

Serving the parishes of Clavering, Langley, Arkesden,
Wicken Bonhunt, Manuden and Berden

Newsletter for the week beginning 13th July 2026 (26/26)



Welcome to our
benefice newsletter.
I am Reverend Gary
Fleming, Vicar to the
Clavering Benefice.
A group of six, stunning
rural parishes in the
north-west of Essex.

SPIRITUAL WELLBEING

BY REVEREND GARY FLEMING

Last week I focused on spiritual fitness and wellbeing. We understand the importance of being physically and mentally fit, but do we consider the need to remain spiritually fit.

When we think of the needs to train and maintain physical fitness in terms of sportspeople, we might think of the teams taking part in the World Cup. They will have been training and practicing so that when they come under pressure there are able to perform and bear it. Relating this to being

Christian is something that can easily carry across. In the reading from Matthew's Gospel we read about the importance of being good soil upon which our faith is based. That we deepen our understanding of our faith and relationship with God, so that our spiritual fitness will support us when we come under pressure. This can be achieved through prayer, worship, reading scripture and taking time out for spiritual practices that encourage a way of life that has a discipline that can carry us through when we become distracted and under pressure. We can rely on drilled aspects of our faith that help us to remain focused towards Christ. Spiritual fitness, as an exercise regime, is something that that we can all engage with and reap benefit from. Amen.

Services

Sunday 19th July

9.30am - Holy Communion (PC),
Clavering

9.30am - Morning Worship (MT), Berden

Midweek Services

Wednesday 22nd July

9.00am Said Holy Communion (GF),
Clavering

Thursday 23rd July

9.00am Common Worship Morning
Prayer (GF), Manuden

4.30pm Common Worship Evening
Prayer (GF), Wicken Bonhunt

Sunday 26th July

9.30am 1662 BCP Holy Communion (GF),
Langley

11.00am Holy Communion (GF),
Arkesden

1.30pm Blessing of Progress (GF),
Berden

Sunday 19th July (Trinity 7 Green)

Isaiah 44 6-8

Matthew 13 24-30, 36-41

Sunday 26th July

1 Kings 3 5-12

Matthew 13 31-33, 44-52

Prayers

Collect for the Seventh Sunday of Trinity

Lord of all power and might, who art
the author and giver of all good
things: Graft in our hearts the love
of thy name, increase in us true
religion, nourish us with all
goodness, and of thy great mercy
keep us in the same; through Jesus
Christ our Lord. Amen.

Benefice Prayers

We pray this week for our church
community in Wicken Bonhunt. We
pray for the Parish Meeting and those
who work to lead the community. We
pray for the members of the
community trust who work with the
PCC to deliver community facilities
and a place of community fellowship
and worship. We pray for the
community, for all who are unwell or
caring for others in the community.
We pray for community events and
fellowship and all who support
activities and groups who meet at the
church on a weekly basis. We pray for
the PCC and all who worship at St
Margarets. Amen



Bible Study

Having spent some time reading through the Gospel of Mark, the Bible Study group will now take a short break and return for monthly sessions on the 10th of September and will run from 10.30-12.00 in the Clavering Christian Centre. The new format will look at biblical themes starting with a number of sessions on biblical places and geography. What happened where and when? we will be using videos, maps, film and imagery to go through the landscape of biblical lands. Please do join us for this relaxed session at which we also enjoy tea, coffee and biscuits. No need to book or attend every session



Stride by Stride Walking Group

The Stride by Stride walking group is a friendly and welcoming group of people who walk for friendship and fellowship. We normally walk for about 1.5 hours and finish at a place where we can enjoy refreshments. Please do join us. No need to book just turn up and we go whatever the weather. Coming up dates are:

July 31st - Starting from St Mary's Church, Manuden
PLEASE NOTE NO WALK IN AUGUST

September 25th - Starting from St Johns Church, Langley
Contact Reverend Gary Fleming if you would like more details

OPEN DOOR YOUTH CLUB

Our next Senior (School years 7-11) Youth Club meeting will be the 22nd July. We will start the junior Youth club from September. If you would like more information please contact, Reverend Gary Fleming



**Have you held long
unanswered questions
about faith?**

**Are you curious about faith
matters?**

Starting September the 8th, we will be running a series of evening meetings to explore faith through conversation. Supported by well-produced and good-quality materials through the Alpha program. To find out more, please do contact me, Reverend Gary Fleming.

What's on

Langley Lunches - are held every month on the 4th Wednesday of the month. Please contact Liz Cable to book on:
Phone: 01763258043 or 07519741774
Email: langleychurch@gmail.com
Mondays. 9-10.30 am - Mums and Chums, held every Monday in term time in the church in Manuden

How to get in touch

If you would like to receive this weekly notice sheet by email or have your event publicised in it, please send details to the benefice office email which is ClaveringBenefice@outlook.com.

Office admin asst: Jane Cowley working from home.

For pastoral or service related matters, please contact Reverend Gary Fleming on 07491 402273 or email on revdgaryfleming@outlook.com (Vicar does not work Mondays)

Late Summer Benefice BBQ

***£5 per
person to
cover meat
portions***

***Please bring
your own
chair &
alcohol. Soft
drinks, tea
& coffee
provided***

**SATURDAY, 12TH
SEPTEMBER 2026**

START AT 3PM UNTIL 7PM

VENUE
VICARAGE,
54 PELHAM ROAD,
CLAVERING.
CB11 4PQ

**BOOK YOUR PLACE BY NOTIFYING JANE COWLEY AT:
CLAVERINGBENEFICE@OUTLOOK.COM**