

Dear Friends...



suggested title>>>>>

Time for Harvest

Harvest is always a special event. Today what we understand as a traditional harvest with a local focus is combined with the idea of sharing God's abundance with the world's poor.

Our morning services begin with Harvest. We shall again be supporting the Easter Team and have input via TEAR fund. The Easter Team is made up of Christian Volunteers who want to show the love of Jesus, live in and around Crawley and want to give practical help to those in need. The Team always needs food to give to those in need through Saturday morning meals and food parcels.

The Lord's Prayer series concludes and we begin something a bit different to lead into Christmas by following the Lectionary lessons of the nine Sundays before Christmas. The Joint Liturgical Group extend the pre-Christmas season to nine weeks and, using the Old Testament lesson as controlling

readings, trace the story of God's work from the creation to the incarnation – creation, the fall, Noah, Abraham, Moses - and merge this with the traditional themes of the season – the Advent hope, the word of God in the Old Testament, the Forerunner (John the Baptist) and the annunciation. This should make for good progressive preaching for a series I give the title, "Theology & Action."

Evening Services continue looking at the messages to the Churches found in the first three chapters of Revelation. We also include a Praise & Prayer and a special service on 16 October to mark Hospital Sunday when one of the Hospital Chaplains, David Goodenough will be our preacher.

Colin Bones, minister

GoodNEWS

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Editorial



It has been said that a celebration of our Harvest matters less, in these days of worldwide food importation. Jeremy Burdett, a local farmer, touches on this in our feature article this month, talking about life in farming in 2005.

But, regardless of the course for a moment, we should, of course, give thanks for all we have here in our tiny part of the globe.

Harvest Fruit & Nut (1st October) offers us an opportunity to praise God for what we have as a church family, it is for us to have fun together. See ad on the inside front cover.

This issue, while packed full of goodness, is a little slimmer than usual. Normal service to be resumed next month. Keep 'em coming, thanks!

David Tingley, editor



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Prayer Diary



SUN

Prayer for our Mission Focus – The Easter Team (Crawley).

MON

Uphold David Walters & the Managers as they over-see the building of the Baptistry.

TUE

Remember Janet Goodenough & her helpers & all who attend Stepping Stones with their children.

WED

Pray for Zest – one more group leader urgently needed, plus additional members of staff to cope with nearly 100 children.

THUR

Junior Church also require more teachers – ask God to prompt those who could help.

FRI

Uphold the work of the Boys Brigade: the Officers, helpers and boys themselves.

SAT

Pray for the Alpha Course running at the Tiger on behalf of All Saints and the URC.

Prayer FOCUS

In addition to the above daily prayer reminders, please would you uphold in your prayers this month two other special prayer requests:-

I make no apology for bringing to your attention two items for urgent prayer (and action) from CARE. The first is the 'Incitement to Racial and Religious Hatred Bill', coming before the House of Lords on October 11th, and the second 'Assisted Dying for Terminally Ill Bill' coming to the Lords on 10th October. The latter will be the second reading following an enquiry published last April, and put simply, will introduce voluntary euthanasia.

Regarding the Religious Hatred Bill, please pray that freedom of speech would be protected in law. Also that the vulnerable elderly, disabled and depressed would not be endangered by changed legislation.

(As Christians, we are encouraged to write to a member of the House of Lords on these issues before October 10th and 11th. It is vital that we let our Christian voice be heard on these matters before it is too late. For more information, see the CARE notice board or speak to Carol Walters.)

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He ploughs the field and scatters

Jeremy Burdett and family moved from Newick to Cockhaise Farm, Lindfield, in 1986. The farm is 350 acres of grassland and 250 acres of arable. The grassland supports 200 Dairy cows and their offspring. Apart from milk, the farm also produces wheat, barley oats and lupins mostly to feed livestock. In 1999 we started converting the land to organic production which was completed in 2003. Jeremy is a member of St. Mary's Church Newick.

We plough the fields and scatter
the good seed on the ground
But it is fed and watered by
God's almighty hand.

September 7th and the last
lupin is combined and the last
ton of grass and clover safely
ensiled for winter feed; earlier
we harvested more grass and
cereals and look to have enough
to feed all our cattle over winter
with some left over to sell. It
is difficult to describe how it
feels, thankful certainly, peaceful
and relieved as well. For every
farmer, however good or bad the
harvest, there is a great sense of

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completion and being able to get
on with next things.

Unaccustomed to food
shortages as we are, our UK
harvest no longer means the
difference between famine and
plenty for the country; in fact,
the opposite is now true. We are
such a rich nation that anything
not produced cheaply here can
be sourced from elsewhere in the
world.

Growing up in the 50s and 60s
when people were still conscious
of food rationing, production was
all and farmers were encouraged
to fill the barns and stores of
Europe for the common good.





Times have changed and we now live our lives battling with the god of cheap production. Farming as a producer of primary products is suffering the same shrinkage in Western Europe as the coal, steel and garment industries.

In the midst of all the hypermarketing of this new century, however, there is a gradual understanding among people I talk to that we are losing, have lost or are about to lose some very precious parts of our life because of the pressures on farmers and growers to be efficient and cheap. People are conscious of losing contact with the places where their food is produced.

At home, our Sunday lunch is often proudly presented to people as having been grown

entirely on the farm, doubling the delight of the taste buds, except to those who ask, 'Do you mean to say that this piece of beef was running round the farm a few weeks ago? How can you bear to eat something you have known when it was alive?'

The question demonstrates very neatly the problems the public has with what it eats. In order to really appreciate food, we need to be familiar with how it is grown, what part man and nature play in its production and how that affects the countryside around us. Once we understand this we can begin to make intelligent choices about what we buy and we find that there is greater enjoyment in the preparation and eating of our meals.



Feature – Harvest

Given that I am closer than most to the source of the food I eat, my reaction to the current squeeze on prices is that UK farming and the food it produces are much too valuable to lose and therefore we need to adapt and improve in order to survive. If we were to sell our dairy herd, like nearly half of UK producers since 1992, Cockhaise Farm would in all likelihood cease to be a viable unit, supporting one family instead of 5 and not having the resources to look after its own environment. It would instead rely on EU (or your tax) money to survive prolonging the dependency culture which has so distorted European farming in the last 30 years.

To avoid this fate we took the plunge in 1999 and started on the road of organic farming. In 2001 we sold our first organic litre of milk and have since converted all our arable ground to organic production. In 2001 we were producing less milk and many fewer tons of cereals and facing an uncertain future. Conventional wisdom said that

when we stopped using artificial fertilisers our production would plummet. The Organic gurus said that after year 3 (2002) our production would level out and start to increase as the biological action in the soil replaced the chemical reactions which had sterilised it for years.

2002 was tense; we still seemed unable to produce the milk we thought we should, but when we looked back in 2003 we realised that we had turned the corner. We had learned to grow clovers which turn atmospheric nitrogen into sufficient fertiliser for our needs; we had learned new husbandry methods which dropped our antibiotic use to 10% of historic levels giving our cows better immune systems. Now in 2005 after enough trial and error and weedy fields to last a life time, we are just beginning to grow some half way reasonable cereal crops.

More importantly, we have learned that we play only a very small part in the process that produces our food. When you



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have a fertiliser programme and a spray programme, you feel as if you are in charge of the farm; now I know that there are processes going on in the soil over which I have little influence but which are proving beneficial to cows and crops alike and which make farming feel fresher, entirely natural and much more challenging.

So, when we harvest anything now, even if it has been a struggle and yields are disappointing, I am very thankful and content. God has been good to us; we have enough even when we think we are short and we always seem to have something left in the barn at the end of winter.

All good gifts around us are sent from heaven above,

So thank the lord, O thank the Lord,

For all His love.

Jeremy Burdett



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Family News

The Fellowship

U.R.C. - SUSSEX EAST DISTRICT AUTUMN RALLY 26TH OCTOBER

We are hosting the above Rally which will take place from 10.15am – 4.pm

The guest speakers will be:

Mrs Margaret Nicolle who will give a talk on **'William Allen'** and **John Withall** a Ranger at Wakehurst Place and a 'Blue Badge' who will give 'A personal view of Sussex'.

At midday **Chris Comber** will give a guided tour of the properties in the High Street. Coffee will be available during the morning and at lunchtime soup will be served, please bring your own sandwiches.

All are welcome to this interesting event.

Many thanks

Doreen Fowler.

We would like to thank our families and many friends who made our wedding day, Saturday August 27, such a happy occasion. Building works at the URC meant the Service took place at All Saints' but everyone there made us so welcome. The memories of that special day will always be treasured.

We would also like to thank those who contributed so generously to Lindfield Christian Care Home (Compton House) or their chosen charity.

In Christian love,

Mies and Graham (Campling)

Babysitting:- Helen Merrett (aged 16) would be very happy to babysit for families within the fellowship. Please telephone on (01444) 416476 if you are interested. Thank you.

Simon Merrett will be off to Lancaster University on 1st October. Please remember Simon in your prayers as he begins this new chapter in his life.

Balcombe United Reformed Church

Bramble Hill, Balcombe, RH17 6HR

Contact: Mrs Leonie Wren (01444 811253)

Our main services are held at 11am on the 1st Sunday of each month and the children usual Sunday School during the second part of the month. Visitors are always welcome.

Speakers for this month are as follows:-

October 2nd
October 16th

Philip Wren
Colin Bones



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Monthly Mission Support

Harvest Appeal & October Mission Giving

Over the last few years we have supported the work of the Easter Team in Crawley by sending the food donated during our Harvest Thanksgiving Weekend. This is then distributed to those in special need in and around the town.

The needs are not just limited to this time of year so we will also be devoting our October mission giving to the Easter Team.

The Easter Team is cross-denominational and made up of volunteers who want to show the love of Jesus by giving practical help and time to those in need. In addition to distributing food parcels, hot meals are served free of charge every Saturday giving opportunity for friendship and a chat.

When there is no-one to help The Easter Team can often respond quickly to those in crisis situations when there is no-one else to help. There is also an office that is open weekdays to deal with requests for help, which can be quite wide ranging.

We are pleased that Sharon Golightly will be with us on October 2nd to share with us personally about the work.

Leaflets and envelopes will be available during the Harvest Weekend and it would be good if we could pass on a substantial gift to this local organisation.

There will be opportunity to bring gifts of non-perishable food during our Harvest Services. Particularly needed are: tins of meat, vegetables, soup, beans and fruit, also pasta, cereals, coffee, tea, jam and long life milk.

October church diary

1st

Saturday 8.30 – Sat AM Prayer Meeting @ LURC
 9.45am
 5-8pm **Harvest Fruit & Nut** – Sign up in concourse for this evening of family fun.

2nd Sunday

Harvest – Trust & Stewardship
 Deuteronomy 8: 10-20,
 Luke 12: 16-31
 9.30am **Communion**
 David Nibloe &
 Colin Bones
 11.00am Colin Bones
 6.30pm Prayer & Praise
 Colin Bones

8th

Saturday 8.30 – Sat AM Prayer Meeting @ LURC
 9.45am

9th Sunday

Lord's Prayer series concludes 1 Chronicles 29: 10-20, Luke 4: 1-13
 9.30am David Goodchild & Colin Bones
 11.00am Colin Bones
Revelation series continues Revelation 2: 8-11
 6.30pm **Communion**
 Colin Bones

12th

Wednesday 12.30pm Lunch Fellowship
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13th

Thursday 8.0pm Church Members Meeting

14th

Friday 12.30pm Lunch Fellowship

15th

Saturday 8.30 – Sat AM Prayer Meeting @ LURC
 9.45am

16th Sunday

(9th before Christmas)
The Creation
 Genesis 2: 4b-9, 15-25,
 Revelation 4 & John 3: 1-8
 9.30am David Goodchild & Stuart Dew
 11.00am Stuart Dew Service for Hospital Sunday
 6.30pm Evening Worship David Goodenough

19th

Wednesday time tba Senior Citizen's Coffee Morning

20th

Thursday 8.0pm LURC Prayer Meeting

22nd

Saturday 8.30 – Sat AM Prayer Meeting @ LURC
 9.45am

OTHER LOCAL EVENTS LISTED ON BACK COVER

23rd
Sunday

(8th before Christmas)

The Fall

Genesis 3: 1-15, Romans 7:
7-13 & John 3: 13-21

9.30am David Goodchild &
Colin Bones

11.00am **Communion**
Colin Bones

**The letter to the church
in Pergamum**

Revelation 2: 12-17

6.30pm Evening Worship
- Colin Bones

25th

Tuesday

7.45pm In Touch Ladies
Meeting

26th

Wednesday

7.45pm Elders meeting

29th

Saturday

8.30 – Sat AM Prayer
9.45am Meeting @ LURC

30th

Sunday

(7th before Christmas)

**The Election of God's
People: Abraham**

Genesis 22: 1-8, James 2:
14-26 & Luke 20: 9-17

9.30am David Goodchild &
David Jones

11.00am David Jones

**The letter to the church in
Thyatira**

Revelation 2: 18-29

6.30pm Evening Worship
- Ron Goodenough

**Sunday services
explained...**

The **9.30am service** is an opportunity for all age groups to join in a relaxed informal time. There is a crèche, and after about 20 minutes children and young people up to age 14 go out to their own groups on most Sundays.

Coffee is normally served between the morning services and after the evening one.

The **11.00am service** is usually more set and formal.

At **6.30pm** it is sometimes a celebration, sometimes a quieter ministry time and sometimes an open communion service or something quite different!

Personal prayer is available after every service. Prayer requests and brief statements of praise for answered prayer can be put in the red book on the concourse table. We can also offer personal prayer ministry at home or in hospital.

We **do not take up an offering** during the services, but all those wishing to give are invited to place a gift in one of the bowls at the doors before or after the service. Thank you.

Cassette **recordings of services** can be borrowed free from the church.

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Knock Knock!

Confessions of a reluctant home evangelist

– how my own front door was the hardest

I've been asked to visit five of my neighbours in Lindfield, as follow up to the events of Alive '05 back in May. I say 'neighbours', but they don't live in my street and I've never met any of them. It's a bit daunting.

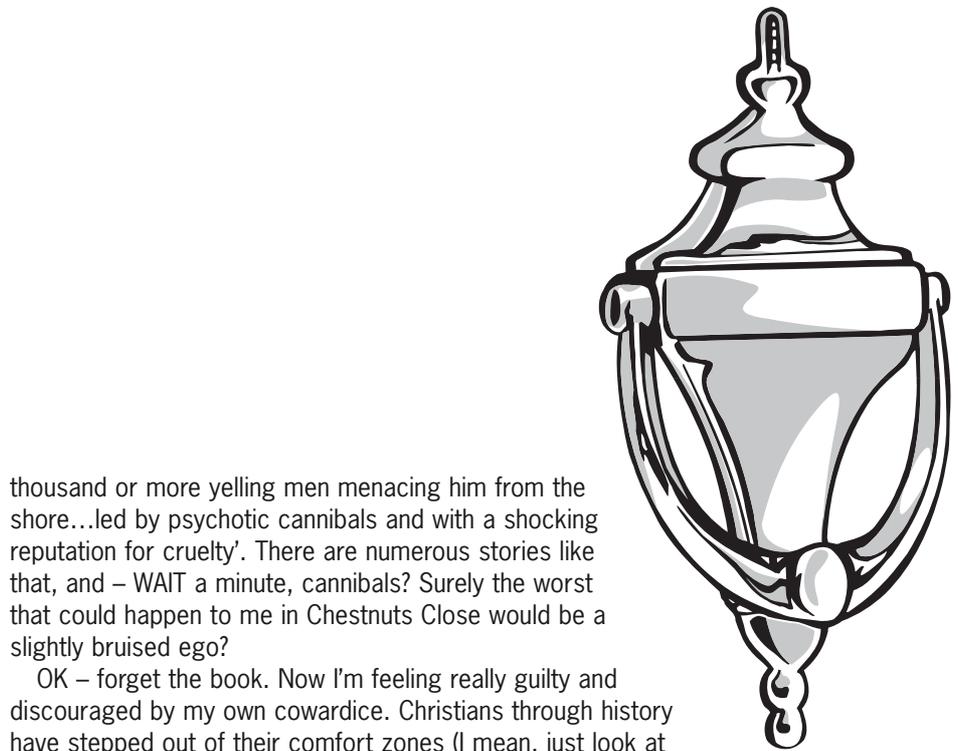
Actually, my first visit went well (everyone was out); the second not so well (everyone was out except Number 1, who shut the door in my face and asked me not to call again). And the third time – well, I'm not that keen to try at all.

It isn't just the four remaining houses on my list that worry me. In a moment of rash, Spirit-filled enthusiasm, I agreed to do some door-to-door work with John Goodway, a full-time 'home evangelist', and I now have a list of Lindfield houses to visit on my own. I know how suspicious I can be of strangers calling at my door, and in my current mood of realism (or 'looking for an excuse to stay in with this really good book instead of wandering around exposing myself to widespread mistrust and rejection') it's easy to convince myself that I'm not going to be welcome and that telling folk about Jesus who hadn't asked to be told does more harm than good anyway.

So, I'm still at home, reading that really good book and telling myself I'll go out soon, honest...

Actually, I'd like to recommend said book – it's a travel correspondent's personal log of the tropics, 'Tales from the Torrid Zones'. The writer, Alexander Frater, was born to missionary parents in the South Seas; not a Christian himself, he writes vividly about his missionary ancestors and their contemporaries. His grandparents, for instance, arrived alone amid arrows and wild howls, on an island Cook had refrained from setting foot on, perhaps 'due to the

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thousand or more yelling men menacing him from the shore...led by psychotic cannibals and with a shocking reputation for cruelty'. There are numerous stories like that, and – WAIT a minute, cannibals? Surely the worst that could happen to me in Chestnuts Close would be a slightly bruised ego?

OK – forget the book. Now I'm feeling really guilty and discouraged by my own cowardice. Christians through history have stepped out of their comfort zones (I mean, just look at Paul, and Peter) because they were convinced their 'neighbours' needed to hear about Jesus more than they themselves needed easy lives. But isn't this all very different from interrupting householders in the middle of Bargain Hunt? You know, people need down-time in this hectic world...

I decide to have a clear up of the redundant evangelical literature on my living room floor. I read through John Goodway's newsletter on the way to the recycling box. The first article is a testimony from Angie, who met John on her doorstep in the course of his work. Her story is impressive, and she says "I have met many people who love the Lord with all their heart, but I don't suppose any of them would fancy knocking on doors sharing the good news". And now I'm beaten. I grab the literature, put on shoes and sunglasses, and step out, and within ten minutes I'm talking to a friendly stranger who tells me about God's encouragement in her life, and shows me the best kind of weedkiller for my patio. There's not a cannibal in sight.

Liz Jadav

A Letter from St James

St James-the-Least

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least in the county of C- for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained...

Letter from St James the Least of All – On how long a sermon should last.

The Rectory

St. James the Least of All

My dear Nephew Darren

I am afraid we will never agree about the appropriate length of sermons. Your 50 minute expositions on the theology of St. Paul concerning women wearing hats in church are, I am sure, of particular interest to you. I suspect to most of your congregation, their primary concern will be, since you are preaching, that they should have put the oven timer to come on a little later.

Whenever I even hint that a matter of theological moment may be about to appear in one of my sermons, an expression of benign incomprehension comes over my congregation that you normally only see in the faces of golden Labradors as they try to work out what you are trying to communicate.

There are certain sure signs that should tell you when you have preached for long enough. One is when you see members of the congregation reaching for their prayer books to try to work for the umpteenth time how the date for Easter is calculated. The organist turning on the blower when you say "and finally" is another.

Most members of the congregation will count the number of dead flies on the windowsills during your sermon, but when you can see members of the congregation counting the numbers in the congregation counting the numbers of dead flies, that is absolute proof that you have overstayed your welcome.

There has only been one occasion when I preached for longer than my standard 8 minutes. Our former organist was in the habit of taking his dog for a walk during the sermon. I knew I had to carry on preaching until I heard the latch on the vestry door for the second time, marking his return, ready to play the last hymn. Unfortunately one Sunday, his dog ran away.

While he searched for it over every field in the parish, I spent the intervening two hours reading the greater part of Leviticus, giving lengthy reports of the previous six church council meetings, and was even reduced to giving out the batting averages from the choirboys' cricket team, before I heard the vestry door re-open.

After the Service, the congregation left looking as though they had just been rescued from a major shipwreck. At the next church council meeting, we unanimously voted to buy our organist a stronger lead.

Your loving uncle, Eustace.

Source: Parish Pump 2005

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Alpha

This Autumn THE LINDFIELD ALPHA will be run jointly by ourselves and All Saints on Tuesday evenings. We shall provide some of the speakers & small group leaders and help with the catering. We hope to host the Holy Spirit Day on 12 November.

Thursday 15 September

Alpha Prayer Initiative (ecumenical event) – 8pm at All Saints

Tuesday 20 September

Alpha Supper – 7.30 pm at the Tiger

Tuesday 27 September

Alpha Course starts with Supper at 7pm and talk at 8pm at the Tiger. The course continues on the following Tuesdays until 6th December, excluding half term holiday on 25 October. The Holy Spirit Day will be on Saturday 12 November.

We rejoice that we have some participants but please firm up on inviting those you have been praying for and been sharing the Good News with to come to the Alpha supper – now is the time!

The Prayer Driver

Ever thought of praying for the people of the car in front of you? It came to me recently as I was winging my way down to Burgess Hill. It is of course, very easy for us to curse the state of the driving of the one in front of us – but maybe wonder how powerful a prayer or two in the right direction might be? Ok, imagine it the other way round. Imagine you were being prayed for? Imagine driving somewhere, thinking, “how super – someone right now is lifting me before a loving heavenly Father. Interceding on my behalf – and they don’t even know me! Praying for my well being, my relationships with my loved ones, my financial situation” etc – the options are endless!

There are people out there, driving around who have just received horrendous news: people behind the wheel of their cars, all around us, who may have just heard that a loved one has been hurt or killed, a child ill, a financial crisis, a crisis of faith, a relationship breakdown, a nervous breakdown, beaten by a spouse, an abuser themselves, a drug addict, an alcoholic, a call girl on her way to work, a lady who has endured an abortion or miscarriage, a man who is on his way to commit suicide because he can’t bear to live any longer..... The options are endless.

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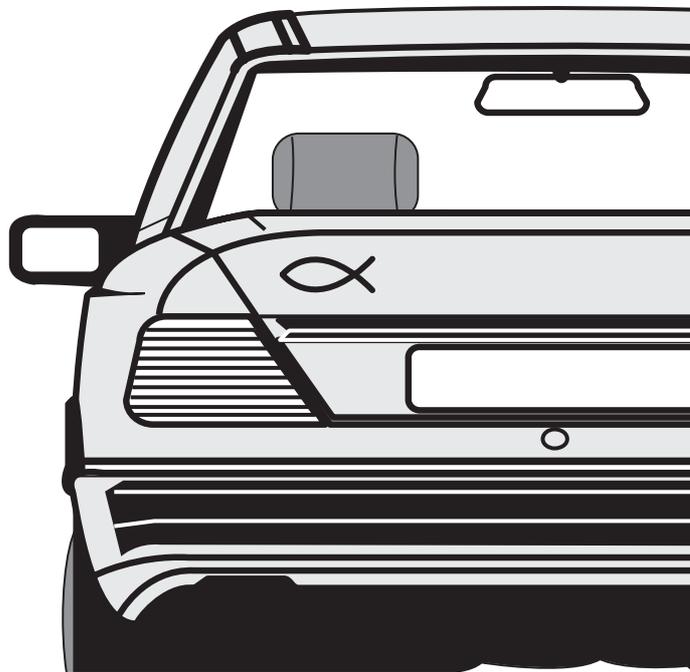
Is it sometimes too easy for us to forget that these are the painful realities of people’s lives, every day? These people are desperate. It doesn’t always show on the outside. Suffering, and persistently troubled by the questions “What and I going to do?” Or, “What do I do now?”

So, how about making the heart of our heavenly Father glad; and actively taking part in helping someone in the most powerful way we can. We may not know them, but God knows them and sent Jesus to make a way for them to come to Him. Pray: ask the Holy Spirit how



to pray, pray in tongues, pray
silently, pray together, pray alone
– this is our big opportunity
to make a difference! And if
all this overwhelms you, then
seek refuge in worship, in Jesus
– god inhabits the praises of
his people! Wow! Draw near to
God and He will draw near to

you! Wow again! These are mega
– promises – you turn up – God
turns up! And if you have the
chance to think that one over, it
will blow you away! You are loved
– Bless you!



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Boys' Brigade Report



This report catches up with the holiday breaks which a number of us went to in the spring and summer.

First was an extended weekend for Juniors organised by the Brighton Battalion at Halls Green, a St. Barnabas Trust centre in the lovely countryside of the Sevenoaks Weald. Comfortable accommodation helped us to enjoy the activities which included an assault course (!), and making model aeroplanes (which actually flew!)

Junior Boys, and parents, ask me from time to time "Can we do tented camping?" So, once again, we booked a stay at Blackland Farm, with its marvellous facilities. Most of the Juniors, and some parents to help with staffing, went along in mid July, and we had a great time culminating in an abseiling session in which mums and dads, as well as the Boys, joined. This annual overnight camp at Blackland is proving really popular.

But, of course, the real summit of our session's activities was the week long Battalion camp at Glynde for Company Section Boys. Annual summer camp is the "Crown of the Year", and the culmination of much planning and prayer. This year we had to contend with unseasonably heavy rain, but the efficient organisation coped well, and we did not in the end lose any of the programme. It would take many pages to even mention all that happened, so a few impressions must suffice:

- kwik cricket in the marquee on a wet evening, which worked really well;
- Officers v. Boys games, which the Officers usually manage to 'fix' – except for the cricket this year: the Boys were too good, with yours truly out for a duck, much to his disgust (oh for the loan of Freddy Flintoff!);
- the Camp Concert, a new feature after some years absence; who could forget the singing of "YMCA" led by Boys from Southwick Methodist Church?

We came home worn out, but with many happy memories.

Geoffrey Cocksedge

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Christian Entertainer In Tabloid Enterprise Shock

**Me, I don't like the tabloids.
A lot of people do though
– is Britain's best selling
newspaper still The Sun?**

Statistics a few years ago said it was. Recently, Steve Legg (if you were at the final celebration of Alive '05 back in May you may remember his conjuring tricks) decided to give the people what they wanted and tell them some 'Kingdom news' at the same time, and so 'THE SON' came into being. A tabloid style paper that prints God-centred news, it's heavy on celebrity stories; the difference is that you're more likely to read about a thrash metal star visiting church as a last ditch effort to kick drugs, and then "Getting 'heavy' for God", than about the sordid details of his previous falls from grace. Actors and singers share the pages with popular interest stories (children, redeemed thugs, broken dentures, Ibiza) and my personal favourite : how someone in the BBC requested an interview with Bob Marley, who died 24 years ago. True to tabloid form, the paper boasts a final sports section (cricket,

snooker, football and rugby filled the Summer edition) with "BBC pundit and former Chelsea and Newcastle midfielder" Gavin Peacock as Sports Editor.

The Son goes on sale quarterly at the moment, but the hitch is it's not available in the shops. I thought it should be, and bought 100 copies with the aim of finding an outlet for them – somewhere everyday tabloid readers could pick them up. I've drawn a blank, and instead have given individual copies to many folk who would normally not read a tabloid, in the hope that they will pass them on.

So – if you have any bright ideas on how the good news in tabloid form might reach people who would enjoy the read – contact me. Likewise if you'd like a copy of the Summer edition (I have some left), or the Autumn one when it arrives. Thanks to the URC member who shared the cost of the first 100 copies – in spite of the frustration of not finding the perfect outlet yet, I'm sure we did the right thing.

Liz Jadav

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Back Pages



Flower Rota

	Arranging	Distributing
October		
2	Harvest Festival	Betty Peter
9	Jean Baxter	Jacqueline Wood
16	Jessie Green	Iris Bingham
23	Carol Walters	Fiona Tingley
30	Wedding Flowers	Heather Swann
November		
6	Wedding Flowers	Sue Tester
13	Betty Billins	Dorothy Forster
20	Sue Waller	Betty Peter
27	Anne Blake	Jacqueline Wood

(Once we are back worshipping in the Church again, the normal arrangements for delivering flowers from the Sanctuary will be resumed.)

The task of delivering the church flowers is a very pleasurable one and brings joy to those who are ill or going through difficult times. It would be helpful to have a few extra folk on our rota, so if you feel this is something you would like to do please phone Fiona Tingley on 01444 483419.



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