

Issue Number 408

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July/August 2023

PARISH LINK

Serving the villages of Kensworth, Studham and Whipsnade for 40 years





Dave Heather
3 Pulford Road
Leighton Buzzard
LU7 1AB

Dear All

It hardly seems possible that it has been a year since I took up post as a part-time Curate within the parishes of Kensworth, Studham and Whipsnade. During this time, I have had the pleasure of meeting many interesting characters who have collectively given me an insight into village life, past and present.

Some of the interesting stories, which have stayed with me, have included how the plague affected Kensworth back in the Middle Ages; evidence of which was uncovered recently when the church installed toilet facilities; and how that church attendance in Whipsnade was negatively impacted by the opening of the Zoo back in 1931.

Back to the present and I have been welcomed into three vibrant and community-centred villages. I have been struck by the number of people involved in making the spring fairs function so professionally as well as by a real desire to keep the churches open for everyone to celebrate and commemorate the important milestones of our journey through this world.

When I stand in a historic building I often wonder what life must have been like for those who lived there when it was built. In our case, I guess that the reality would have been a very rural and agricultural landscape with almost everyone involved in working on the land. How times have changed! Just a few weeks ago, I was able to sit in the cab of a very modern combine harvester and, whilst there, wondered what the people of the past would make of such an amazing piece of machinery.

Whilst so much has changed it is refreshing to see just how much has remained constant. The values of friendship, love and care for community and each other is still very evident. I look forward to continuing to get to know you over the coming twelve months.

Best wishes, Dave.

The front cover is of Dunstable Downs showing the Wind Catcher. Thanks to Studham resident, Graham Magor, for the photo.

AROUND ABOUT STUDHAM

ST MARY'S CHURCH

Church prayers: in our cycle of prayers for the village, in July we shall be praying especially for all the residents of Swannells Wood and, in August, our focus will be everyone in Church Road, Church Close, Church Mead and Red Lion Cottages. If you would like a special prayer to be said, please contact the churchwarden, Meg Bender (872967 or meg.bender4@btinternet.com), or you may prefer to write your prayer on a 'leaf' inside the church and hang it on the prayer tree located in the north aisle.

Sunday 2nd July: we are delighted to be holding a Benefice Holy Communion Service at 10.30am. The Revd. David Heather will be presiding for the first time after his ordination as a priest on Friday 30th June. Congratulations to Dave!

Children's Church: the children and young people will meet on Sunday 16th July at 10.30am, within the service of Holy Communion. They will be eco-friendly, sowing seeds, and will be looking at the parable which Jesus used (St Matthew's Gospel) to show us how to get things growing. There will be refreshments after the service and the celebration of all the July birthdays. Everyone is very welcome.



There will be no Children's Church in August – the children and their teachers will be enjoying a well earned summer break – but we will continue to mark the birthdays with a delicious cake in celebration of the August birthdays.

THE FRIENDS OF STUDHAM CHURCH

The Friends believe that, whether you are religious or not, the Church is an important part of Studham's history and heritage. Our aim is to raise money to help maintain the fabric, but not the running costs, of this lovely building.

One of our fund-raisers is the 100 Club; the June winner was Sally Cload, winning £50, with Collette Hayes receiving £10 as the runner up.

We can announce that the May Fair, where the profits are shared between the Friends and other village organisations and charities, made almost £8500. Well done to all involved.

If you would like to know more about the Friends of Studham Church, contact John McDougal (john.mcdougal@btinternet.com or on 873257) or look at our website <https://friendsstudham.wixsite.com/website>.

KENSWORTH NEWSROUND

KENSWORTH CHURCH PRAYERS: if you would like a prayer to be said, for example for a loved one or a special event, contact Dorothy Blackburn (872670). In July our prayers will be for all who live in Common Road, from the start up to the Methodist Church, including Wick Hill. In August we shall say prayers for the residents of Bakers Lane, Woods Close, Grove Place, Dovehouse Lane and Malms Close.

KENSWORTH PARISH CHURCH: services continue as usual throughout the summer months. For all services, see page 16.

Benefice Service: on 2nd July, there will be a Benefice Service of Holy Communion at Studham, to celebrate the ordination of Dave Heather, our lovely Curate. All are welcome there, and there will be no service at Kensworth.

Messy Holy Communion: everyone is warmly invited to join our Messy Holy Communion on Sunday 9th July, starting with breakfast at 10.15am. There will be no Messy Church in August.

Compline for St James: on Tuesday 25th July, at 7.30pm, there will be our annual Compline service to celebrate the Feast of St James the Great (see page 25). This short version of Evensong was initiated some years ago by Jim Putterill (then Choirmaster), who will probably not be well enough to attend in person, but the tradition continues nonetheless! All very welcome.

Choir News: if you would like to join the choir, please contact Nicola (872223/revnicolalenthall@btinternet.com). All voices and ages welcome, and you don't have to be able to read music, just enjoy singing. We also welcome instrument players to help accompany the choir.

Sunday School: our Messy Holy Communion is on 9th July (see above). There is no Sunday School during the school holidays, but please do come to the services anyway!

If you would like your child to join Sunday School, or if you want to be a helper, please contact Katherine Huggins (607841; hugginskatherine1@gmail.com) for details.

Messy Church: the next Messy Church will be held on Friday 15th September at 3.30pm in the Church Hall, Clayhall Road. Further details in the next issue.

Kensworth Re-use Centre (formerly known as the Church Shop): this is held in the Church Hall, Clayhall Road (behind the Vicarage), and is open 2pm – 4pm on Wednesdays and 10am – 12 noon on Saturdays. All kinds of treasures are available – come and have a browse! **Cash only.** Unfortunately, we cannot sell electrical goods, clothing or large items of furniture. Please ensure that items you wish to sell are clean and unbroken.

WHIPSNAD E INCLUDING OLDHILL WOOD

KNIT AND NATTER

The group will meet in the church for company, refreshments and shared crafts on Tuesday 11th July and Tuesday 8th August 2pm – 4pm. Patterns, materials and support for beginners are available or bring along the project you are working on.

WHIPSNAD E VILLAGE GET-TOGETHER

Whipsnade Village Hall on Tuesday 25th July and Tuesday 29th August from 2pm – 4pm. Refreshments and a raffle will be available. Come along for a chat or to play cards and dominos with old and new friends.

PRAYERS

Our prayers in July and August will focus on the people who live, work and volunteer in Bushey Close, the Village Hall and Field and Windy Sayles. If you have any special prayer requests, contact the Rector or churchwardens, or write your prayer on a leaf for the prayer tree in the church.

PATRONAL FESTIVAL CELEBRATION

We are celebrating our patron saint, Mary Magdalene, with Evensong, an annual treat, on Sunday 23rd July. Come along to enjoy afternoon tea from 4.30pm onwards before the service begins at 6pm.

VILLAGE LUNCHES

The lunch every month on the second Thursday, provides a choice of main course, pudding and tea and coffee for £7.00. Everyone is welcome and there is no need to book. Isobel Randall (872552) would be pleased to have offers of help and/or puddings.

July 13th: the July main course will be a choice of roast pork, beef casserole with dumplings, breaded chicken breast or smoked fish pie.

August 10th: come along to choose from roast lamb, beef bourguignon, chicken and mushroom pie, or salmon risotto.

SUNDAY SCHOOL

Every second Sunday of the month (9th July and 13th August) the children meet in the church vestry during the 9am service for activities connected to Bible stories. Bring your children along for fun and friendship.

REVEREND DAVE HEATHER

Warm congratulations to Reverend Dave Heather from the people of Whipsnade. Dave was ordained priest on 30th June and is now qualified to take all services in church. Well done Reverend Dave!

KENSWORTH SCHOOL GOVERNORS WANTED!

Could you volunteer to help make our school the very best it can be?

- Kensworth CE Academy are looking for enthusiastic supporters to join our local Governing Board!
- Be part of a great team, meeting new people;
- Connect to our community;
- Gain new skills;
- Join one of the 300,000 volunteer School Governors in England;
- Lots of opportunities to lead (though you don't have to);
- Change lives!



Anyone who cares can be a Governor – any age over 18, any background – all are welcome to make a really valuable contribution to the team and make a positive difference to our school community.

Like to learn more?

Contact office@ken.dsamat.co.uk or go to <https://www.stalbansdmat.co.uk/governance/local-governing-board-and-regional-hub-board>.

For other Kensworth School news, please see page 18.

KENSWORTH METHODIST CHURCH

For all services, see page 15. The July Coffee Morning is on Saturday 1st July, 10.30am -12noon. Do join us for delicious coffee and cakes and a chat. There is no coffee morning in August – the next one will be on Saturday 2nd September.

KENSWORTH DROP IN CLUB

Everyone is welcome to 'Drop In' at Kensworth Village Hall every Thursday 9am – 11am for tea/coffee and biscuits (soft drinks and crisps for children). Enjoy a chat and games and get to know the locals! We also have outings.

KENSWORTH CHAT & SNACK

Come along to the Village Hall on a Friday afternoon between 1pm and 4pm, for **Chat & Snack** (formerly the Warm Hub). Meet up with friends and neighbours, or just pop in before the school run for a tea or coffee. Everyone welcome.

Chat & Snack will be closed on 11th, 18th and 25th August; open again on Friday 1st September.

SUMMER FAMILY TRAIL

A scavenger quiz covering 5.25km (3.2m) starting in Kensworth to Whipsnade to Studham and back to Kensworth

By foot or by bike follow a trail with riddles and clues along the way. Collect the clues and get to know your environment. £5 for the trail.

Contact Jane for the trail on jane.bedlington@btinternet.com or 07796 015292

All proceeds to St Mary's Church, Kensworth

THREE VILLAGES TRIP TO CORNWALL

This was Margaret's last group holiday. We set off for Cornwall in our usual fine weather. We visited Falmouth and took the ferry to St Mawes. We went to Padstow and Fowey and had a day in St Ives. We visited a cider



farm and a couple of grand houses, Prideaux Place and Trevice Manor House.



The holiday, as ever was well planned and interesting. The hotel staff were very helpful. There was a certain sadness amongst us as this was to be Margaret's last group holiday. We thanked her for all her work through the years organising such interesting trips and wished her a happy retirement!

COME ON YOU HATTERS!

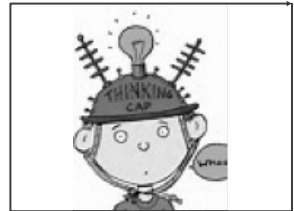
Well done local team, Luton Town, on their promotion to the Premiership, the top level of English football. We have many supporters in our three villages – especially two on our editorial committee! Good luck to them next season!



KENSWORTH FLOWER & VEGETABLE SHOW

Kensworth Flower and Vegetable Show will take place on Saturday 9th September in the Village Hall and programmes, incorporating entry forms, should be available from the local shops early in July. There are categories for all villagers, but even if you do not want to enter flowers, vegetables, fruit, plants, flower arranging, cookery, children's or craft items, then please come along to view the exhibits from 2.30pm and see the presentation of awards at 3.30pm.

Please also support the fundraising Quiz on Friday 14th July, also in the Village Hall, commencing at 7.30pm. Hosted by the popular Dave Henderson, this will be a fun evening, with the results always in doubt up to the last round – because that's the way Dave does it! Tables of maximum 8 people or individual places can be accommodated. Cost is £7.50, but please bring your own food and drinks.



Info for both events from David Manton (01438 831184/david.manton@aol.co.uk).

SPONSORED BIKE 'n HIKE

Saturday 9th September: 10.30am start at St Mary's Kensworth.

St Mary's Church, Kensworth, are leading a gentle, children-centred, off-road, family walk from Kensworth Church to Whipsnade Church and then on to Studham Church. Choose to do just two churches or do all three in our benefice.

Led by an experienced DofE Award expedition leader and outdoor First Aider. All children must be accompanied by, and be the responsibility of, the accompanying adult. Refreshments at every church.

50% of proceeds go to Beds & Herts Historic Church Trust who help with care and maintenance of our churches and 50% to St Mary's Church, Kensworth.

To get your sponsor form, contact Jane Bedlington (01582 871139).

NEW FAMILY FUN PICTORIAL QUIZ FUNDRAISER 2023

Many of you enjoyed last year's Pictorial Quiz: now it's time for a new one for 2023.

Work out 50 place names from the British Isles, and one song title from the picture clues. All proceeds to St Mary's Church, Kensworth.

E-mail Jane Bedlington (jane.bedlington@btinternet.com) or text on 07796 015292 for a copy of the quiz. BACS details will be sent or pay by cash. Each quiz is £3.50.

STUDHAM PLAYING FIELDS

Sports activities, especially cricket and tennis now, and some football, are running at full pace at the playing fields, so if you are interested in joining any of them, please get in touch.

The playing fields are also available for other events and have previously hosted marquee parties, touch rugby tournaments, school sports and village events.

If you would like any further information or are interested in using the fields to host an event, please contact the Secretary, Paul Hocking (07500 849280).

Please remember to look after your dogs if walking on the playing fields and clear up all mess to protect sports users and children using the grounds.

SPORTS AND SOCIAL CLUB

Opening hours are: Monday to Friday 4.30pm, Saturday and Sunday 12 noon.

Our **AGM is on 25th July** at 7pm in the Clubhouse.

Special evenings are in the pipeline, so watch the noticeboard for times and dates. All members should receive details of events etc. via e-mail. If you have not been receiving yours, make sure that your e-mail details are up to date by telling the bar staff or Sarah Thorne (studhamssc@icloud.com).

We welcome all visitors and new members. We provide competitively-priced drinks and the facility is also available for private events such as parties, birthdays, wedding celebrations, wakes, and music evenings etc. If you are planning an event, contact the Club Manager (Louise - 07737 839596) to see what we can offer.

Club subscriptions are as follows:

Family (parents and children under 18) – £25; single (18-64) – £20; concessions (students in full-time education and over 65's) – £10. Please pay your subscriptions as soon as possible. They are an important element of keeping our Club in the financial condition required for the future. Membership application forms are available at the bar (and from Sarah Thorne; see above).

DUNSTABLE DOWNS EVENTS: during the school summer holidays:

Summer of Play: Between 22nd July and 3rd September, Dunstable Downs is hosting free family activities and games including, football, hockey, tennis, athletics and volleyball amongst other things. An area will be fitted out with facilities for all to "give it a go". Activities are free – just £3.50 for parking (free to National Trust members). No need to book – for more information, see the National Trust website.

Half marathon: Also on 16th July starting at 10.15am, there is a half marathon.

NORTH CHILTERN GROUP

Our **Annual Service** will be Messy Holy Communion at Eaton Bray on 30th July at 10am. Please note there will be no services in Kensworth, Studham or Whipsnade that day.

The **Quiet Morning** will be led by Canon Grant Fellowes on 2nd September in All Saints' Church, Dagnall. Open from 9.30am for coffee and a 10am start. There will be two short presentations, followed by prayerful reflection, ending with a Eucharist at noon. Everyone is welcome – you don't need to book ahead.

KENSWORTH METHODIST CHURCH

Services for July/August: Sundays:

9 th July	Circuit Celebration & Picnic on Dunstable Downs	
23 rd July	Morning Worship	Led by Mr Richard Armiger
13 th August	Morning Worship	Led by Rev. Margaret Newman
27 th August	Morning Worship	Led by Mr Steve Rogers

Particulars of other services can be found on the chapel noticeboards.

STUDHAM METHODIST CHURCH

Linda Hillier is our pastoral contact. If anyone has concerns they would like to discuss with any of our Ministers, please let Linda know (872860) and she will make any necessary arrangements.

July Services:

Sunday 9 th	10am	Mr D Williamson
Tuesday 11 th	10am – 12 noon	Coffee Morning
Sunday 23 rd	10am	Local Arrangement

August Services:

Tuesday 8 th	10am – 12 noon	Coffee Morning
Sunday 13 th	10am	Mrs K Noble
Sunday 27 th	10am	Local Arrangement

We currently meet on the 2nd and 4th Sundays of the month and all are welcome to join us.

Although our own services are not being streamed, Zoom meetings are available from many of our circuit churches. If you would like details of these, or any of our other Zoom fellowship meetings, please contact Linda Hillier.

Church of England Primary Academy and Preschool

The Summer term has flown by once again. We were delighted to receive the report from our recent SIAMS inspection (Statutory Inspection of Anglican and Methodist Schools), which judged us as 'good' in all areas. The inspector reported that "Kensworth is a warm, welcoming school with a strong Christian vision" and that "pupils are loved and known". We were also recognised for having "an exceptional sense of family and care", all of which underpins and sets a solid foundation for the excellent curriculum and opportunities for learning that take place in our school.

The children, as always, have enjoyed taking their learning outside into our beautiful grounds while the weather has been so lovely, and Hornbeam class have had their turn in our Forest School – although the highlight might have been toasting bananas on the campfire!

Kensworth children have been out and about this term and have particularly enjoyed visiting Basil's Farm Café in the Village Hall, supporting a community enterprise, and being treated to seeds to sow back at school in our Pencil Garden. It was also lovely to see some of our families outside of school at the Tree Cathedral Service.

If you would like to see our wonderful school for yourself, please do get in touch. We would love to meet you.

office@ken.dsamat.co.uk (01582 872336)

Kensworth Academy PTA

We are starting to plan our annual Scarecrow Festival & Fayre and would welcome volunteers who would like to help. E-mail at **kensworthacademypta@gmail.com**.

School Governors required

Please see page 11.

ALL IN THE MONTH OF JULY (for August see page 25)

175 years ago, on 7th July 1848, Waterloo Railway station opened in London;

65 years ago, on 26th July 1958, debutantes were presented at the British royal court for the last time;

10 years ago, on 19th July 2013, Mel Smith, British comedian and screenwriter, died. Best known for the TV comedy series *Not the Nine O'Clock News* and *Alas Smith and Jones*.

STUDHAM VILLAGE CE ACADEMY AND PRESCHOOL

I cannot believe what we have accomplished at Studham Village CE Academy this year! We would like to thank our community for their support and we are looking forward to many more events in the forthcoming months where we hope you will join us.

As I am writing this, we are preparing for our **Forest School open afternoon**, where our children will be demonstrating some of the skills they have been learning. The children have made seed 'bombs' that they have 'dispersed' to attract wildlife and have designed pathways in between.

Our **'Swap Barrow'** will be available where we hope to be able to share produce and seeds/seedlings with our community and in turn maybe you could 'swap' seeds/plants for us to grow in our allotment.

We have had **visiting animals**, including new chick arrivals and 'Shaun' the sheep! The children have loved studying all God's creatures here at Studham.



Our **School Summer Fayre** will be held on **Saturday 15th July**. There will be so much to do and see and all monies raised will be spent on enriching our children's education; we cannot wait to share the fun! Come along and say hello!

New **PTFA members** are always welcome; you can look on the school PTFA Facebook page or e-mail the school for more details (school@studhamschools.org.uk).

We look forward to welcoming you to our school and events over the coming months and are excited to be entering into a new academic year.

If you are interested in a place for your child (preschool to year 4, from 2 years old to 9 years old), please contact the school office on 01582 872337 or e-mail school@studhamschools.org.uk for more information. We look forward to seeing you soon.

The picture depicts our children learning from a local Bee Keeper.

Sarah MacKenzie-Skea, Headteacher

STUDHAM TENNIS CLUB

We offer free annual Junior Membership (with every full adult member) and annual Family Membership from £75.

Coaching takes place alongside our Cardio Tennis – a fun, fitness class based on the game of tennis. Junior and adult tennis coaching takes place every Saturday afternoon between 2.30pm and 5.25pm. All are welcome.

Our coach, Megan, is also available for private individual or group lessons; contact her (07826 855 388) for more information.

For more information on the club, please contact Andrew Jones (andrew.jones@selecta.com / 07833 111682 / www.studhamtennisclub.co.uk).

TABLE TENNIS GROUP

9.30am-12.30pm Fridays in Studham Village Hall

Our group has grown and we have started a waiting list to join the sessions, which, due to growing popularity, now start earlier and finish later than previously. If you wish to be added to the waiting list, please e-mail twohappyfolks@btinternet.com with your name(s), age(s) and contact details and we will be in touch.



In addition, a weekly coaching session on Wednesday mornings between 10am and noon has started for those who want to learn the basics or help improve playing ability. All levels welcome and over 12 years of age only – there is no upper age limit as long as you are sure footed and reasonably steady on your feet.

CARPET BOWLS

2pm Thursdays in Studham Village Hall

We are a friendly mixed group and new members will be made welcome. No experience is necessary and no equipment is needed. It is an opportunity to relax and, at the same time, have some very modest exercise.

Contact Pat Thorne (872751) or please just come along.

SCRABBLE

2pm Tuesdays in Studham Village Hall

New players are welcome in a small friendly group. Contact is Mary Must (alan.must@churchclose1pluscom) or please just come along.

KENSWORTH PARISH COUNCIL

Clerk: Christina Jones e-mail: clerk@kensworthparishcouncil.gov.uk

Website: www.kensworthparishcouncil.gov.uk

Recreation Ground Pathway: a final measure has taken place and, subject to sign-off, the pathway installation will be instructed to commence shortly. This new pathway will be positioned on the inside edge running along the hedge line of the recreation ground in Common Road.

Playground redevelopment fundraising: we have begun a fundraising exercise aimed at securing grants to redevelop the old section of the recreation grounds playground – the section inside the metal railing. An initial and key element of this exercise is to consult with villagers, to understand preferences regarding what equipment children and parents would like to see as part of any redevelopment.

To support this consultation, the Parish Council plans to conduct a survey over the coming weeks. We would ask you to look out for this survey and would welcome views from parents and children to help shape the requirements for a new playground area, and to prepare for our grant applications.

Traffic Calming - Common Road and Parking options - Ridgeway are topics being re-focussed on by the Parish Council and site meetings with Central Bedfordshire Council are being planned.

Next Parish Council Meetings:

13th July and 14 September, 7.30pm Kensworth Village Hall. **There is no meeting in August.**

KENSWORTH VILLAGE HALL

The new members of the Village Hall Committee will meet on 5th July, when John Hagen will take up the position of Chair, Jools Hall will join the Committee as Treasurer, and the two new members of the Committee, Leanne Miller and Gareth Price, will be bringing new ideas for events for residents. We are hoping that this will be the start of some exciting events at the hall!

For groups looking for somewhere to hold events, holiday clubs etc, during the school summer holidays, the Village Hall still has some dates and times available for hire. For more information call or text 07831 538682.

The July meeting is on the 5th and the September meeting is on the 6th September. Both start at 7.30pm.

STUDHAM EXTRA I

STUDHAM PARISH COUNCIL

After the May elections the Studham Parish Councillors are:

Councillor Lola Harris – Chair

Councillor Mo Rashid

Councillor Jennifer Rushmer

We would like to thank all the previous Councillors for the years of service and dedication to our village. We would especially like to thank Bob Wilkin and Mark Poyner for their help and guidance over recent weeks since the election.

Central Bedfordshire Council has advised they are “in receipt of 10 names requesting an election for the recently advertised Vacancy Notice. Consequently, an election will take place on 3rd August 2023”. Studham PC are delighted that an election will decide the four Councillor vacancies and hope that this interest in an election will result in lots of residents putting their names forward.

The next PC meeting is scheduled to take place on Tuesday 18th July at 7pm in the Committee Room at the Village Hall. As usual, there will be no meeting in August.

BINGO

Wednesdays 5th & 19th July; 2nd, 16th & 30th August in Studham Village Hall

You may not have joined us before or you may be one of our regulars; whichever it is, we will be pleased to see you. Doors open at 7.30pm and 'eyes down' at 8pm.



STUDHAM VILLAGE HALL

AGM Friday 28th July at 7.30pm in the Hall – all welcome

Our regular users include carpet bowls, Mums and Tots, Scrabble, table tennis, Parish Council, yoga, bingo, Gong Therapy, WI and tap dancing. We have room for other groups, for example: chess or book club, perhaps whist, video games, table-top games, or just a family games night. If you would like to organise any of these, or any other group, then please contact one of the Trustees.

The Hall is ideal for parties and hire rates are very reasonable. Please contact Lynne Smith, (bookingstudhamvh@gmail.com), who would be pleased to discuss.

We are always happy to welcome others who would like to become a Trustee; the work is not onerous and we have around 4 meetings a year. If you would like to join us, please let either Des Salmon (872082) or Chrys Smith (872989) know.

FRIENDS OF STUDHAM COMMON

The next work party for the Friends will be on Saturday July 15th.

The work will entail checking the entire southern hedge boundaries of the commons and trampling any densely growing vegetation, such as bracken, to ensure it will not inhibit the growth of the hedge, leaving it thin and unsuitable for wildlife cover. This will also ensure a good habitat for future nesting birds.

On East Common we will trim the vegetation around the car park, leaving some cover for any lizards to shelter in, whilst providing a good clear view for any visitors. On both Middle and East Commons we will mow the main paths, depending on the amount of growth, in order to maintain a good access to the Commons for all.

Everyone is welcome, especially new members. We meet at the War Memorial on West Common, opposite the Red Lion at 10am; all tools will be provided. For further information, contact Bob Wilkin (bob@afromosia.com/07796 446031).

W.I.

7.15pm Thursday 6th July – members only picnic

7.15pm Thursday 3rd August – demonstration from Jonquil Florist (open meeting)

We enjoyed a very interesting talk and Q&A session, from our local Vicar, Revd. Canon Nicola Lenthall. Her topic was 'Sorry I'm late, Bishop, the teddy bear fell down the toilet – 20 plus years of a mum in ministry'. She began with her childhood in Cornwall and how she came to ordination in the early days of women being ordained in the Church of England; then moving on to more recent times when she faced the challenges of trying to conduct services, especially funerals, during the period of the Covid pandemic, and her appointment in 2022 as an Honorary Canon of St Albans Cathedral.

Very much to the fore, was the issue of trying to juggle her personal life, as a wife and mother of young children, with her professional life, and she told many amusing stories of how she and her husband, who is a great support to her, just about managed to keep both going! Having now served the parishes of Kensworth, Studham and Whipsnade for nearly 20 years, she is due a well-deserved 3-month period of sabbatical leave, but says what keeps her from moving on, are the lovely people whose community she lives in and works amongst.

July is a members only picnic evening, but all are welcome to join us in the Village Hall on 3rd August, 7.15pm – see above. This is an open meeting and so all, both sexes, are welcome. The demonstration arrangement(s) will form part of the raffle.

ECO CHURCH – ECO LIVES

Lifestyle: Why eat less meat, or go vegetarian, or go vegan?

1. Reduce risk of heart disease.

Lower in saturated fat and cholesterol.

2. Cancer prevention.

Regularly consuming a diet that contains fruits and vegetables is strongly associated with a reduced risk of some cancers.

3. Lose excess weight and keep it off.

Vegetarians may have lower BMI due to consumption of a diet that is high in fibre-rich foods, such as fruits and vegetables.

4. Live longer, slow the ageing process.

A study in the British Medical Journal found that vegetarians outlive meat eaters by six years. Plant-based diets are generally rich in fibre, phytonutrients, antioxidants, vitamins and minerals, which in turn strengthen the immune system and slow down the ageing process.

5. Reduce global warming.

The UN said that livestock generate more greenhouse gases than all the vehicles in the world combined. The single most important step an individual can take to reduce global warming is to adopt a vegetarian diet.

6. It makes economic sense.

A vegetarian diet is not only good for one's personal health; it's also good for the nation's economy and is likely to reduce the need for NHS resources.

7. Saves you money.

Fruits, vegetables, grains and pulses are cheaper, overall, than meat, and can be found in every supermarket.

8. Enjoy the diverse, colourful, and delicious world of vegetarian/vegan cooking.

Vegetarian meals can be tasty, fast, and easy.

For more information and inspiration, see:

<https://www.bbcgoodfood.com/recipes/collection/vegetarian-dinner-recipes>

<https://www.jamieoliver.com/recipes/category/special-diets/vegetarian/>

<https://www.olivemagazine.com/recipes/collection/quick-vegetarian-recipes-ready-in-under-30-minutes>.

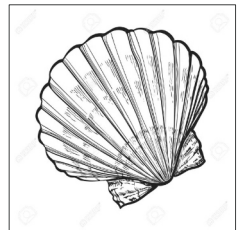
DATES

SAINT JAMES the GREAT (Feast Day 25th July)

St James the Great, also known as **James, son of Zebedee** (died AD 44), was one of the Twelve Apostles of Jesus. According to the New Testament, he was the second of the apostles to die (after Judas Iscariot), and the first to be martyred. He was executed in Jerusalem and buried. He had visited Spain as a missionary, and when his remains were dug up, they were said to be covered in scallop shells, which is why they are his symbol. St James is the patron saint of Spain and legend says some Spanish converts brought his bones to Santiago de Compostela in Galicia, in north-west Spain. *Santiago* means St James in Spanish and Portuguese, with its derivatives *Diego/Diogo*.



The traditional pilgrimage to his shrine has been the most popular pilgrimage for Western European Christians from the Middle Ages onwards, although its modern revival and popularity stem from Walter Starkie's 1957 book, *The Road to Santiago. The Pilgrims of St. James*. Officially, 439,000 pilgrims registered in 2022 as having completed the final 100km (62m) walk, or 200km (120m) by bicycle, to Santiago to qualify for a Compostela – a certificate and badge in the shape of a scallop.



The **Camino de Santiago**, in English, the **Way of St James**, is a network of pilgrims' ways leading to the shrine, in the cathedral of Santiago de Compostela. These days, people of all faiths - and none - make their various ways to the shrine, sleeping in little hostels and eating very basic foods, but all finding their 'inner selves' and making many friends along the way. Monasteries on the way give free wine to thirsty pilgrims! Some famous people's pilgrimages have been the subject of television programmes. For example, Rev'd Kate Bottley, Neil Morrissey, Heather Small, Debbie McGee, JJ Chalmers and Ed Byrne, to name but a few.

ALL IN THE MONTH OF AUGUST

51 years ago, on 1st August 1972, the Washington Post newspaper published the first article that exposed US President Richard Nixon's involvement in the Watergate scandal.

11 years ago, on 25th August 2012, Neil Armstrong, American astronaut (Apollo 11) died. He was the first person to walk on the Moon.