

VILLAGE VOICE

BRINKLEY.....BURROUGH GREEN.....CARLTON.....WESTLEY WATERLESS

JULY 2022

KNIT & NATTER

Every Monday from 1:30 to 3.30pm

In the Community Room at Sheriff's Court Burrough Green. All knitters or potential knitters are welcome,



Bring your own knitting or we can teach you to make squares for the local neonatal unit or knit for other charities. We have odd bits of wool, patterns and needles etc. There will be a small charge for refreshments.

Any donations of wool would be greatly appreciated.

ALL WELCOME

NEWS FROM THE ELLESMERE CENTRE

THE ELLESMERE SUMMER SHOW



Produce Show, Pony Rides, Meet the Unicorn Pony, Stalls, Dog Show, Cakes, Teas, Barbecue, Bouncy Castle, Bar with Real Ale and Pimms.
SUNDAY 17TH JULY FROM 12-4PM

Judo Classes - there is still space on Thursday afternoons for new members.

4-5pm for 5-7yr olds and 5-6pm for 8+ years.

With our long standing coach, Colin Fordham.

Over 55's men's table tennis group meet on Thursday evenings at 7.30pm. Please contact the Centre if you are interested in joining them.

For Summer Activities - please check our website.

Follow us on Facebook or Twitter

@CentreEllesmere

Email: office@ellesmerecentre.org.uk

Alternatively call us on 01638 508212

MOBILE LIBRARY



The Mobile Library will be at BRINKLEY Memorial Hall on the 4th THURSDAY of each month between 12.10 - 12.50pm 28th July.

BURROUGH GREEN by the BUS STOP on 3rd THURSDAY of each month at 3.50 - 4.10pm. 21st July They stock a great selection of books for all ages, plus NHS hearing aid batteries. They can even check and replace the ferrules on walking sticks.

Make use of this wonderful resource.



JUBILEE LUNCH BRINKLEY - BIG THANK YOU

We would like to thank all those who helped make the Platinum Jubilee Picnic a great success - friends who contributed - cakes, plants and marquees; friends who served teas; friends who dismantled it all at the end. Despite the threats the weather gave us, we all enjoyed our communal gathering.

Thank you to all who came - even the Queen put in an appearance!

Our photographer took many photos, and we shall be displaying these at the Raddesley Festival on September 10th/11th in the church.

Ros & Martin

BURROUGH GREEN FETE

We had a fabulous fete this year! It was wonderful to see the local community enjoying themselves again in the sunshine. Thank you to all those who helped to prepare beforehand, on the day and with the clearing up afterwards, and thank you too to all of you who came and supported the event. The profit is in excess of £4000 and 25% of the total will be donated to The Ellesmere Centre.

BURROUGH GREEN READING ROOM

Burrough Green Reading Room Committee were thrilled at the success of the Jubilee Picnic held on the green. It was fantastic to see so many families enjoying the sunshine and catching up with friends old and new. All Burrough Green children received a commemorative jubilee mug and a photographer came and captured a lovely photo of everyone; this will be available to purchase for a small donation, please keep an eye on the Burrough Green Facebook page for information.

We will be hosting another of our legendary breakfasts in September and our beautiful hall continues to be available for hire at just £10 an hour. If you want to come and see our brilliant facilities, please call Joanne on 01638 508888.

Thank you for your continued support,
The Reading Room Trustees.

WANTED

Neighbourhood Watch Co-ordinator to cover the lower part of Westley Waterless village (White House to Harefield Park).

For more information please contact Laurie Medlock on 01638 508978

VILLAGE HALLS

Brinkley, Burrough Green and Westley Waterless have excellent village halls, all beautifully refurbished over the last few years; and all available for hire at reasonable rates.

Information on their facilities and availability can be found by contacting them on:

Brinkley Memorial Hall

Contact: Susie Shuter on 01638 508729
or 07836 656643

Burrough Green Reading Room

Please contact Joanne Harrison on 01638 508888
E mailing bgreadingroom@yahoo.com
www.burroughgreenparishcouncil.org.uk

Westley Waterless Village Hall

For more information please go to
www.westleywaterless.com/hall

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**BRINKLEY MEMORIAL HALL**

**IMPORTANT NOTICE**

The Trustees apologies for any inconvenience caused to those who use the Hall on a regular basis, but the Memorial Hall will be closed from 18 July to the first two weeks in September due to the need for a completely new floor. The joists under the floor in some areas have rotted away due to lack of air circulation, making it dangerous to continue to use it in its present state. The floor will be completely removed and the gap between earth and floor will be filled in with concrete and floor relaid.

Plywood sheets were laid on top of the existing floor before Christmas last year and will now be available for sale should anyone want them. Please contact either Susie or Franca.

*Trustees Brinkley Memorial Hall*

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THE BULL BURROUGH GREEN

For July.

We will not be open 12-3 for lunch or drinks



Monday to Friday.

Opening hours will be

Monday - Closed

Tuesday : 5 - 9 (no food)

Wednesday : 5- 9 (no food)

Thursday : 5 - 10 (food served 5-8)

Friday : 5 - 12 (food served 5-8)

Saturday : 12 - 12 (food served 12-2/5-8)

Sunday : 12-10 (food served 12.30-3)

**BOOKING IS ADVISABLE TO AVOID ANY
DISAPPOINTMENT**

Please Call 01638 508333 during opening hours to
speak to a member of our team.

Rob & Kat look forward to welcoming you

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**RECYCLING**

**Carlton & Willingham Green - Mondays :**

Black bin - 11<sup>th</sup> & 25<sup>th</sup> July.

Blue & Green - 4<sup>th</sup> & 18<sup>th</sup> July.

**Brinkley, Burrough Green, Westley Waterless -  
MONDAYS**

Black sacks weekly.

Blue Lid - 4<sup>th</sup> & 18<sup>th</sup> July.

Green Lid - 11<sup>th</sup> & 25<sup>th</sup> July

**Ink Cartridges** *The Opportunity Group* which meets at the Ellesmere Centre would be very grateful for your old ink cartridges to help with fund raising. Please drop them in the box on the gate at White Hart Cottage, High Street Brinkley or in the box at the Ellesmere Centre. Thank you.

(The Opportunity Group provides one to one care for children with special needs and their siblings, also provides respite for their parents/guardians.)

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MARSH MAIL - News from Linton Village College

LVC students enjoyed a full week of enrichment at the start of June. Following limited opportunities for trips and visits over the last couple of years, it was fabulous to see students benefiting from a varied programme of fun opportunities outside of the classroom.

While Year 11s were busy with their GCSE exam series, all year groups were experiencing extra-curricular activities including a range of day trips for Year 7s and 8s. Highlights included the Nuclear Races, an extremely muddy assault course, bush craft workshops, a visit to Dance East in Norwich and hosting Year 6s from Linton Heights to showcase Year 7s' performance skills.

Year 9 students enjoyed a week's residential, either exploring cultural sights of London, engaging in water sports in Dorset or enjoying a week in the Peak District, having adventures with their peers.

Meanwhile, our Year 10 students had the option of a week of activities at a PGL site in Lincolnshire or a work experience placement. I'm proud of the responsibility shown by LVC ambassadors in varied workplaces and to all the students that engaged brilliantly with the week's enrichment programme. It's a testament to LVC staff commitment that we could organise so many trips.

We are looking forward to our Prom celebrations taking place on the College site on Friday 1st July. Our Year 11s have shown incredible resilience during their lengthy exam series following disruption to their education. It will be lovely to be able to welcome parents and members of the community to observe the students' arrivals this year.

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### ELLESMERE GARDEN CLUB

The next couple of months are very busy! There may still be a couple of seats left on the coach to **Barnsdale Gardens on Wednesday 6<sup>th</sup> July**. Contact Judith if you are interested and haven't booked your place yet: [judith.mahoney@btinternet.com](mailto:judith.mahoney@btinternet.com)

Then on **Sunday 17<sup>th</sup> July** the **30<sup>th</sup> Annual Flower and Craft Show** will take place as part of the Ellesmere Fun Day. Exhibitors' staging is from 8.15 am to 9.45 am on the day, with the show opening to the public at 12.30 pm and prize giving at 4 pm. It's a traditional show, open to all, and the schedule and entry forms are available in the Ellesmere Centre or on the club website:

<https://ellesmeregardenclub.wixsite.com/egc1>

Make sure to get your entries into the box in the Centre by the closing time of **5pm on Thursday 14<sup>th</sup> July**. Even if you are not entering do come along and enjoy the activities on the field, which include a plant tombola and a **Dog Show**, as in previous years.

Then on **Wednesday 27<sup>th</sup> July** we will hold our **BBQ** at 7pm by kind invitation of Tim and Jean Gross in Church Lane, Stetchworth. Members will receive an email nearer the time asking for offerings of a salad or pudding, so look out for that and be sure to mark your diaries for what is always a lovely social event.

As a departure from our usual practice of holding no events in August, this year we are having a visit on **Wednesday 17<sup>th</sup> August to Pampisford Allotments**, hosted by Graeme Udell. This is a large, productive, organic, bee-friendly allotment with a free-range chicken area. Following this, we plan to go for a pub meal at the Chequers. There will be an email reminder nearer the time with details of start time and journey arrangements.

So, plenty to look forward to! Members and visitors are equally welcome to our meetings and events, and if you have any queries about the club, please contact either our Chairman Sandie, phone 07903 584676, or our Secretary Judith, phone 07740 100660.

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NEWMARKET CHEERFUL FRIDAY STROKE SUPPORT GROUP

A social group that offers friendship to both stroke survivors and their carers.

The group meets on the 3rd Friday of each month
10.00 - 12.00

at The Parish Centre Our Lady Immaculate & St.
Etheldreda

14 Exeter Road NEWMARKET CB8 8LT.

Come and join us for conversation, information, fun,
refreshments and the occasional outing.

Contact Kathie on 07923 526555 for more
information

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### BURROUGH GREEN CRICKET CLUB



The cricket season has started very well for Burrough Green. We remain unbeaten this season and at the time of typing are top of our division. We have had probably our most contested fixtures since reforming against Balsham and Little Shelford. Luckily all our bowlers have all been chipping in with wickets with honorable mention to our own wily coyote Rob Ashcroft who took 6-14 against Balsham which is the leagues leading figures. We could have been in real trouble, but SuperTed Ed Riddell scored 110\* whilst wickets tumbled around him. We finished May with a very easy win against Elmdon with another 100 for Peter Bragg who staunchly defended his wicket like Nelson at Trafalgar until falling at the last minute.

We remain open to any help anyone wishes to provide, playing or just running the club. We want to be a sporting hub for the whole village so please do contact [burroughgreencricket@gmail.com](mailto:burroughgreencricket@gmail.com) if you want to be part of the club.

July fixtures are:

2<sup>nd</sup> July - Buntingford (a)

9<sup>th</sup> July - Newton (h)

16<sup>th</sup> July - Newton (a)

23<sup>rd</sup> July - Balsham (a)

30<sup>th</sup> July - Little Shelford (h)

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SAWSTON OPEN GARDENS

**Five Sawston gardens are opening their gates to
visitors**

on Sunday 3rd July

for the National Garden Scheme (ngs).

This important charity was founded in 1927 and has since raised over £63 million for a number of nursing charities, funded entirely by charging a small fee to visit participating gardens. Despite disruption and closures during the pandemic, the ngs raised £2.9 and £3 million in 2020 and 2021 respectively. The main beneficiaries are Macmillan Cancer Support, Marie Curie, Hospice UK, Carers Trust and The Queen's Nursing Institute. See www.ngs.org.uk for more details.

This year there are four private gardens plus the Mary Challis Garden to visit from 1-5 pm. Start where convenient and collect a map. Details of the openings, with garden descriptions, are on the ngs website. Visitors are encouraged to book their visit on-line or can simply turn up and pay at the first garden. Entrance fee is £6 for all gardens; children free. Do come along to view some of Sawston's finest gardens and support these important charities.

Home-made teas and cakes in the Mary Challis Garden from 1.30-4.00 pm.

Enquiries: Mike & Ann Redshaw 01223 834511.

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# RIDE+STRIDE for Churches

**SATURDAY 10<sup>th</sup> SEPTEMBER 2022 10am - 6pm**  
I do hope you will be able support this year's Ride & Stride and help Cambridgeshire Historic Churches Trust (CHCT) support your church, and churches of all denominations in the county, whenever they need help with repair and improvement costs.

There are numerous ways you can do this:  
• Bike, walk or ride around the beautiful Cambridgeshire countryside, stopping at as many churches and chapels as you can along the way. Be imaginative in your mode of transport.

• Be a virtual visitor - if you aren't able to physically visit churches, try using the National Churches Trust's explorer website to visit some virtually

<https://www.nationalchurchestrust.org/search/node?keys=Cambridgeshire&language=en>

• You could set yourself a challenge, for instance, 10 minutes to visit as many different dedications (church names) as possible.

• Be a 'church welcomer'

• Finally, and most important of all, be sponsored for your visits, or for your time spent volunteering, or simply make a donation to the CHCT. Remember that you can split the funds you raise 50/50 with CHCT and a church of your choice or donate all you raise to CHCT.

All the information and paperwork you need can be downloaded from our website - <https://camhct.uk/ride-and-stride/>

**All our local churches will be open -  
RADDESLEY BENEFICE WEEKEND  
10<sup>th</sup> and 11<sup>th</sup> September**

On September 10th/11th, the Raddesley Benefice will be holding a 'festival' to help fund-raise for our churches.

The churches will have flower arrangements and a variety of exhibitions. There will be refreshments available at each church: Brinkley, Burrough Green, Carlton, Dullingham, Stetchworth and Westley Waterless. Westley Waterless brasses will be on display with Brass rubbing perhaps.

Brinkley church will have exhibitions of bell-ringing and handbell ringing and Antique valuations on one of the days. Photos of old Brinkley (if you have any, we would love to borrow them), and more recent events, such as the Jubilee picnic.

It would be lovely to have pictures created by any children who live in Brinkley, of their homes - or any aspect of our village, which could be displayed in the church.

**FOR SALE -new prices**

GIRLS/ LADIES BLACK BIKE. CARRERA LTD 27.5 wheels. Excellent condition . £50 ono

MEN'S ALL TERRA TRANSEO 3.0 CITY X GT.  
Excellent condition . £150 ono

1 WHITE RADIATOR 24ins SQUARE. NEW. £10

2 CYCLE HELMETS 1 BLACK, 1 BLACK/WHITE.  
£5 each

CONTACT Bena Cook on 01223 290779 (Carlton)

**LINTON DISTRICT  
GIRLGUIDING**



Jubilee celebrations were everywhere in Girlguiding... As usual we also had a special badge or three to sew on our camp blankets.



Girlguiding Cambs East had its very own Beacon Lighting Ceremony at the Jarman Centre. An amazing experience and one we will never forget. Our Anglia region residential Centre at Hautbois, Coltishall, Norfolk had one too as did all our residential sites around the country. We attended village picnics, and in our units did our own celebratory Skills builders and activities. The Queen herself had a Guide unit in her own back garden. 1<sup>st</sup> Buckingham Palace Guides, along with Princess Margaret as a Brownie. All meeting up in the gardens of Buckingham Palace. Set up by the then Queen Elizabeth the Queen mother. To enable her daughters and their friends to earn their Girlguiding challenge badges. Since her coronation in 1953 Her Majesty the Queen has been patron of Girlguiding and Sophie the countess of Wessex our President since taking over from Princess Margaret in 2002. Then as now, Girlguiding offers a place where girls and young women can just be themselves. They can build brilliant friendships, gain valuable life skills, build their confidence and raise their aspirations. Encouraging them to be a powerful force for good. It really is incredible to think we span every corner of the globe and have done so for over 100 years, today tomorrow together.

*Come and see what we do*  
Contact Louisa on 07711 614328  
[lintondistrict@gmail.com](mailto:lintondistrict@gmail.com)  
@Linton District  
<https://www.girlguiding.org.uk/>

**DULLINGHAM FLOWER CLUB**

**Thursday 14<sup>th</sup> July 2022**

**8pm**

The Taylor Hall, Dullingham. CB8 9XE  
Come & join us for a fun evening with a  
demonstration by

**Lisa Sampson**

Admission £8 to include refreshments. Raffle

Please contact Lesley Bird

Tel: 01638 507658 or 07786 817154

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**LUCY FRAZER'S RECENT VISIT TO BURROUGH
GREEN PRIMARY SCHOOL**

Burrough Green Primary School have a fantastic outdoor timeline display, documenting memorable moments in our national and international history. I was pleased to see this, and other displays of student work during my recent visit to the school.



Principal Anna Hayesmore and three Y6 pupils - Oliver, Harley and Kate showed me round the school before I took part in a school assembly and question and answer session. During the assembly we discussed the role of the Prime Minister and the Cabinet, the responsibilities of an MP and the purpose of different laws. We also discussed pets in Downing Street and



Parliament! Pupils in Years 4-6 asked me a variety of questions about my role as an MP and Minister, alongside the responsibilities of the Treasury and the Bank of England.

I am also looking forward to showing pupils around Parliament in the future.

Lucy Frazer QC MP

*Member of Parliament for South East Cambridgeshire
Financial Secretary to the Treasury*

District Councillors' Report

Charlotte Cane & John Trapp East Cambs - Bottisham Ward

At the Operational Services Committee on 13th June, John was assured that the problems with delayed bin collections are over, and that the previous excellent service will be resuming. There will be some catch up over missed collections. It was reported at the meeting that they had brought in additional contracted recycling collection to assist with the catch-up and that they have a new HGV driver. For the longer term, they are recruiting further HGV drivers, looking at in-cab technology to help with the rounds and working with the unions to support staff. This covers many of the measures suggested by us and colleagues, which is welcome. In addition we would like to see additional management support; a staff survey; reviewing HGV driver pay, as it is well below local HGV roles which are being advertised; and a review of the service to build in more resilience. Waste collection is a service which we all rely on and we will continue to press for the changes needed to provide a sustainable and reliable service.

At the Annual Meeting of the Council in May, the representation on the committees was confirmed, and both of us are on the same committees as last year:
Charlotte: Audit Committee, Ethical Guidance
John Trapp: Finance & Assets, Operational Services, Planning

We are also substitutes on other committees.

Alan Sharp continues as the Chair of Council and Anna Bailey continues as Leader of the Council.

Our next Councillor's surgery is on Thursday 21 July at 6.30pm at the Pavilion on the Denny at Swaffham Bulbeck, and at the Black Horse in Swaffham Bulbeck at 7.30pm. There will not be a surgery in August, but we are always happy to be contacted if you want to raise anything with us.

We hope you have a good summer and that the weather is kind to us all.

John Trapp 01223 812120

john.trapp@eastcambs.gov.uk

Charlotte Cane 07976 607512

charlotte.cane@eastcambs.gov.uk

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## 2523 LINTON AIR CADETS.

2523 were delighted to be invited to parade for the village at the Platinum Jubilee party in the park event. With both the union flag and squadron standard on parade the cadets turned out in their smartest light blue uniform to mark this historic occasion.



The squadron is growing in number and our summer taster programme is well underway. For those going to be in year 8 from September you are welcome to join us so please get in touch.

Taster sessions completed so far have included initiative exercises and radio familiarisation, with our new cadet recruits getting hands on with equipment and getting a feel for all the new skills they can learn.

It isn't all about new joiners, our experienced cadets are progressing through the syllabus and we continue to get spaces on regional and national courses. Sgt Vellacott is going for gold with a week long cyber training course, enabling him to later teach cadets and staff in this field.

We have our major competitions inter-wing competition approaching and in preparation we are practising our key training areas of first aid, leadership and drill. As summer progresses we will see cadets complete the final expeditions for their bronze and silver Duke of Edinburgh award, go on summer camp, visit The Air Charter Expo to see private business jets, have a private tour of London Biggin Hill airport and visit the Houses of Parliament.

We like to be busy!

Bradley Wright Flying Officer RAFAC  
[training.2523@rafac.mod.gov.uk](mailto:training.2523@rafac.mod.gov.uk) 07943 873272

### WHAT'S ON AT THE RED LION BRINKLEY



Check on Facebook for up to date  
information.  
**01638 508707**

### ARTICLES FOR AUGUST VILLAGE VOICE

To  
[villagevoicnewsletter@btinternet.com](mailto:villagevoicnewsletter@btinternet.com)

**01638 507495**  
**By 22<sup>nd</sup> JULY 2022 please**

## **RADDESLEY BENEFICE WEBSITE**

On the website you can find out more about our churches, services, what's on and useful information about baptisms, funerals and weddings;  
[www.raddesley.com](http://www.raddesley.com)

### **INTERIM PRIESTS:**

Rev'ds Rosemary and Andrew Rycraft  
19 Cardigan Street,  
Newmarket, CB8 8HZ  
01638 665421

### **CHURCHWARDENS:**

**Burrough Green:** Lucy Talbot Tel: 01638 507060,  
email: [peterandlucyt@btinternet.com](mailto:peterandlucyt@btinternet.com)

**Westley Waterless:** Ms. Deborah O'Riordan, Tel: 01638 507741, email [d.a.oriordan@btinternet.com](mailto:d.a.oriordan@btinternet.com)  
and Mrs Liz Gibson, Tel: 01638 508600,  
[lizgibson@me.com](mailto:lizgibson@me.com)

**Brinkley:** Ros Pates 01638 507240  
[rospates@yahoo.co.uk](mailto:rospates@yahoo.co.uk)

**Carlton:** Stephen Roberts 01223 290372 or  
[Stephen.roberts28@btopenworld.com](mailto:Stephen.roberts28@btopenworld.com).

### **VILLAGE WEBSITES**

[www.westleywaterless.com](http://www.westleywaterless.com)  
[www.burroughgreenparishcouncil.org.uk](http://www.burroughgreenparishcouncil.org.uk)  
[www.brinkleyparishcouncil.org.uk](http://www.brinkleyparishcouncil.org.uk)

Information on the facilities of each village and also back issues of Village Voice newsletter and the adverts.

 **BULL  
BESPOKE  
WOODWORK**

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brought to life"*

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Horseshoe Cottage, Willingham Green, CB8 0FN

**SERVICES**

9.00 am Communion                      Brinkley  
                                                    *Rev'd Rosemary Rycraft*

10.30 am Family service              Burrough Green  
                                                    *Anthea Kenna*  
                                                    *Anthea Kenna preaching*

*2 Kings 5: 1-14; Luke 10: 1-11, 16-20*

**Sunday 10<sup>th</sup> July                      4th Sunday after Trinity**

9.00 am Communion                      Stetchworth  
                                                    *Rev'd Peter Gill*

10.30 am Morning Prayer              Dullingham  
                                                    *Rev'd Peter Gill*

*Amos 7: 7-end; Col 1: 1-14; Luke 10: 25-37*

**Sunday 17<sup>th</sup> July                      5th Sunday after Trinity**

9.00 am Communion                      Burrough Green  
                                                    *Rev'd Robert Van de Weyer*

10.30 am Morning Prayer              Brinkley  
                                                    *Rev'd Robert Van de Weyer*

*Amos 8: 1-12; Col 1: 15-28; Luke 10: 38-end*

**Sunday 24<sup>th</sup> July                      6th Sunday after Trinity**

10.30 am Communion                      Dullingham  
                                                    *Rev'd Andrew Rycraft*

6.00 pm Evensong                      Stetchworth  
                                                    *Rev'd Rosemary Rycraft*

*Hos 1:2-10; Col 2:6-15; Luke 11: 1-13*

**Sunday 31<sup>st</sup> July                      7th Sunday after Trinity**

10.30 am Benefice Communion      Westley Waterless  
                                                    *Rev'd Andrew Rycraft and Rev'd Rosemary Rycraft*

*Hos 11:1-11; Luke 12: 13-21*

                                                    \*\*\*\*\*

**MINDFULNESS - PAYING ATTENTION**

Have you ever noticed we seem to have fads or fashions for words or phrases that nobody has heard of before as it's a technical term that is only used by a few experts in a given set of circumstances? A fad word that is being bandied around in recent years seems to be 'Mindfulness'. If you Google this word, you will see it has many explanations, very few seem at all relevant to ordinary life. So let me try and clarify this for you. Mindfulness is basically a means to concentrate on one thing at a time.

The A&E department of any hospital is full of people having had accidents who will tell a tale of the situation where they weren't paying attention to what

they were doing, and so and so happened and they ended up injuring themselves. Or they hadn't tidied up after a meal or after having done some gardening which resulted in somebody tripping over a rake or a stool which was left some where it shouldn't have been.

To train ourselves up for being able to concentrate on the task in hand we are told to get in touch with our inner selves, so we can be content with who or what we are.

As a well-known prayer goes:-

*'To know the things we can change.*  
*To be able to cope with the things we cannot change.*  
*To be able to recognize the difference.*

There are courses which can help, *of course there always are.* One of the biggest benefits of a course is to recognize the fact that you are not the only one who is struggling with feeling inadequate and, in an effort to cope, keep hopping from one job to the other, to try and put things right.

Praying and meditating on a regular basis can help, as both these activities train you to focus on your life and desires in a analytical manner. Being analytical strips away the emotion and helps us see things clearly.

Once we get used to focusing, we get rid of the need to ignore a difficult situation. We learn to take control and enjoy taking a part in the life we are leading.

If anyone was good at being focused it was Jesus Christ. Perhaps it would be a good idea to reread the Gospel reading each week and notice just how focused Jesus was. It may surprise you. Yes, Jesus was a good teacher and for us to be a good student we need to realise Jesus was focused, and by being Mindful on what He has asked us to do means we can achieve, rather than just survive.

*Rosemary Rycraft (Rev'd)*  
                                                    \*\*\*\*\*

**A note from Alastair France**

I'd like to apologise to anyone that I upset concerning my thoughts on the Monarchy and the Platinum Jubilee last month. The item was my own opinion. I did make it clear in the piece that I believe we have much to be thankful to God for concerning the life and service of the Queen and that I would indeed be celebrating the Platinum Jubilee. I certainly did, as the many of you that saw me at various events will have seen.

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