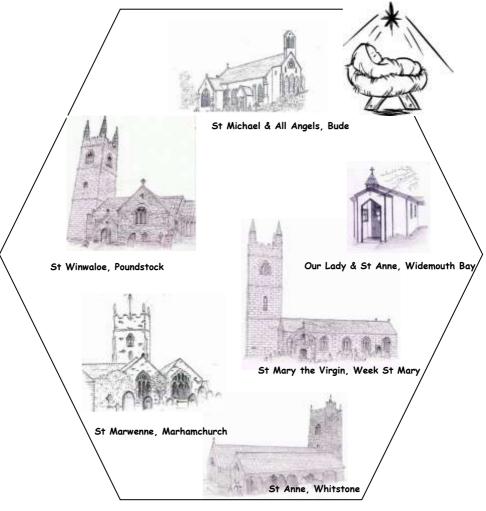
BUDE COAST & COUNTRY BENEFICE

Voices Together



Free

December 2025

MAIN CONTACTS FOR OUR BENEFICE:

Please contact any of the following for information or enquiries about Anglican Church life in the Benefice:

Our Rural Dean:

Our Rector: Rev David Saunders, The Rectory, The Glebe,

Week St Mary, EX22 6UY Tel: 07834 459672

email: rector@bude-coast-benefice.org

Our Churchwardens:

St Anne's, Whitstone:

Mervyn Collins: 01288 341598 St Marwenne's, Marhamchurch:

Angela Grills: 01288 361247 Sue Shadrick: 01288 361666

St Mary the Virgin, Week St Mary:

Lesley Booker: 01288 341221 Linda Cobbledick: 01288 341468

St Michael's, Bude Haven:

Contact PPC secretary Sandra Huffer 01288 355941

Our Lady & St Anne's, Widemouth Bay: Contact Judy MacDonald: 01288 362254

St Winwaloe's, Poundstock:

Contact church member Barry Smith: 01288 361716

Stratton Deanery website: www.strattondeanery.co.uk/

Editor of Voices Together:

Clare Hicks, Trelowen, Lynstone, Bude EX23 OLR.
01288 352726; claremhicks@gmail.com
Copy deadline for Jan & Feb 2026 issue—
By NB Friday 12th December please

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FROM THE RECTOR:

Dear friends

The Housewife

Tony Campolo writes that his friend and prominent radio preacher Steve Brown eloquently described a housewife who was washing dishes in the kitchen sink one day after the children had left for school. She looked at one particular plate. She stared at it for a long time and asked over and over again, "How many times have I washed this plate? How many times have I dried it? How many times will I wash it and dry it again?" She then set down the plate, took off her apron, packed a few of her belongings, and left.

That night she called home to tell her husband that she was all right, but that she just could not come home again From time to time, over the next several weeks, she would call just to see how her husband and children were doing. But she would never tell them where she was, nor accede to the pleas from her family to return.

The husband hired a detective to search for her, and after picking up a few leads, the detective tracked her down. She was in another state, living in a small apartment over a luncheonette where she had a job as a waitress. Her husband set out immediately to bring her home. When he found the place she was staying, he knocked on the door of her upstairs apartment. She opened the door, saw him, and did not say a word. She went into her bedroom, packed her belongings, and silently followed him out to the car. Then, in silence, he drove her back home.

Several hours later when the two of them were alone in their bedroom he finally spoke, and he asked her, "Why didn't you come home before? Over the phone I begged you to return. Why didn't you come?"

The wife answered, "I heard your words, but it wasn't until you came for me that I realized how much you cared and how important I was to you."

It can be said that though the prophets in the Old Testament section of the Bible may have tried to tell us about God's love,

we never really got the message until God showed up among us. The Bible puts it like this: The Word, (Jesus) became human and lived among us. "We saw his glory - the glory that belongs to the only Son of the Father - and he was full of grace and truth." John's gospel, chapter 1 verse 14. He broke into history and became one of us, and as one of us, showed us His love.

Blessings, Rev David



We would like to wish everyone a very happy Christmas and a healthy and peaceful New Year

This edition of Voices Together has been kindly sponsored anonymously

A note from the Editor:

Copy deadlines for 2026 issues of Voices Together are:

Jan/Feb 2026: December 12th March: February 20th

April: March 20th May: April 17th June: May 22nd

July: June 19th August: July 17th September: August 21st

October: September 18th November: October 16th

December: November 20th Jan/Feb 2027: December 11th

INCLUSIONS FOR THE WEEKLY PEW SHEET

To have your Notices included in the Pew Sheet please contact Sue Shadrick on 01288 361666 or email her at s.shadrick79@gmail.com before Tuesday evening if possible.

Dates for your December Diary:

Mon 1st: Carols of the Stratton Hundred, St Martin's church **NB 7 pm**

see p 19

Tues 2nd: Advent Book Group, Highway 39 Café, 1.30—3 pm also online 7—8 pm see p 22

Denefice Drayer Crays Ct Michael's Dude 10 cm

Thur 4th: Benefice Prayer Group, St Michael's, Bude 10 am

4th: Neurodivergence, Inclusivity and Welcome—a series of sessions at the Old School, Poughill 2—4 pm see p 9

Thur 4th-Sun 7th: Christmas Tree Festival Marhamchurch 11-3 p 10

Fri 5th: Mulled Wine Evening, Tudor House WSM 7—9 pm

Sat 6th: Minor Third, The Bray, Marhamchurch 7 pm see p 10

Mon 8th: MU Advent service, St Andrew's, Stratton 2 pm

8th: Happy Memories Memory Café, WSM church, 2.30—4pm

Tues 9th: Advent Book Group, as 2nd above

9th: WSM Adventure Church Christingle, St Anne's 4.30 pm p 20

Thur 11th: Neurodivergence, Inclusivity & Welcome as above see p 9

Sat 13th: Pop up Pub and carols, Poundstock Gildhouse, 7.30 p 18

13th: WSM Lego Café & Breakfast 9.30—12 see p 10

Sun 14th: Carols by Candelight, Poundstock church, 3 pm see p 20

14th: Christingle, Marhamchurch 5 pm

14th: Music for Christmas, St Anne's Hall Whitstone 7 pm p 25

Tues 16th: Advent Book Group, as 2nd above

Wed 17th: WSM lunch club, in church 12 noon

Thur 18th: Benefice Prayer Group, St Michael's, Bude 10 am

18th: Neurodivergence, Inclusivity & Welcome as above see p 9

Fri 19th: CAMEO, 11 Ashbury Grove, WSM 2—4 pm

19th: Bude Choral Society Christmas Carols, Bude Methodist

church 6 pm see p 10

Mon 22nd: Happy Memories Memory Café, WSM church 2.30—4 pm

<u>Dates for your January & February Diary:</u>

Thur 8th: Benefice Prayer Group, St Michael's, Bude 10 am

Regular Group Meetings:

Tuesday afternoons: Week St Mary Adventure Church 4.30 pm

Tuesday afternoons: Bible Study St Marwenne's house group 2 pm — contact Janet Ward 01409 255 759

Wednesday mornings: Coffee & Chat, The Bray, Marhamchurch 10.30-noon

Wednesday mornings: Bible Study at St Michael's, 11 am

BABY & TODDLER COFFEE POT CLUB

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Meet and Eat
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& a friendly chat
Week St Mary Parish
Hall from 12 noon

Next meeting

Monday 1st December

All most welcome

Sue Edwards 01288 341083





Week St Mary Happy Memories Memory Café

2.30—4 pm in church Refreshments

Monday 8th December &
Monday 22nd December

All welcome Contact: Lesley Booker 01288 341221

CAMEO

Come And Meet Each Other

Friday 19th December at the home of Rob & Sue Isherwood 11 Ashbury Grove, WSM from 2—4 pm Join us for tea, cake & chat

contact:
Linda Cobbledick
01288 341468



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Red Letter Days - December 2025

We are in the period of Advent (Thanks to Mary Tilzey who explained this in her November Messy Church article). On the 1st is St Andrew the Apostle who lived in Capernaum and was a fisherman. I imagine that he was part of a fishing crew. An ordinary person like you and me.

St Thomas the Apostle is on 22nd. He doubted Christ's Resurrection until Christ showed him the wounds in His hands and side.

The 25th is Christmas Day, the birth of Jesus. You all know the story. It is the beginning of our path to union with God. The Church gives us His life and teaching which we should follow, not just for 5 minutes morning and evening but continually through out the day. We learn to be like Mary sitting at his feet and still getting the work done like Martha. To be like St Bernard who worked in the kitchen and devoted his mind to constant conversation with Jesus. There

are so many different ways of praying, I hope that the Coast and Country Benefice Prayer Group (November and this magazine) will encourage you to explore new ways.

The 26th is St Stephen's day, he was the first to be killed for believing in Jesus.

The following Day 28th is Holy Innocents. The 3 Magi who had followed a star came to King Herod and asked where this new baby who would be a king had been born. They did not go back to Herod when they found Jesus. This caused Herod to have all the male children under 2 years killed so he would not have a rival. (Mathew 2v1-16)

The Garden Notes in the November issue mentioned the need to feed the birds. My garden is completely overgrown but at least I can 'Feed the birds'. Reading the notes has made me feel guilty as I am not consistent. Thank you Poll. That will be one more thing to add to 'What must be done'.

Those of us who are very old, wonder if this will be our last Christmas. In a way I silently hope it will be. When each day is another struggle to pick something off the floor, open a jar of jam, work on the computer, look for my binoculars to read what is written on the TV, you do get a bit fed up. Then I think of Sue; the people who are killed daily by stupid wars and children who are

hungry and the mothers who hold them as they die. I count my blessings and ask God to forgive me.

May you all have a peaceful Holy Christmas and make a new start to your journey to God.

Prayer:

Thank you God for all our blessings For the unity of our Benefice.

Thank you for our Health Service, our doctors and nurses

Thank you for all our counsellors who work with those who have problems. Use us.

Amen

A special thank you to Clare and Heather and the people who print, staple and distribute *Voices Together*, which unites us as a Benefice.

Hilda Walter



Neurodivergence, inclusivity and welcome – Exploring how we can be ready to welcome EVERYONE into our churches!

Would you like to know more about how to welcome everyone into our churches?

What?

A series of 4 informal sessions to explore and equip, encourage and embrace becoming an inviting and welcoming church to all, and for all.

Where?

The Old School, Poughill Road, Poughill, Bude EX23 9ER

When?

Thurs 2-4pm: 27 November, 4,11 &18 December (last session

in church)

Who?

Everyone welcome - tea and coffee and biscuits on tap!

Come to all or as many sessions as you are able!

Open to everyone in Stratton Deanery. No need to book.

Any questions, please contact
Rev Amanda Evans: 07544527649 or Hannah Wicks email:
hcfwicks@qmail.com

Come along enjoy the festive atmosphere!



Marhamchurch **Christmas Tree Festival**

Thursday 4th December - Sunday 7th December

11am - 3pm

St Marwenne's Church - Marhamchurch

Vote for your favourite tree. Refreshments Raffle

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Zoom services: for details of any other zoom services scheduled for the month in the Benefice, please see page 27.

PLEASE NOTE: SERVICES MAY CHANGE—check pew sheets/ local information/ACNY website.

Readings may be adapted for particular services

SERVICES FOR DECEMBER

DATE	READINGS	TIME	SERVICE CHURCH		LEADER
Wednesday 3rd		08.30	Morning Prayer	Zoom	DS
10.00		Holy Communion BH		DS	
Sunday 7th	Isaiah 11: 1-10	09.30	Holy Communion BH		DS
2nd Sunday of	Psalm 72:1-7. 18-19	10.00	All Age Worship WSM		WL
Advent	Romans 15: 4-13	18.00	Evening Prayer	М	WL
	Matthew 3: 1-12				
Tuesday 9th		16.30	Adventure Church Christingle service	St Anne's Care Home	DS
Wednesday 10th		08.30	Morning Prayer	Zoom	DS
		10.00	Holy Communion	WB	DS
Friday 12th		15.00	Carol Service	WB	DS
Sunday 14th	Isaiah 35: 1-10	09.30	Holy Communion	М	DS
3rd Sunday of Advent	Magnificat	09.30	Morning Prayer	Р	WL
	James 5: 7—10	11.15	Holy Communion	W	DS
	Matthew 11: 2—11	15.00	Nine Lessons & P		DS
			Carols		
		17.00	Christingle	М	DS
		18.00	Evening Prayer	WSM	WL
Tues 16th		16.30	Adventure Church	WSM	WL
			Crib Service TBC		TBC
Wednesday 17th		08.30	Morning Prayer	Zoom	DS
		10.00	Holy Communion	ВН	DS

SERVICES FOR DECEMBER

DATE	READINGS	TIME	SERVICE	CHURCH	LEADER
Sunday 21st	y 21st Isaiah 7: 10-16 09.30 Holy Communion		Holy Communion	BH	DS
4th Sunday of Advent	Psalm 80: 1—8	09.30	Morning Prayer	M	WL
	Romans 1: 1-7	11.15	Holy Communion	WSM	DS
	Matthew 1: 18-end	16.00	Nine Lessons & Carols with band	ВН	DS
Wednesday 24th Christmas Eve	2 Samuel 7: 1-5. 8 -11. 16 Psalm 89: 2. 19-27 Acts 13: 16-26 Luke 1: 67-79	15.30	Crib Service	BH	DS
		17.00	Crib Service WSM		WL
		21.30	Holy Communion	M	DS
		21.30	Holy Communion	W	TBC
		23.15	Holy Communion	ВН	DS
Thursday 25th	Isaiah 9: 2-7	09.00	Holy Communion	Р	DS
Christmas Day	Titus 2: 11-14	10.15	Holy Communion	WSM	DS
	Luke 2: 1-14				
Sunday 28th	Jeremiah 31: 15-	09.30	Holy Communion M		JT
Holy Innocents	17 Psalm 124 1 Corinthians 1: 26 -29	09.30	Holy Communion	Р	DS
		09.30	Morning Prayer	W	WL
		10.00	Morning Prayer	WSM	WL
	Matthew 2: 13-18	11.15	Holy Communion	ВН	DS
Wednesday 31st		08.30	Morning Prayer	Zoom	WL
		10.00	Holy Communion	WB	DS

KEY:	CHURCHES: BH = Bude Haven	LEADERS:	DS = Rev David Saunders	
	M = Marhamchurch		RD = Rev Rob Dickenson	
	P = Poundstock		DA = Rev D Adams	
	WSM = Week St Mar	у	JT = Rev J Terry	
	W = Whitstone		WL = Worship Leader	
	WB = Widemouth Ba	WB = Widemouth Bay		



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Tips from Poll's Garden for December

What to do in your garden in December:

Protect your pots in freezing weather by bringing them indoors or wrapping in bubble polythene. Rake up leaves in borders that



could be harbouring slugs and other pests. Plant bare-rooted roses and other deciduous shrubs, plus ornamental trees

Hang bird feeders near roses to attract hungry birds that will also pick off any overwintering pests.

Move plants in pots to a sheltered spot if conditions turn very cold, as their roots are more exposed to the elements

Pile straw or bracken around the base of tender shrubs and climbers to protect from freezing temperatures.

Prune roses between now and February. Hard prune overgrown shrubs and hedges while they're dormant.

Check stored bulbs and corms regularly for any rot.

But don't forget to sit and plan what you want in your garden next year, and hopefully enjoy photographs of this year's displays.

Use any evergreen foliage for making a festive wreath for your door, by adding some artificial decorations and maybe some glitter.

And most of all have a wonderful Christmas from us all in the Bude Coast & Country Benefice.

Poll



POUNDSTOCK EVENTS IN DECEMBER

Saturday 13th December: Pop up Pub and Carols with Bude Metric Band 7.30 pm All welcome.

There will also be Vic's food van in attendance.

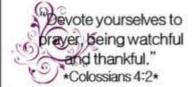
Any queries contact Maria 07428 101323

Bude, Stratten & Bistrict Gla Cornhyall Society



CAROLS OF THE STRATTON HUNDRED ADVENT SERVICE MONDAY 1st DECEMBER 7.00 pm ST MARTIN'S UNITED REFORM CHURCH KILLERTON ROAD, BUDE

ALL WELCOME



POUNDSTOCK QUIET GARDEN

Quiet Gardens are natural spaces often near churches which encourage people to come and pray and encounter God.

We are delighted to say that we have been offered a plot of land at Poundstock to explore establishing a Quiet Garden and would like to get together a team of people who might like to be involved in this project – from designing the space and practical help to get the space ready, through to praying for the project and volunteering once it is established. We are hoping to hold a meeting soon at Poundstock to which everyone with an interest in being involved is warmly invited - please look out for further details in pew sheets and weekly announcements.

If you would like to know more then please contact one of us below:

Amanda Evans Penny Heard Sue Shadrick Rev'd David Saunders 07544 527649 07825 266580 01288 361666 07834 459672



Friday 5th December 7 - 9 pm at The Tudor House,

With Micheline & Stephen Smith

SERVICE OF NINE LESSONS & CAROLS Sunday 21st December 4.00 pm with Bude Metric Brass Band Refreshments; mince ples, tea & coffee

Carols by Candlelight COME & SING!





Sunday 14th December 3.00pm

St Winwaloe's Church, Poundstock
Mince pies & mulled wine

Donations for St Petroc's







Mothers' Union - Kledh Kernow Branch

As we look forward to Christmas, MU members enjoyed a productive November meeting making Christmas cards under the skilful guidance of Susanne Bartrop. There was a lot of laughter and concentration resulting in

some wonderful creations. Our thanks to Susanne for a very enjoyable afternoon.

The branch had a very successful fund-raising stall at the recent St. Swithin's Craft Fair, and it was decided that we would make donations to the MU Christmas Appeal and to the Truro Diocesan Project S.P.A.C.E. which support young people with disabilities to enjoy social events. The funding provided by MU at the beginning of the year enabled a group of young people from Liskeard to go out for an evening meal together. They enjoyed a taster menu at the 'The Vegetarian Hub Cafe', an opportunity to experience some new foods and dress up for the occasion. It was a time of companionship and everyone had a fantastic time.

As Christmas approaches, I would like to take this opportunity, on behalf of all our members to wish you all a joyous and peaceful Christmas. Our meetings are open to all and you can be sure of a warm welcome.

Next Meeting:

Monday 8th December: Advent service with hymns and reflections 2pm St Andrew's Church, Stratton. Followed by refreshments.

Sheila Waring

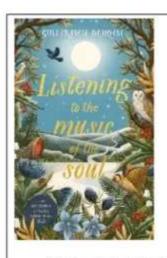


Week St Mary Lunch Club

Wednesday 17th December Week St Mary church 12 noon

Bookings: 01288 341221

Why not lend your copy of this magazine to a neighbour or friend when you have finished with it?



ADVENT BOOK GROUP

Join us in person and online for a Book Group for Advent open to absolutely everyone!

Tuesdays 25th November, 2nd, 9th and 16th December

In person:

1.30 - 3.00 pm

At Highway 39 Café on the A39 with lots of free parking Otterham station PL32 9SW

Online:

7.00 - 8.00 pm

Please contact Amanda to join

Rev Amanda Evans (C of E Mission Enabler) 07544 527649 / revamanda@strattondeanery.co.uk

"Listening to the Music of the Soul" by Bishop Guli is a beautiful exploration of how faith, beauty and courage shape our response to life's joys and sorrows.

Each chapter also has a QR code linking to a special piece of music, inviting us to consider the melodies that sustain us as our lives unfold.



OUR DEANERY PRAYER

O generous God,

You invite your people to discover the Kingdom

And grow the church;

Give us, then, the courage, the strength and the vision

To share in the mission and ministry

Of your Son

That with the Lord of the Church We may be, truly, the Church of the Lord. Amen

New Benefice Prayer Group



God, who gathers and guides, thank you for inviting us into your family and for the invitation to make new friends. Thank you for not calling us to follow you on our own, but for inviting us to walk with you by walking

with others. Meet us in this small group, and give us eyes to see your presence and ears to hear your voice. Guide us through prayer, Scripture, and one another. Please help us to show up physically, spiritually, and mentally. Help us balance vulnerability with wisdom, and advice-giving with truly listening to others. And help us all become the shining light in our communities. Amen.

The prayer group had its first meeting on the 6th of November at 10:00 am at St Michael's. Rev David took us through a passage from James 5:13-20, the prayer of faith, and then took us into a quiet time where we could silently pray or share our prayers within the group. It ended on a peaceful note with all feeling close to God's loving presence.

The next meeting is on the 4th December at St Michael's at 10:00 am. Future meeting dates are 18th December & 8th January 2026.

Praying we see you there!

Sue Shadrick: 07450974651

Penny Heard: 07825266580

Mess

Messy Church - How it began

The first Messy Church began in 2004 when a group at St Wilfred's in Cowplain near Portsmouth were frustrated because, as a church, they were hardly reaching any children with God's story.

There was a lot of sympathy towards church in general but the church wasn't offering anything that really gripped the imagination of local families.

They decided to do something for all ages together, to help families to grow together in faith and not see Christianity as something you grow out of when you're 11.

How it spread:

One of the original team members was Lucy Moore. As she was working for Bible Reading Fellowship (BRF) at the time, BRF became the natural home for the ministry when training and resources began to be needed for other churches to start their own Messy Church. Messy Church is now a core ministry of BRF.

Messy Church is spreading across denominations and countries. There are Messy Churches in: Australia, Canada, Denmark, Eire, Germany, Grenada, Netherlands, New Zealand, Norway, Poland, South Africa, Spain, Sweden, Switzerland, The Falklands and the USA.

Our Values:

Messy Church values are Christ -centred

Messy Church is a church, not a craft club, that helps people encounter Jesus as Lord and Saviour.

All age - It is for adults and children to enjoy together - every element should be relevant and accessible to all ages.

Creativity - It uses hands-on activities to explore Bible stories, to reflect a God of creativity and to give people a chance to play together.

There are 2190 Messy Churches around the world

20,000 People each month attend Messy Church

Messy Church in St Michael's was started by Fr. David Standen in 2011.

From a small start, we have seen our numbers increase quite considerably. The atmosphere is happy and very encouraging.

So far our sessions have covered:

Pentecost, Bible Seasides, Creation, 'I am the Light of the World', Noah, Moses, Bible Roads, 'I am the Good Shepherd', Abraham & Sarah, Easter- New Life in Jesus, Saints, Bible Mountains, Love your neighbour, Pets and peace, Joshua, 'I am the true vine', David, and Harvest.

Covid put an end to our sessions in the church but we continued via the Benefice magazine until we were able to start again. Meanwhile many of our regulars had grown up and some of our helpers, for various reasons, were unable to continue.

New, willing, helpers enabled us to start live sessions again in the Autumn Half Term of 2023. Since that time, we have seen our numbers steadily increase to a very encouraging number

Each session starts at 10.30am with a welcome and a social half hour over a cup of coffee/tea/juice with play time and colouring in of pictures associated with the theme. From 11am we have our craft time where the children and adults have fun making 6 or 7 different things, again with the theme in mind. Following that, we have a short act of worship involving an action song, story, prayers and Messy Grace. Finally, we have lunch together which is very enjoyable.

Our next session is in the February Half Term holiday and is about 'Friends'. All ages are welcome - adults, please bring a child. Children, please bring an adult.

We have a great team of helpers who make an invaluable contribution to the success of our venture.

Mary Tilzey



MUSIC FOR CHRISTMAS AT ST ANNE'S HALL

WHITSTONE

December 14th 2025 at 7pm
Featuring our local musicians with traditional carols and followed by mince pies.

ALL WELCOME!

Donations in aid of church funds

NEW LINK



The PCC of St Michael's Church has agreed to form a companion link with the Diocese of the Highveld in South Africa, supporting children at the Siyanakekele Safe Park attached to the Church of the Resurrection in Wattville, Benoni, Gauteng.



Our purpose is to journey together as brothers and sisters in Christ on common pilgrimage of faith and discipleship. To develop a Companion Link relationship of equal partners tween our Diocese. To strengthen Mission and Evangelism.

To learn from each other's culture and heritage.

To recognise God's mission.

The nearest Sunday to the signing of the agreement will be Link Sunday each year.

We try to exchange letters and ideas for Link Sunday. Some of the priests exchange sermons for the day. Some are more active than others!

The laity should run the link.

There should be two-way communication.

Personal visits and communication make the link more real.

Link Prayer

Almighty God
You have called us:
The Diocese of the Highveld and Stratton Deanery,
To a journey together in Christ
On a common pilgrimage of faith and discipleship:
Strengthen and uphold us.
That whatever challenges we may face,

That you give us your grace
To live out our companionship
According to your will:
Through Jesus Christ our Lord.

Amen

We are inviting all churches within the Benefice to form companion links with other churches in the linked Diocese.

For more information, please contact: Lynda at lyndabarton53@yahoo.com
Penny at penny.heard@gmail.com

Services on zoom

We will continue Zoom Services for as long as there is a demand for them. If there are any types of service other than Sunday morning prayer, Family Service or Holy Communion and Wednesday morning prayer that you miss and would like to see especially on Zoom either regularly or as a one off, please let me know and I will see what can be done.

Lesley Booker lesleymbooker@gmail.com
For times of all church services for the month please see pages 14 and
15. Each Sunday there will be a "zoomed" service and Morning Prayer
on Wednesdays will be on zoom at 8.30 am.

St Marwenne's House Group

The aim of the group is about growing in discipleship. It meets every Tuesday at 2 pm. Contact Janet Ward on 01409 255759 or email her at janetmwuk@gmail.com for more details.

Advertising in Voices Together

If you run a business and would like to advertise in this magazine, please contact Heather Whitlock on 07771 964672.

If you are a not-for-profit local group or organisation and would like to put a one-off advert in for an event or similar, please contact Heather as above or the Editor (contact details p 2). We would ask for a small donation, depending on the size required. Adverts accepted at Editor's discretion. Thank you.

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IF YOU WOULD LIKE TO ADVERTISE IN THIS MAGAZINE PLEASE CONTACT HEATHER WHITLOCK ON 07771 964672