABLE ADULTS YOU CAN CONTACT OUR PARISH SAFEGUARDING OFFICER, HEATHER HERMES ON 01784 391417 EMAIL: [SAFEGUARDING@CHWCHURCHES.ORG](mailto:SAFEGUARDING@CHWCHURCHES.ORG) ALTERNATIVELY YOU CAN CONTACT THE DIOCESAN SAFEGUARDING TEAM, 01865 208295 EMAIL: [SAFEGUARDINGREFERRALS@OXFORD.ANGLICAN.ORG](mailto:SAFEGUARDINGREFERRALS@OXFORD.ANGLICAN.ORG) OR THE LOCAL AUTHORITY SOCIAL SERVICES TEAM ON 01628 683150.

# CHURCH NEWS

## WELCOME TO FIONA NORTON

### ADMIN

Fiona lives in Wraysbury with her husband, Richard and 4 cats. She has 2 grown-up sons who are both musicians. She is a member of St. Peter and St. Andrew's Church in Old Windsor. Originally from an IT background, she became the Parish Administrator for St. Mary's Church in Datchet many moons ago (2007). Fiona has decided to add to her collection of churches by taking over the role from Sue Britton of Parish Administrator for Colnbrook, Horton and Wraysbury, as well as retaining her current role at St. Mary's in Datchet.

## WELCOME TO CAT GARNER

### DIGITAL & COMMUNICATIONS

Cat lives in Godalming with her husband Chris, two children (James 14 and Katy 11) and their dog Benedict. She is a regular at the Sunday evening service at Godalming Minster and brings a background in change management to her role supporting parish communications. She enjoys cooking in her spare time as well as trying to train their Labrador!

If you take any photos at parish events, Cat would be delighted to receive them for the notices and social media.

## BLISSFULL BELLS

### SUCCESSFUL BANK HOLIDAY COFFEE STOP

We had walking groups and drop ins at the coffee stop on the gloriously sunny Monday. Sue shared some interesting history about the church and several people took the opportunity to climb the tower and give bell ringing a go!

The next walking and dog stop cafe is in the diary for Monday 1<sup>st</sup> July - do pop along if you are around - we would love to see you.



CAT GARNER

# PRAYER

## Come Together To Pray

### MONTHLY COMBINED PRAYER

First Tuesday of every month

Next meeting:

2nd June 2026 7.30 p.m. St. Michael's

### OUR MISSION PARTNERS

- Open Doors, serving persecuted Christians and churches worldwide
- Learning 4 Life Foundation, The Kitchen, Zanzibar
- Wraysbury and Horton Voluntary Care
- Alexander Devine Children's Hospice
- Canaan Ministries and Bookshop in Staines



### FOR YOUR PRAYERS

Paul Friar, Annie, Mark Blackman, Greg Scott, Judy Osborne, Olga Cheeseman, Bea Tucker, Sue Wynne-Davies, Roy Talbot, Kelly Hughes, Sue Waller, Margaret Lenton, Pauline Blackman, George Blackman, Alison, Joan Poole, Jilly and her family, Louise Swanston, Carole, Peter and Shirley Lane, Matt.

# DURING THE WEEK @ CHWCHURCHES

## Saturday 30th May

- 9.00 Men's Breakfast in St. Andrew's Annexe
- 10.00 Stitch in Champney Hall, Horton
- 13.00 Crafty Church in Champney Hall, Horton

## Monday 1st June

- 09.10 Morning Prayer at St. Michael's
- 10.00 Horton Community Coffee Morning at Champney Hall

## Tuesday 2nd June

- 09.10 Morning Prayer at St. Thomas'
- 14.00 St. Andrew's Cafe in St. Andrew's Annexe
- 19.30 Joint Prayers at St. Michael's

## Wednesday 3rd June

- 09.10 Morning Prayer at St. Andrew's
- 10.00 Little Lambs Mums & Toddlers in St. Andrew's Annexe
- 19.00 Connect Youth Group at St. Thomas'
- 19.30 Bell Ringing Practice at St. Andrew's

## Thursday 4th June

- 11.30 Funeral at St. Thomas'

## CONTACT US FOR MORE INFORMATION

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Community Cafe &  
Contemporary Services  
Tony Hermes  
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Connect Youth Group & All Age Services  
Rev. Sheila Samuels  
Mobile 07901 170503  
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Safeguarding:  
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Little Lambs:  
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