

The Herald

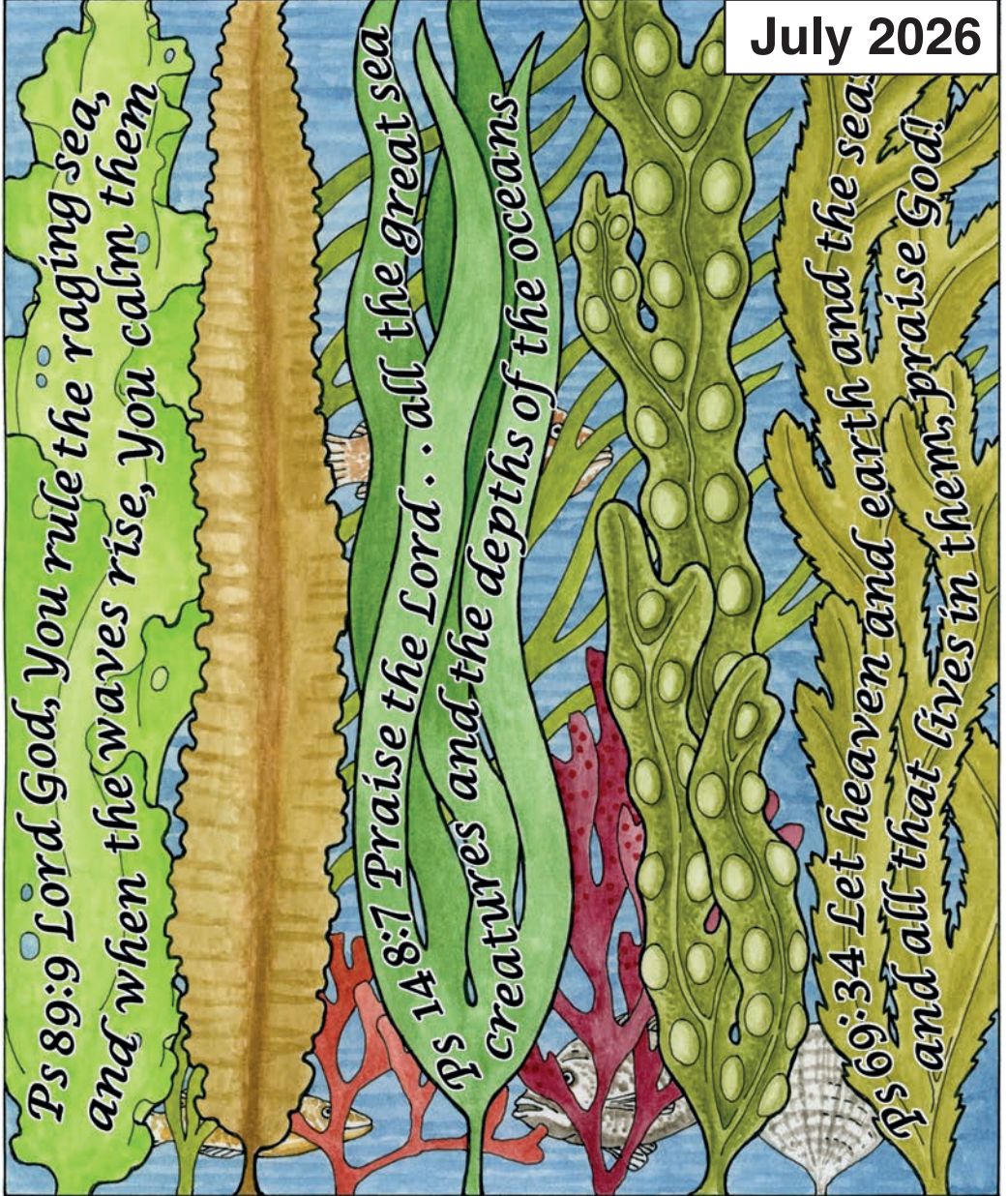
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July 2026

*Ps 89:9 Lord God, You rule the raging sea,
and when the waves rise, You calm them*

*Ps 148:7 Praise the Lord... all the great sea
creatures and the depths of the oceans*

*Ps 69:34 Let heaven and earth and the sea,
and all that lives in them, praise God!*



Reservoir Group of Churches



The Parish of

St Margaret's Downham,
St Peter's South Hanningfield and
St Mary the Virgin Ramsden Bellhouse



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Keep up to date with events as they happen

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What's on when and where

Sunday 5 July - Trinity 5

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham Family Service

Note: No service at Ramsden Bellhouse

Sunday 12 July - Trinity 6

11.00am St Margaret's Downham Sung Eucharist

3.00pm St Peter's South Hanningfield Worship at Three

Note: No service at Ramsden Bellhouse

Sunday 19 July - Trinity 7

11.00am St Margaret's Downham Group Holy Communion

Note: No services at South Hanningfield or Ramsden Bellhouse

Sunday 26 July - Trinity 8

11.00am St Margaret's Downham Sung Eucharist

Note: No services at South Hanningfield or Ramsden Bellhouse

Sunday 2 August - Trinity 9

10.00am St Peter's South Hanningfield Holy Communion

Note: No services at Downham or Ramsden Bellhouse

Note about the Downham Family Service:

Because of the holiday season, please be aware that there will be no Family Service at Downham during August. The Family Service in September will be an All Age Communion service with Baptism, as there can be no service of Holy Communion at St Peter's because of the Flower Festival.

Family Services will return to normal in October.

Welcome to Nikki Firth, our new curate

As mentioned in last month's copy of *The Herald*, Nikki's first Sunday in the Reservoir Group of Churches will be 5 July which is the weekend of Stock's Flower Festival. They have a parish BBQ after their morning service which will be a good opportunity for people to get to know Nikki. Tickets for the BBQ are £15 for adults, including dessert and a glass of wine/soft drink. If you would like to attend, please contact the Revd Jacqui for further details.



St Peter's Church



Church Lane
South Hanningfield
CM3 8HW

Flower Festival 2026



Saturday 5 September 12.00noon - 5.00pm with outside Fete

Sunday 6 September 12.00noon - 5.00pm with outside Fete
with Songs of Praise service at 5.00pm

Monday 7 September 11.00am - 3.00pm



Light lunches and refreshments available each day



From the ministry team

What's in a name?

As I think most people know, I am getting married next month. It is a big time of change, as I will be changing where I live and I will also be changing my name (well my surname at least).

While these days it is not required, nor even expected, in my experience many women still choose to adopt their husband's surname after marriage. Others double-barrel, and I have known of at least one couple who chose a new surname together. I am certainly not saying that one option is better than others, it is all a matter of choice.

The prospect of changing my name has made me think of people in the Bible whose names were changed - either that they changed themselves, or were changed by other people. Simon was renamed Peter by Jesus. Abram and Sarai were renamed Abraham and Sarah by God. Saul became Paul (though it doesn't seem clear why).

Even though I will have a different surname I will still be the same person, but the change does represent a significant change in my life - in joining a new family with my husband-to-be.

Those in the Bible who changed their name normally did so when there was a significant shift in their lives. Our names represent something of who we are and who our family is. Sometimes we like our names, sometimes we may not. I quite like my current surname (Pearson) - it has connected me with my parents for many years. From August onwards my new surname (Cattle) will connect me to my husband.

When someone decides to follow Christ; to believe and trust that he is the Son of God, who died and rose for us, they gain a new name - the name of Christian. It took a few years for followers of Jesus to be called this - the Bible first records Christians being called...well...Christians, in the city of Antioch (see Acts 11:26).

Whatever I may be called, one thing will not change - I am a Christian and as such called a Child of God.

If you would like to find out more about what it means to be a Christian, please join us on a Sunday for a service; you would be very welcome (details of services can be found in the magazine), or contact one of the ministry team.

God bless,

The Revd Jacqui

St Thomas the Apostle, confused and doubting

The Church celebrates St Thomas the Apostle on 3 July.

Thomas, one of Jesus' 12 apostles, was an impulsive, confused, honest sceptic. Jesus could understand and work with such a man. Thomas' impulsiveness was evident when Jesus prepared to visit Lazarus in Bethany. It was a dangerous trip to make, because of the Jews, but Thomas urged his fellow disciples: "Let us also go, that we may die with Him." (John 11:16) Instead, Jesus brought Lazarus back to life.

Thomas' confusion is shown in later talks with Jesus. He was not really sure where Jesus was going long-term (John 14:5). But Jesus accepted this confused commitment, and began to untangle it, patiently explaining: "I am going to my Father", and "No one comes unto the Father but by me."

Finally, Thomas' honest scepticism is revealed after the Resurrection, which he flatly refused to believe - unless he could touch the wounds of the risen Jesus. Sure enough, Jesus appears - but instead of scolding him, shows him the wounds. Thomas responds: "My Lord and my God" (John 20:26ff).

Thus, Doubting Thomas' honest doubts, turned to honest faith, have become a reassurance for thousands of men and women across the centuries who also want to follow Jesus, but who require some proof of this amazing event - the Resurrection. In Doubting Thomas' complete affirmation of faith, after meeting the risen, crucified Christ, they can find support for their own faith.

Ancient legends tell how Thomas went on to India as a missionary. There are rumours that Thomas even built a palace for a king's daughter in India, and thus he is the patron saint of architects. It is believed that he was martyred by a spear on 3 July, 72AD in Mylapore, near Madras. 46 ancient churches in England were dedicated to him.

From the registers

Downham

Burial of ashes

14 June Georgine & David Theobald

Funeral

3 June John Frederick Roy Lamb

Wedding

20 June Luke Turner & Danielle Relph

St Margaret's Downham

Christmas Bazaar?

It may be a little early to be thinking about Christmas, but the Parochial Church Council discussed it at their recent meeting. Since Covid the attendance at the Bazaar, once one of St Margaret's main fundraising events of the year, has declined, placing a question-mark over its future. We are also finding it hard to recruit people to make things and run the stalls. We even had a WhatsApp message from the North Pole indicating that Father Christmas would not be attending this year. He was disappointed that last year only four children visited his grotto and they were all of an age to doubt whether it was really him. It was rumoured that our Father Christmas was not the real one, but our very own Lee Baxter dressed up.

We hope to have some sort of event in the autumn which may be a quiz or a social evening. More details will follow in due course. We still expect to have plentiful jars of jam for sale in the church and possibly some handmade Christmas gifts too.

News from Downham Church of England School

It's hard to believe that the school year is drawing to a close once again.

This is the end of my twentieth year at Downham Church of England Primary School and it has been a joy to see how our school has changed and progressed throughout the past two decades.

This July we are saying goodbye to a much loved and valued member of staff – Jeanette Applewhite has been with us for nineteen years and has been an incredible Early Years Foundation Stage (EYFS) Leader. She has welcomed each child into Reception EYFS and made them feel at ease right from the start of their educational journey through Downham. Mrs Applewhite and her team have offered much reassurance, guidance and hope not just to the children in their care but also to parents, grandparents and carers. They have been filled with confidence that their children are in safe hands, with care and compassion shining through everything the EYFS team does.

As a staff, we have been blessed to have such an amazing colleague, mentor and friend. Mrs Applewhite has always been ready and willing to support and encourage each adult working in school. We wish her every happiness as she begins her next chapter and the many adventures which await her.

Indeed, we wish the same for each Year 6 pupil who will also be moving on from Downham C of E Primary School. They are a fun, caring and compassionate cohort of children and we will miss them greatly. We hope

that they will hold fast to the values of our school – the original 3Cs (care, consideration and courtesy) and our updated 5Cs (courage, critical thinking, collaboration, challenge and creativity). May they remember the messages of Collective Worship sessions - knowing the certainty of God's love and presence through good times and bad. May they find and sustain faithful friendships along the way – recognising and experiencing that Jesus is the truest friend of all.

As a school, we would like to thank the local community for all your love, prayers and encouragement throughout the school year. We appreciate your support and we look forward to sharing news of our 2026/7 school year with you.

Lynne Boyd

RE and Humanities Leader at Downham Church of England Primary School

Downham WI

Sitting down to write this report, the sun is out and let's hope it is still shining when you read this.

We are currently knitting poppies to donate them for a display at St Margaret's Church for Remembrance Day. We are looking for donations of Red double knit wool to complete this task. If you have some wool please deliver to Downham Village Hall on a Tuesday morning between 10.00am and 12.00noon. This would be very much appreciated.

Our speaker for July is from the Red Cross talking about Defibrillators and how to use them.

Little Burstead WI has been in touch to invite us to their Quiz to raise money for the Spinal Injuries charity. The Quiz will be made up of local WIs and it is hoped that this will be an annual event. It's our intention to field two teams of eight with husbands, partners and friends included.

Plans are underway for our August Summer party and we are having music from Rumatica, a local band/singing group who do a lot of charity work locally. Proceeds from our raffle will go to charities nominated for this year.

Wendy

St Mary's Ramsden Bellhouse

Continued closure of the church

Unfortunately we are still not in a position to consider reopening the church.

By the time you read this a sub-committee of the Parochial Church Council will have met to consider the options. Whatever is decided it will be a very expensive repair, money that we do not have. We will continue to advise you of progress.

Strawberry Cream Tea

We were delighted by the support given to this year's strawberry cream tea afternoon which took place on 13 June in the Village Hall. We had not sold many tickets beforehand, but as soon as the doors opened people started flooding in. Thankfully the weather was dry and warm because we had to put additional tables on the patio behind the hall, and actually ran out of chairs. The event raised £880 for church funds. Thank you to all who supported us.



Ramsden Heath Social Club

The next event in July will be monthly BINGO, which will take place on Friday 3 July from 8.00pm. For an admission fee of only £1 and £2 for each book you wish to buy, you can enjoy a relaxed evening in good company, tea/coffee and biscuits and the chance to win a cash prize or two.

On Saturday 18 July, we will be holding another of our popular quizzes, commencing 7.45 pm. You can come along as a team of up to 8 people, or in smaller groups with an option of joining others on the day. There will be prizes for the winning team. Tickets can be purchased for £3 (members) or £6 (non-members). Bring your own drinks and nibbles. A raffle will be held on the night.

All our events take place in Ramsden Heath Village Hall, Dowsetts Lane.

For more information/tickets please contact:

Dave Quinney on 07950 309524 or email dave.quinney@hotmail.com
or Joan Parmenter 07779 175494

Community Cuppa & Cake afternoon

Ramsden Heath Village Hall
Dowsetts Lane CM11 1HX

Tuesday 14 July 2.00 to 4.00pm

In June we welcomed quite a few new faces which was great to see and hopefully they will become regulars and enjoy a piece of homemade cake for £1.50 and 50p for a cuppa in a friendly and enjoyable atmosphere.

Over the last couple of months we now have enough money to donate £150.00 to Essex Dementia Care, £50 towards Guide Dogs and £50 for Race for Life. It is thank you to all our customers that we are able to donate so much each month to such worthwhile charities.

Ramsden Cupcakes

Ramsden Heath Horticultural & Allotment Society

On 4 June we held our annual Summer Buffet. Over 60 people enjoyed a grand feast of meats, fish, quiches, salads, cheeses and a choice of great desserts. Our thanks to Rita Elcock, who planned, shopped and prepared it all. Thanks also to those who helped set up the hall and buffet as well as clearing away at the end of the evening. A good time was had by all! Following the meal members enjoyed a light-hearted music quiz, testing our knowledge of films and music from the 1940s to the 2020s.

On 13 June members and friends enjoyed a glorious afternoon when Rita & Trevor Elcock opened their wonderful garden to members and friends. Fortunately the weather was glorious, after days of wind and rain, and everyone enjoyed walking around the garden, discovering many hidden gems, then relaxing in the sunshine (or shade for most of us) enjoying teas and coffees and a wonderful array of cakes, all kindly donated by our members. The event raised over £300 for Society funds. Many thanks to Rita & Trevor for being such wonderful hosts.

Coming up is our Allotment Evening on Thursday 9 July. (*Please take note of the change of date!*) This will be our usual gathering around the allotments, with wine and nibbles provided by the Society. No need to book, just come along, but please bring a chair to sit on – and don't forget the insect spray. This is a free evening for members only, but there will be a donations box should you wish to contribute.

SUMMER SHOW

Saturday 1 August. Ramsden Heath Village Hall

This is the time to look at your gardens and allotments and choose the best to enter the Summer Show. The closing date for members' entries is **Wednesday 29 July**. Children's entries need to be confirmed by **Monday 27 July**. Have a look at the Schedule and see what you can come up with to impress the judges. Details of entries will be found in the Society Schedule.

St Peter's South Hanningfield

Great things are happening at St Peter's, thanks to all your generous offerings we have been able to buy new pew cushions for the church pews. Marguerite did all the organising and the new cushions arrived at the end of May and are now in place. So hopefully at our services you will all be much more comfortable! And they look super smart too.

Hopefully next month we will be able to bring you news of updates planned for the annex, with a new kitchen and toilet.

As you also know we are trialling a new service at 3.00pm on the second Sunday of the month. This will be a service without communion - we are trying it to see if this is a convenient time for everyone, The first service was held on Sunday 14 June and was a great success. I thought the more relaxed format worked very well. The next two services at this time will be held on 12 July and 9 August.

We also want to say a big 'thank you' to Peter Livermore, who donated a lovely wooden gate to go at the entrance to the Church car park. And another big 'thank you' to Trevor from Downham for fitting the gate. This will remain open in the summer but just be closed in the winter, to stop people getting stuck in the car park, when they are trying to turn round.

We still have to repair the spire. We are just waiting for final confirmation from the diocese and hopefully work will be able to start soon.

If anyone has any jam jars with lids, please can you drop them off at the church for our lovely Jam Lady, Jean, who is currently working on making 300 jars of jam which will be on sale during the Flower Festival! Please just leave the jam jars in the church porch.

We are all getting ready for the Flower Festival and requests for volunteers will be coming in next month's Herald. Just a reminder it is Saturday 5 September to Monday 7 September. See page 3 for more details.

Best wishes

Mission Control

South Hanningfield Village Hall

Why not join us for our next event, the **South Hanningfield Summer Garden Party on Saturday, 22 August, from 3:00pm**. Enjoy an afternoon of live music from Craig Joseph, performing a selection of well-loved songs spanning the decades. Whether you're a fan of classic hits or modern favourites, there will be something for everyone to enjoy. The event will take place in the field beside the Village Hall, thanks to the landowner's kind permission, weather permitting. Should the weather be unfavourable, the party will move indoors to South Hanningfield Village Hall. A variety of food and drink stalls will be available throughout the afternoon (additional charges apply). Bring blankets and camping chairs to relax and enjoy the entertainment. Ticket prices: Adults: £8; Children: £4 and Under 5s: Free. To book your tickets, please contact Sandra at shvhall@gmail.com or call Clive on 07891 653238.

Christmas Crafts & Gifts Fayre on Saturday, 21 November from 10.30am to 4.00pm There will be lots of Christmas crafts, gifts, festive refreshments and a Raffle. Free Entry. The tables have already been booked up as this is becoming one of our popular annual events with only outside space available! There will be over 30 craft and gift stalls with a wide range of items for sale as festive gifts.

Annual General Meeting (AGM) we are holding our village hall AGM on Tuesday, 7 July from 7.30pm. This is an open invitation to all to attend. If you would like to join the committee, please let Clive know on vallisc@aol.com and he will email the nomination form to you.

Raffle Prizes needed If anyone has any suitable items that could be used as Raffle prizes, please can you donate them to us which would be used at future fundraising events for the hall. The committee would be very grateful.

No Parking on Pavement by Hall The South Hanningfield Village Hall Management Committee requests that vehicles don't park up on the pavement outside the village hall because of the health and safety risks. Please alert the volunteer committee if you see such vehicles parked in this way outside the hall on 07891 653238.

Mobile Library

The Mobile Library visit South Hanningfield Village Hall every three weeks. Day of visit: Tuesday Time of visit: 11.25pm to 11.55pm
Next visit dates are 7 and 28 July.

Regular Activities

Coffee Morning - 8 July

Second Wednesday of each month from 10.30am – 12.30pm

Please call the listed contacts below to book a place.

Pilates & Keep Fit

Monday 9.45am – 10.45am

Thursday 10.30am – 11.30am

Contact Hayley on 07758 427379

Puppy Dog Training Classes

Monday from 6pm

Dog training for puppies of all ages

Contact Rachel on 07484 706085 or

email Rachel@PuppyPotentialDogTraining.co.uk

Minis/Pre-School Classes for 1-4 years

Tuesdays from 9.30am – 10.15am

3-week trials available! Phonics with Robot Reg

Contact Laura Dack on email 2lauras@robotreg.co.uk

or 01268 956859 for more information.

Line Dancing

Tuesday afternoons 12.30pm-1.30pm (beginners) and 1.30pm to 2.30pm (more advanced)

Contact Richard from the Super Troupers Line Dance Club

email thesupertroupersldc@gmail.com or tel 07740 360554.

Boxfit Personal Trainer

Personal Trainer available from 7.00pm during Tuesday evenings.

For more information, contact Rachael, Boxfit instructor on 07912 344560.

1-1 Ballroom and Latin lessons and wedding dance lessons

Available with Callie every Wednesday afternoon and evening from 3.00pm. £30 for a 45-minute lesson.

Please contact Callie on 07885 630241.

Zumba and Yoga - Thursday night

Zumba 6.30pm to 7.20pm and Vinyasa Flow Yoga 7.30pm to 8.30pm.
Pay as you go.

Tel: Charlene on 07772 443028 or email info@sakurayogastudios.co.uk

Upholstery Class

Friday morning 9.30am – 1.00pm Contact Fiona on 01621 776586 or 07887 507208

Wickford Board Game Club

Friday evenings from 6.00pm - the club are a friendly mix of players of all ages and experience levels with a huge range of modern board games for those interested to come and try!

For more information, contact Mike on 07958 456575 or look up the Wickford Board Game Club on Facebook.

Zumba and Pilates - Saturday morning

Zumba from 9.20am to 10.20am and Pilates 10.30am to 11.30am. Pay as you go

Tel: Charlene on 07772 443028 or email info@sakurayogastudios.co.uk

If you would like to book the South Hanningfield Village Hall for any regular activities or events, please call Sandra Graves, our Bookings Secretary on 07396 546050 or email shvhall@gmail.com to check availability and prices.

Please continue to support our local village hall in 2026 and if there are any other ways you can help us, let us know. Please contact the Chairman, Clive Vallis for further information on 07891 653238.

Website <https://e-voice.org.uk/shanningfieldvillagehall>

Facebook page <https://www.facebook.com/southhanningfieldvillagehall>

All in the month of July

It was:

250 years ago, on 4 July 1776 that the US Declaration of Independence was adopted by the Second Continental Congress.

250 years ago, from 12 July 1776 to 4 October 1780, that the British explorer Captain James Cook made his third and final voyage. He travelled to New Zealand and Hawaii, where he was killed in a violent exchange with the local people.

200 years ago, on 4 July 1826 that Stephen Foster, the 'father of American music' was born. His songs include Oh! Susanna, Camptown Races, and Swanee River.

Also 200 years ago, on 5 July 1826 that Sir Stamford Raffles, Lieutenant-Governor of the Dutch East Indies and later of Bencoolen (now in Sumatra) died. He was the founder of modern Singapore.

175 years ago, on 3 July 1851 that Charles Bannerman, British-born Australian cricketer, was born. He scored the first-ever run in Test cricket, and also scored the first century in Test cricket.

Also 175 years ago, on 10 July 1851 that Louis Daguerre, French photographer and artist who invented the daguerreotype photography process was born. Regarded as one of the fathers of photography.

Also 175 years ago, on 24 July 1851 that the Window Tax was abolished in England and Wales. The tax was introduced in 1696 and was based on the number of windows in a house. It led to many windows being bricked up. It was replaced by a tax on inhabited buildings.

125 years ago, on 9 July 1901 that Dame Barbara Cartland, romantic novelist, was born. She wrote 723 novels, including 23 in a single year, and sold more than one billion copies of her books.

100 years ago, on 15 July 1926 that Leopoldo Galtieri was born. As president/military ruler of Argentina, he ordered Argentina's invasion of the Falkland Islands.

90 years ago, on 24 July 1936 that the speaking clock telephone service was launched in the UK.

80 years ago, on 22 July 1946 that the King David Hotel in Jerusalem was attacked. The Irgun (a militant right-wing Zionist group) bombed the hotel which housed the British administrative headquarters for Palestine. 91 people were killed.

75 years, on 13 July 1951 that Arnold Schoenberg, the Austrian-born American composer died. One of the most influential composers of the 20th century, though the Nazis considered his music degenerate, because he was Jewish.

60 years ago, on 30 July 1966 that the 1966 FIFA World Cup final took place. England beat Germany 4 – 2. English player Geoff Hurst became the first (and only) player to score a hat-trick in a World Cup final.

50 years ago, on 4 July 1976 that Operation Entebbe took place. Israeli commandos staged a counter-terrorist hostage-rescue mission at Entebbe Airport in Uganda, following the hijacking of an Air France plane on 27 June.

Also 50 years ago, on 20 July 1976 that NASA's Viking 1 lander successfully

landed on Mars, and sent back the first photographs from the surface of Mars. Also 50 years ago, on 29 July 1976 that the pier-head of Southend Pier in Essex was destroyed by fire. It is the world's longest pier. It re-opened in 1986, but then a tanker crashed into it, creating a 70-foot gap. It reopened again in 1989, but two further fires, in 1999 and 2005, caused significant damaged. It reopened in July 2012.

40 years ago, on 23 July 1986 that the marriage of Prince Andrew and Sarah Ferguson in Westminster Abbey took place. They became the Duke and Duchess of York and divorced in 1996.

Also 40 years ago, on 28 July 1986 that British estate agent Suzy Lamplugh failed to return from an appointment in London, sparking the biggest missing person investigation since Lord Lucan. She has never been found.

30 years ago, on 1 July 1996 that candidates taking the British driving test also had to pass a written exam for the first time.

30 years ago, on 5 July 1996 that Dolly the sheep was born. She was the first cloned mammal at the Roslin Institute in Edinburgh. Died in 2003.

25 years ago, on 2 July 2001 that Barry George was convicted of killing British TV presenter Jill Dando in April 1999. He was sentenced to life imprisonment, but later acquitted and the case remains unsolved.

20 years ago, on 1 July 2006 that Fred Trueman, cricket player and broadcaster died. Seen as one of the greatest bowlers in cricketing history.

Also 20 years ago, on 15 July 2006 that Twitter, the online micro-blogging service, was launched.

Also 20 years ago, on 20 July 2006 that Tesla Motors unveiled its first model, the Tesla Roadster. It went on sale in February 2008.

15 years ago, on 9 July 2011 that South Sudan gained its independence from Sudan. It is the world's newest country.

10 years ago, on 13 July 2016 that Theresa May became Prime Minister (until 2019) after David Cameron resigned following the UK's referendum on leaving the European Union.

Also 10 years ago, on 26 July 2016 that Hillary Clinton became the first woman to be nominated for President of the USA by a major political party (Democrats). She lost to Donald Trump in the election that November.

Here are some tips for a cooler house

If the summer heat is getting to you, you might consider the following:

Close your curtains and blinds during the day. Block out the sunlight. That may be hard to do in a country where we don't see the sun as often as we'd

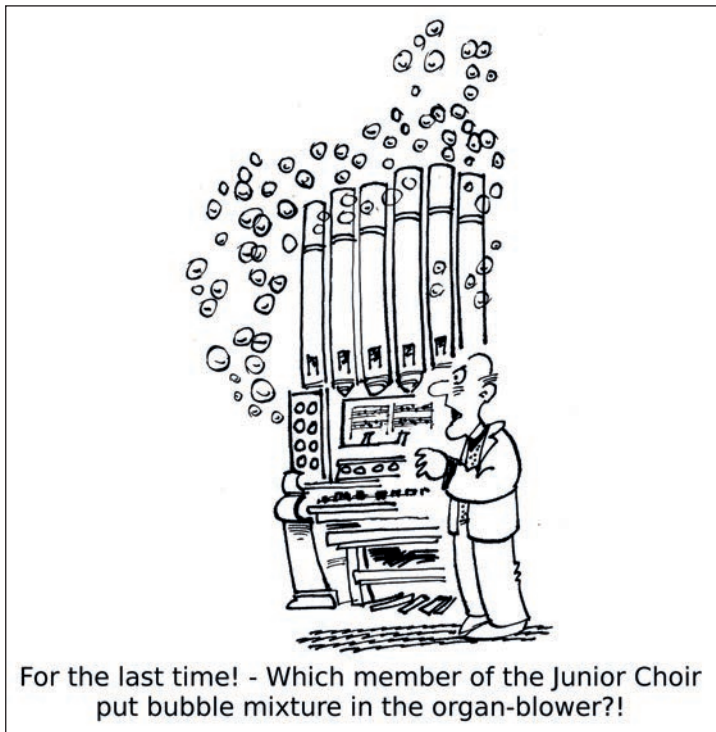
like, but sadly that sunlight pouring through your windows will not only brighten but also heat up your house.

At night, aim to create a breeze that flows through your house. This is easy to do - simply open windows on opposite walls or at opposite sides of your home. Let the air circulate as much as possible.

Try to reduce heat from your appliances. Your stove, television, dishwasher, hairdryer, fridge and freezer all generate some heat. Can you do without any of these during the daytime?

Aim for cool flooring. Try and use wood flooring and ceramic or porcelain tiles. Consider using breathable fabrics over your sofa and chairs. Sitting on natural fabrics such as cotton or linen throws is cooler than sitting on man-made fabrics.

If all else fails, try an electric fan, placed on the floor in front of a bowl of ice water, and aimed at the opposite wall of your room. But they are expensive to run, and do not cool the air. They merely increase the velocity of it, so that it feels cooler.



Why our ‘crumbling infrastructure’ is hurting older people

Poorly paved roads, unsafe crossings and poor public toilets are slowing people down. Especially older people. Rather than getting out and about in their communities, they tend to feel safer staying inside.

But the lack of regular, positive exercise is a danger for them. Such is the verdict of a recent report from MPs serving on the Health and Social Care Select Committee.

The MPs stress that what they call Britain’s ‘crumbling infrastructure’ is leading to many preventable health conditions, ranging from obesity, type 2 diabetes, heart disease, cancer, the onset of frailty, dementia and disability.

Figures suggest that 44 per cent of people aged 75 or older are doing less than 30 minutes of moderate physical activity per week. In the UK, lack of activity is associated with a staggering one in six deaths and is estimated to cost £7.4bn a year.

So, the MPs are calling for local action to fix streets and crossings, and to put in more toilets and public seating, as well as better national transport.

Layla Moran, the chairman of the health select committee, said: “Staying physically active can help older people to live not just longer, but healthier, happier, more sociable lives.”



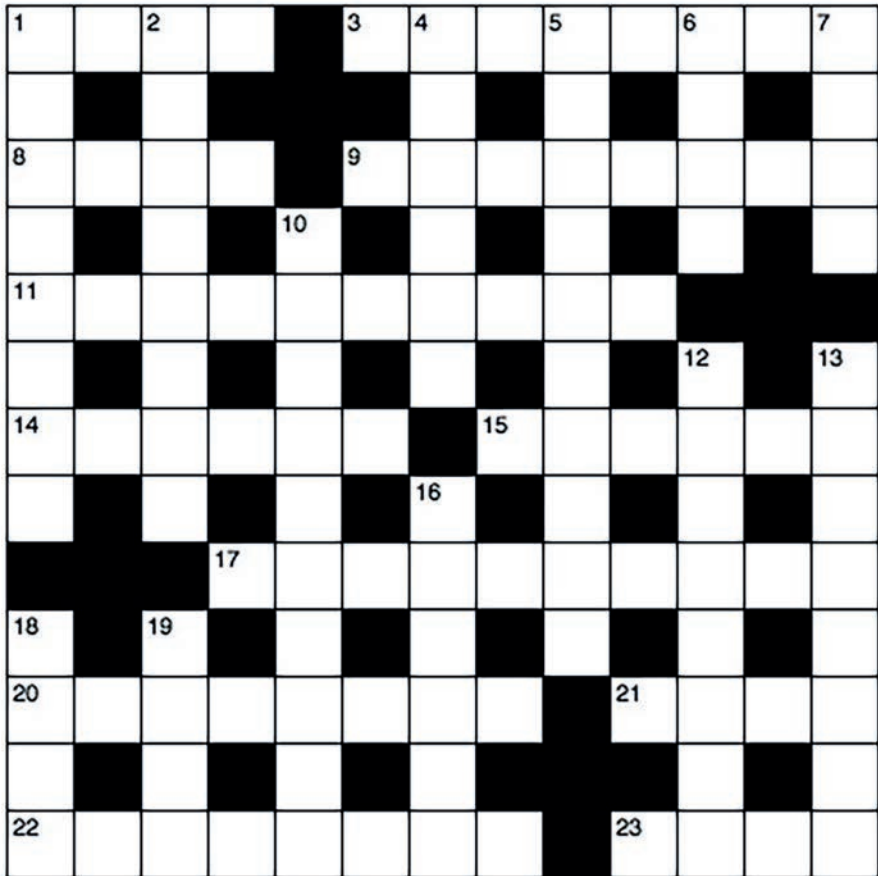
Bishop’s Forest Pre School

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Puzzle corner



Across

- 1 Proverbs describes her as being 'of noble character'
(Proverbs 31:10) (4)
- 3 'Shall we go up again — — against the Benjamites, our brothers?'
(Judges 20:23) (2,6)
- 8 A descendant of Shem (Genesis 10:28) (4)
- 9 'Anyone who does not carry his cross and follow me cannot be my — '
(Luke 14:27) (8)

- 11 Resentment (Ephesians 4:31) (10)
 14 In Cain (anag.) (6)
 15 'Such knowledge is too wonderful for me, too lofty for me to—'
 (Psalm 139:6) (6)
 17 Intense (1 Thessalonians 4:5) (10)
 20 Third Order of the Roman Catholic Church (8)
 21 'At midnight the cry rang out, "Here's the bridegroom! Come out to —
 him"' (Matthew 25:6) (4)
 22 'My grace is sufficient for you, for my power is made perfect in — '
 (2 Corinthians 12:9) (8)
 23 'As the — pants for streams of water,so my soul pants for you, O God'
 (Psalm 42:1) (4)

Down

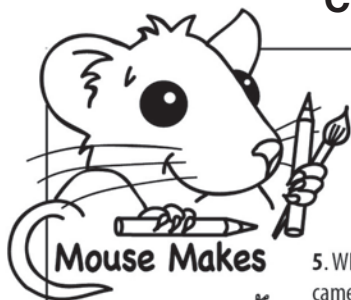
- 1 Nickname of popular First World War chaplain, the Revd G.A. Studdert
 Kennedy, — Willie (8)
 2 Occasion of religious joy (Lamentations 2:22) (5,3)
 4 'We three kings of — are' (6)
 5 Allegation or charge (Jude 9) (10)
 6 Kind (1 Chronicles 12:33) (4)
 7 'Open your — and look at the fields!' (John 4:35) (4)
 10 Also known as the Feast of Lights (John10:22) (10)
 12 Area that saw the healing of two demon - possessed men and a herd of
 pigs stampeding to their deaths (Matthew 8:28) (8)
 13 Forebear (James 2:21) (8)
 16 Name given to the first two books of the Apocrypha (6)
 18 Esau sold his birthright for this (Genesis25:34) (4)
 19 Rear (anag.) (4)

Answers on page 33.

Miscellaneous observations on life

- Your house: a portion of land covered by a mortgage.
- Fisherman: one who drops the fish a line but seldom hears from them.
- Golf: a game in which the balls lie on the ground and the players lie in the clubhouse.

Children's pages



Mouse Makes

1. What bird makes its nest on high?
Job 39:27



2. What ate the seeds along the path?
Matthew 13:4



3. The hair of which animal was used to make curtains?
Exodus 36:14

4. What insect can we learn from?
Proverbs 6:6

5. What plague came out of the River Nile?
Exodus 8:6



6. What animal would go through the eye of a needle easier than a rich person?
Luke 18:25



7. Which animal was Jesus compared to?
John 1:29



B I B L E

8. What bird did Noah release from the ark first?
Genesis 8:7

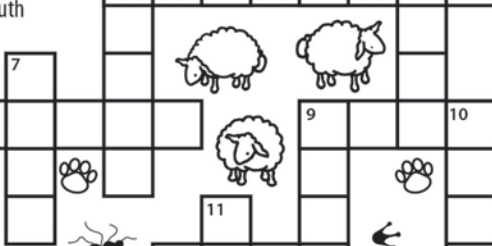


9 across.
In what creature's mouth was a coin found?
Matthew 17:27

C R E A T U R E S



9 down.
What lives in holes?
Matthew 8:20



10. What insect would God send to destroy the enemy?
Deut 7:20



12. Which bird did the Holy Spirit appear as?
Luke 3:22



12



11. What animals eat crumbs from under the table?
Matthew 15:27

13. Which animal did Jesus ride on?
Matthew 21:7



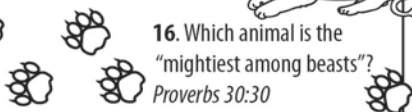
14. What bird did God provide for food in the wilderness?
Exodus 16:13



15. What insects did John eat in the wilderness?
Matthew 3:4



16. Which animal is the "mightiest among beasts"?
Proverbs 30:30



Bible Bite

A short story from the Bible

It can be read in the Bible in
1 Samuel 24

God chose Saul to be the King of Israel,
but Saul chose to disobey Him. God said
that the next king would not be Saul's son.

Saul didn't know
that God had
chosen David to
be the next king.



David was very successful
as a fighter and very
popular.



Saul became
jealous and angry

David had to go on the run and
hide.



When he
wasn't fighting the Philistines,
Saul tried to catch David.

One day, Saul
and his army
were in En-Gedi.
Saul needed to
pee, so he went
into a sheep
fold built next
to a cave...

David and his men were hiding at the
back of the cave!



God has given you
a chance to kill him!

David crept over and
cut a piece off Saul's
robe.



Saul didn't notice.

Then David felt bad.



He is
God's chosen
king. Having the
chance to do something
doesn't make it right.

David waited until Saul
was far enough away
then he shouted to him.



Your majesty, I could have
killed you today, but I
knew it was wrong. I want
to prove to you I'm not
trying to harm you.



David, you are better than
me. I would have killed you
but you were kind.



Now I know you will be
the next king, but please
look after my family.

David promised, and
Saul and his army
went home.



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Andy



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Smile lines

Ten ways the Bible would have been different if it had been written by college students

10. The Last Supper would have been eaten the next morning...cold.
9. The Ten Commandments would be only five, double-spaced and written in a large font.
8. A new edition would be written every two years, to limit reselling.
7. Forbidden fruit would have been eaten because it wasn't cafeteria food.
6. Paul's letter to the Romans becomes Paul's email to abuse@romans.gov
5. Reason Cain killed Abel: They were room-mates.
4. The place where the end of the world occurs: Finals, not Armageddon.
3. Out go the mules, in comes the mountain bikes.
2. Reason why Moses and followers walked in the desert for 40 years: They didn't want to ask directions and look like freshmen.
1. Instead of God creating the world in six days and resting on the seventh, He would have put it off until the night before it was due, and then done an all-nighter.

Adopted

The teacher's young pupils were discussing a picture of a family. One little boy in the picture had a different hair colour than the other members. One of the children suggested that he was adopted. A little girl said, "I know all about adoption; I was adopted."

"What does it mean to be adopted?" asked another child.

"It means", said the girl, "that you grew in your mommy's heart instead of her tummy."

Never too old for cricket

"Well, well," said the old gentleman to some boys who were playing cricket. "I wish I could join your game, but I'm too old."

"You CAN join in," said one young player. "Our ball has just gone through that window. You can go and ask for it back."

Lists

I love to make a list. When I get to the shops and find that I have left it behind on the kitchen counter, I like to try and guess what I put onto it.

Contacting The Herald

Contributions to the August edition

Copy for the next edition of The Herald should be sent by email to Robert Andrews at theherald@downhamchurch.org.uk by **Thursday 16 July**. Please send files in .doc, .docx or .rtf format. Because we wish to maintain a common house style please keep any formatting to an absolute minimum and do not embed photographs or other artwork. If you wish to include photographs or other artwork they should be sent separately in .jpeg or .pdf format. If you are unable to use email or are unsure about file types please telephone Robert on 01268 733817, but be aware that the telephone line has BT Call Guardian installed to deter nuisance callers, therefore you may have to announce your name and press the # key in order to be put through.

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Answers to the Crossword puzzle

ACROSS: 1, Wife. 3, To battle. 8, Obal. 9, Disciple. 11, Bitterness. 14, Niacin. 15, Attain. 17, Passionate. 20, Tertiary. 21, Meet. 22, Weakness. 23, Deer.

DOWN: 1, Woodbine. 2, Feast day. 4, Orient. 5, Accusation. 6, Type. 7, Eyes. 10, Dedication. 12, Gadarene. 13, Ancestor. 16, Esdras. 18, Stew. 19, Area.

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