

For the Lord is good; his steadfast love endures for ever, and his faithfulness to all generations. Psalm 100:5

In September, St. Mellitus theological college invited me to attend with our Ordinand student, Helen Halson, for the day. Whilst there, I was able to attend several lectures that I thoroughly enjoyed. One covered the subject of a book I had read many years ago; it made me realise that even though it was crucial to my theological studies at the time, it had faded in my memory over the years. This suggests how imperative it is to continue studying even if we genuinely believe we have covered it in the past. We do this in our secular careers to refresh our knowledge and keep up to date with current practices and trends. It is essential to keep reading, revisiting, and refreshing our brain matter.

It is encouraging to see that after the previous few years, we are again receiving children through baptism into the body of Christ, with others looking towards confirmation. Within these ceremonies, the congregation is asked, "will you welcome these candidates and hold them in their new life in Christ." Everyone present answers, "with the help of God, we will." If we take this promise seriously in supporting and encouraging these new members in their new Christian life, we need to understand and live the faith ourselves. Christians must continue studying Holy Scripture, attend study groups while reading widely on the Christian faith, and be up to date with new theological thoughts.

Throughout Christian history, Christians have taken seriously their continuous Christian education. It is encouraging to see people coming along to Christianity Explored, where they can talk about their faith and ask questions in a very comfortable and secure environment and wish to move on to explore their faith at a deeper level.

I can imagine some of you reading this and thinking, 'here he goes again talking about Christianity Explored', but if you want to have meaning and direction in your life as a Christian, we should not only understand the Christian faith, but we should also have a personal and vibrant relationship with Christ/Holy Spirit. If you want the Christian faith to continue in this country and our church buildings to be a beacon of hope for future generations, we must do our part in living out the Christian faith they stand for. If you would like to deepen your faith through study to refresh or learn anew, don't hesitate to get in touch with me.

For the Lord is good; his steadfast love endures for ever, and his faithfulness to all generations. Psalm 100:5

Richard

Service Schedule for October 2023

Sunday 1 October, Trinity 17	Thursday 19 October
9.30 a m: Family Eucharist, Milton Malsor	9.30 a m Morning prayer, Shutlanger
11.00 a m: Family Eucharist, Blisworth	Sunday 22 October, Trinity 20
<u>Sunday 8 October, Trinity 18</u>	9.30 a m: Family service, Milton Malsor
9.30 a m: Family Eucharist, Stoke Bruerne	9.30 a m: Family service, Stoke Bruerne
9.30 a m: Family service, Milton Malsor	11.00 a m: Family Eucharist, Blisworth
11.00 a m: Family service, Blisworth	Sunday 29 October, Trinity 21
<u>Sunday 15 October, Trinity 19</u>	10.00 a m: Benefice service, Alderton
11.00 a m: Harvest Festival, Milton Malsor	
11.00 a m: Family service, Blisworth	

Useful Telephone Numbers for the United Benefice of Blisworth and Stoke Bruerne with Grafton Regis, Alderton and Milton Malsor Rector: Canon Rev'd Richard Stainer, The Rectory, 37 High Street, Blisworth NN7 3BJ, tel 01604 857619.

Churchwardens of Blisworth: Mrs Fiona McKenzie, tel 01604 859541 and Mrs Angela Cheesbrough, tel 01604 858059. Churchwardens of Stoke Bruerne: Mrs Christine Frost, tel 01604 862561 and Mr John Brough, tel 01604 862646/07768 181598 Churchwardens of Grafton Regis: Mrs Jean Glanville, tel 01908 543463 and Mr Nieldre Laubscher, tel 01908 542979. Churchwardens of Alderton: Mrs Margaret Hall-Townley, tel 01327 811307 and Mrs Linda Dards, tel 01327 811265. Churchwarden of Milton Malsor: Contact Rector, details above

STOKE BRUERNE

VILLAGE NEWS



Inland Waterways Association

During the winter, the local Northampton Branch of the Inland Waterways Association hold branch meetings in the upstairs conference room at The Boat Inn, Stoke Bruerne. The meetings host speakers, theatre, guided walks, quizzes, etc. Members of the public are most

welcome, and some of the topics covered are of local interest. The October meeting will be on 10 October at 7.30 p m.

Bleed Kit

I am delighted to be able to report that Craughton Square and Compass Dining Club (based in the Boat Inn in Stoke Bruerne) has very kindly agreed to underwrite the cost of a bleed kit for the village. We are obtaining this on advice of our local PCSOs who believe it is, sadly these days, advisable to have one in the village. It will be stored in the defibrillator cabinet on the side of the museum building adjacent to Museum Green. Access to the kit will be via a 999 call; the operators have the code to the defibrillator cabinet.

I think we should all be grateful for the generosity of Craughton Square and Compass Dining Club to whom I shall send a formal thank you once the bleed kit is in place.

Kathryn Dodington.

St Mary the Virgin Church for Stoke Bruerne and Shutlanger

Churchyard Conservation Award

Lisa Rowley from the Wildlife Trust came to the church on Monday 31 July to assess the work that had been carried out in St Mary's churchyard since 2021. We received very positive feedback from Lisa and she expressed surprise that there had been such a transformation 'in such a short space of time'. She offered some good suggestions to help us move forward and make further improvements. Her full report can be found in the porch at St Mary the Virgin Church. There is to be an award ceremony on Monday 23 October when we will hear which award we have been given. We wouldn't be in this position without the help and support of the



Water Power in the Nene and Avon Valleys

Speaker: John Pomfret

An introduction to methods of extracting power from flowing water and the development of water mills from the days of ancient Greek and Roman civilisations through to the earliest water mills in the UK. The talk will focus on examples in the Nene and Avon valleys, looking at the historical uses of water power in Northamptonshire and Warwickshire, and the role of the watermill in village life through to the present day.

Tuesday 10th October @ 19.30pm

The Conference Room, The Boat Inn, Stoke Bruerne, NN12 7SB

All are welcome. You don't have to be a member. Full bar service and food available. A small donation of $\pounds 2$ would be appreciated to help cover expenses.



amazing group of people who regularly turn up at the churchyard, willing to take on any task or challenge. A big THANK YOU to you all. Lynne Wild

Autumn Coffee Morning

Our next coffee morning will be held on Remembrance Day, 11 November, from 10.00 a m to12.00 noon. We will hold a minute's silence at 11.00 a m, followed by the 'Random Notes' choir singing well-loved songs from the war years. Please come along and support us. It promises to be an eventful morning.

Lilies for Remembrance

If you would like your deceased loved ones to be remembered in church during the weekend of Remembrance, 11 and 12 November, would you please contact Lynne Wild on 07833694710, Jackie Evans on 01604 862473 or Christine Frost on 01604 862561 by 31 October. The names of your lost friends and family will be included on a scroll and displayed alongside arrangements of lilies and poppies. If you would like to make a donation towards the cost of the lilies, please inform Lynne. Names on the list are not dependent on a donation being made, but they are gratefully received.

Jill Cornwell

Jill Cornwell has moved to a sheltered home in Stoke on Trent. The Cornwell family moved to Stoke Bruerne in 1978, when Derek was given a position with Commercial Union (Now Aviva Insurance Co). Jill and Derek, with Neil and Claire, lived in Mill Lane from that time. Jill has now decided that she will move to Stoke to be closer to Claire.

Derek was an occasional player at the Cricket Club along with Neil. On retirement he became a volunteer driver for TADD, Towcester & District Door-to-Door, and sat on the Parish Council. Jill worked part time at the school for many years and she has been a wonderful neighbour in Mill Lane.

"My good wishes to all my friends in the village, and I have such happy memories to take with me. I hope to keep up with village news of all the people I know." Nigel Heath



SHUTLANGER

Shutlanger Village Hall

Website: <u>www.shutlangervillagehall.org.uk</u>, phone number: 01327640547, Twitter: @ShutlangerVHall Facebook: Shutlanger Village Hall, Instagram: shutlangervillagehall, What3words: confetti.freely.exacts *Coffee Morning*

Our monthly coffee, cake and chat morning was on Thursday 21 September from 10.00 a m until 12.00 noon. The coffee morning was preceded by a short prayer service.

The next coffee morning will be on Thursday 19 October. We have free wi-fi and contactless payments. We serve excellent coffee and delicious homemade cakes. The bacon rolls are very popular too. Our coffee mornings are always on the third Thursday of the month; put a note in your diary so you don't miss it.

Tote Draw

The latest draw was, as always, during the coffee morning. This month's prize was an amazing $\pounds 190.00$. Congratulations to this month's winner. The tote has raised over $\pounds 4,000$ towards keeping our hall as a centre for community and celebration; we have given out a similar amount in prizes. Thank you for your continued support, it is making a real difference.

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It's easy to join the tote, it costs just £5 a month; half the money goes to help the village hall and the other half to one lucky prize winner. The odds are much better than the national lottery! There are application forms in the hall, you can call 01327 640547 or email secretary@shutlangervillagehall.org.uk any of these make it easy for you to join our ever-growing band of supporters. *Plant and Crop Swap*

We will close the plant swap for the season at the end of October. Thank you to everyone who has made use of this community feature - we have swapped loads of plants and been given over £60 in donations! All the money will be used to buy new plants for the hall gardens. We hope to see you again in spring when the swap re-opens.

Events

Dog Show - The second fun dog show was held on Saturday 16 September. Lots of lovely pooches competed in classes such as 'waggiest tail and coolest pup'. The dogs got biscuits, rosettes and goody bags, their two-legged friends could enjoy tea, coffee and cake. It was a fun filled afternoon for everyone there.

Thank you to the organisers and helpers especially Richard, our compere, and Holly, the judge.



Halloween Pumpkin Trail - following the success of last year's event, Shutlanger village hall is hosting a spooky pumpkin trail followed by treats, games and a movie! There will be a choice of hotdog and chips or pizza. For more details, check out our Facebook page or website.

www.shutlangervillagehall.org.uk/events. Thursday 26 October 5.00 p m to 8.00 p m.

The Angels' Share - The Angels' Share will be performing in the hall again on Saturday 28 October. Doors open at 7.00 p m. Dress

up for Hallowe'en if you would like! Tickets are $\pounds 15$ and include hot food. There will be a licensed bar too.

Fundraising

As ever, we continue to raise funds to renovate the excellent facilities within our most important community asset. There are several opportunities to get involved:

Direct donations via the website homepage and by using QR codes in the hall and at events. The 'donation' in the lobby at the entrance to the

hall and at events. The 'donation station' in the lobby at the entrance to the hall, lets you put a cash donation in the box or use your phone to scan the QR code. You can also recycle your old ink cartridges in the hall.

We are members of JustGiving and Easyfundraising where you can easily make donations. Don't forget to join the tote too!

Thank you for all your support. Your help matters to us. EVERY penny counts!

And Finally... Save the date!! Next year our hall will be 140 years old. Let's come together, celebrate this and work out what's next for our village hall. Please save the evening

of Friday 26 January 2024. More details to follow. Barbara Stanbridge, Secretary Shutlanger Village Hall Management Committee



GRAFTON REGIS



This year we achieved several firsts all at one service. Our benefice curate, Graham, gave his first sermon at St. Mary's with much positive feedback from the congregation. Then, rather than the usual collection of seasonal vegetables, we asked our villagers for donations of store

cupboard groceries which we have passed on to Roade Community Larder. We were able to provide seven boxes of canned and dry goods.

Finally, we held out first Harvest lunch in the church; the tables were set out in the north aisle and all looked very festive. Unfortunately, no-one thought to take a photograph.



Grafton Lunch

The first Grafton lunch of the season took place on Thursday

21 September. Around twenty people enjoyed Doris Knights' excellent soup, followed by Kathy Colgrove's delicious pork with stuffing, gravy, roast potatoes and a selection of vegetables. Desserts included trifle and apple crumble, with cheese and biscuits, coffee and chocolates to follow. Thanks to everyone involved for another very enjoyable occasion. The next lunch will be on the third Thursday of October.

<u>1,000 Years in 100 Minutes</u> The final Grafton historical walk of 2023 took place on Saturday 23 September. We were fortunate enough to be

fully booked on a beautiful sunny day. A very appreciative audience enjoyed meeting many of the famous and infamous characters linked with Grafton's history, including the Woodville family, Richard III, Henry VIII and Anne Boleyn, Lady Crane and Sir John Digby, along with Isabella Sams, saviour of the local 19th century lace industry, and also Ada Brafield, long-serving school teacher.





Next year's walk dates are 11 May, 22 June and 21 September. We've already started booking for 2024, so book early to avoid disappointment! Currently the cost is being held at £9.50 per head including refreshments for adults, £1.00 for under 16s, and under 5s free. All profits are shared between the funds for maintaining the village hall and the Church of St Mary the Virgin. For further information and to book, please phone Kathy on 0791 009 2132 or email keith.harry@btinternet.com.



BLISWORTH

The sun shone on Saturday 2 September and helped to make the garage sale a very successful event. Residents paid £5 to the recently-formed Blisworth Community Projects Group to have their names on a map. The money will go towards improving village amenities.

There was a wonderful community feel to the village as the 40 plus residents put up bunting and displayed their wares on drives and gardens. Youngsters had their own stalls and sold home-made goodies and toys that they had outgrown. Most people were selling for themselves, but some were raising funds for charity. Estelle did a roaring trade with bacon baps and sausage baps and raised a good sum for St John's.

Buyers came from Northampton, Bugbrooke, Kingsthorpe, Roade, Hartwell, and several other nearby villages. They bought maps for $\pounds 1$, which gave them a chance to win a meal for 2 at the Royal Oak, kindly donated by Jan and Paul. The winner was a lady from Hartwell. This money also went to the BCPG.

A big thank you to all concerned as a great deal of effort was put in to making it a success. Many residents hope to make the garage sale a regular event and look forward to recycling their pre-loved items. Watch this space!



ALDERTON

Church Cleaning RotaNovemberChurchyard RotaNovember

Vanessa and Annie Simpson Ferguson family, Hayes family and Jackie and David (leaf clearing)

Art Festival

The weekend of the art festival was absolutely glorious and it was a very successful event which everybody seemed to enjoy. After the set up on Friday, a good few of us enjoyed a fish and chip supper, thanks to Lulu organising the menu and going to collect the food.

We weren't quite as busy as we usually are on a Saturday but this was probably due to other events taking place in surrounding villages. However, we had a steady stream of customers who enjoyed the wide variety of stalls that were on offer, and then partook of either the tea and cakes or the all-day barbecue – or the contents of the beer tent.

On the Saturday, the Rock Choir came and performed for us and on Sunday, the Songbirds were the star turn. The addition of this entertainment proved to be a real success and everybody seemed to enjoy the performances.

We don't yet have final figures, but in the region of 50 paintings were sold and a figure of approximately \pounds 7,000 was raised for church funds – and everybody who took part in the event had a wonderful weekend. Thanks to everyone who gave their time in whatever way; it is very much appreciated and weekends such as this make us glad to live in such a wonderful village.

Ride and Stride

I can confirm the Alderton Cycling Club had a glorious day visiting beautiful local churches on 9 September, the Ride and Stride day. Lulu and I left Alderton just before noon in blistering heat but after 6 hours and almost 40 miles, we managed to get the record of 17 churches. And it was very nice that the A5 was closed for road upgrade, so we had a quiet and safe final leg back home!! We met some wonderful people and saw some beautiful churches including Paulerspury, Whittlebury, Silverstone, Bradden, Blakesley, Farthingstone, Greens Norton and many more.

We matched last year's total of £240 which is tremendous. Thanks to everyone who hosted St Margaret's for us and provided drinks and refreshments to visitors to St Margaret's and to those have sponsored us. Half the money raised goes to the Northamptonshire Historic Churches Trust and the other half goes to our church. Steve Hempenstall

Sale for the Knight

The next sale for the knight will be on Saturday 18 November in St Margaret's

Church, Alderton. We will also be having a stand at the Christmas tree festival in Milton Malsor on the weekend of 2 and 3 December. We look forward to welcoming our regular customers and also to meeting some new ones; we sell a variety of delicious cakes and preserves at very reasonable prices, and also various lovely and interesting items which can only enhance your life, as well as some Christmas items! Margaret and Linda

garet and Linda

MILTON MALSOR



Sponsored Tandem Skydive in aid of Holy Cross Church, Milton Malsor

As a member of Holy Cross Church, I am planning to do a skydive to help raise much-needed funds for the church. This will take place on Wednesday 15 November at Hinton Skydiving Centre, Hinton Airfield, Steane, Brackley NN13 5NS.

At 85 years young, I would like to overcome my fear of heights by doing something well beyond my comfort zone. Please can you help by sponsoring me? The church would be appreciative of any amount donated. Thank you for your support. Estelle Lloyd Thomas All monies should be handed to Chris Bates, hon Treasurer to Holy Cross Church at 5 Green Street, Milton Malsor NN7 3AT. For sponsors who wish to pay by bank transfer, the details are:

Account name:	Milton Malsor Churchwardens
Reference:	Jump
Sort code:	30-96-09
Account number:	00313261

Friends of Milton School

Over the summer holidays, the school entrance areas have been transformed with new tarmac and an electric supply to the gates, just in time to welcome all our lovely pupils, staff and families for the new school year. The children have enjoyed exploring their new classroom layouts and displays; each linked to their individual class topics.

We're also really pleased to share the official result of our Ofsted report, following our end of summer term inspection. We maintained our 'good' rating and received positive praise in all aspects of our school's procedures and performances. We're extremely proud of our pupils and staff and are grateful to our families for all their support. We appreciate all the feedback received to enable us to build upon further and strive for continued improvement.

We are welcoming tours at our village school ready for the September 2024 intake, as well as older children looking for spaces. For further information, or to make arrangements for a tour of Milton Parochial Primary School, please contact: Mrs Jack Dowdells on 01604 858816.

GENERAL NEWS





Inspection of Milton Parochial Primary School

Green Street, Milton Malsor, Northampton, Northamptonshire NN7 3AT

Inspection dates:	28 and 29 June 2023	
Overall effectiveness	Good	
The quality of education	Good	
Behaviour and attitudes	Good	
Personal development	Good	
Leadership and management	Good	
Early years provision	Good	
Previous inspection grade	Good	

News from The Old Mail

For events and happenings in the nearby villages: Cosgrove, Potterspury and Yardley Gobion, see the newsletter, The Old Mail, is available online at various websites: www.cosgrovevillage.co.uk;

www.potterspurypc.org.uk; www.yardleygobionpc.wordpress.com





Unlucky Friday the 13th?

It will prove fatal for someone at this forthcoming Murder Mystery night.

You will need your detective skills as you delve into a world of intrigue, suspense, and deception. Gather your friends and family for an unforgettable evening of mystery and mayhem. It all unfolds around you in this fun and immersive evening of theatre from ETC Theatre Company.

Indulge in a delicious meal as you find yourself at the centre of the gripping narrative, where almost every guest is a potential suspect. Can you unravel the web of lies and solve the case before the end of the night? You could win top prize if you work out who did it and why.

October 2023

MARK SHETTLE

PAINTER & DECORATOR

Owner: Mark Shettle Tel: 07585 113271 mark.shettle1@btinternet.com facebook: Mark.Shettle

"Based in Whittlebury, I am a trained internal and external painter & decorator, this includes hanging wallpaper - if you have a wall, a room, or rooms that need my attention, call or message me for a competitive quote."



Both Windows 7 and 8 have reached end of life, and will no longer receive security updates; it is time to change.

I can upgrade them to Windows 10; all your documents, pictures and programs will transfer as well. If your computer is slow I can make it faster. Looking for a laptop? I have a number

of refurbished laptop? I have a number of refurbished laptops, prices starting from £150. I repair laptops down to component

level; ask for a free quote.

Contact Paul Dards on 07540 000844 or 01327 811265 or paul@dards.co.uk

> PDC, Moorend, Spring Lane Alderton, NN12 7LW www.dards.co.uk

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Email: bobtreesurgeon@hotmail.co.uk

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CHILDREN'S MINISTRY TRAINING SIMPLY CHRISTMAS SOUTH

What will happen on the evening?

Bless your local community with resources and ideas of how to put children and families at the centre of our worship this Christmas

When?

Tuesday 3rd October, 7-9pm

You are welcome to arrive from 7pm to meet the team, browse resources, and for coffee, cake and refreshments

Venue?

St. Michael's Parish Rooms, Silverstone

Who is is for?

Anyone with a passion to build church connection with children and families, whether you are a volunteer, a paid worker, have no experience or plenty, have many children in church or none.



Peterborough

www.peterborough-diocese.org.uk/eventstraining/training/youth-ministry-training.php



CHILDREN'S MINISTRY TRAINING Y TODDLERS



Join us to gather great resources for toddler activities and implement them into your church and community.

Tuesday 7th November, 7–9pm

St. Michael's Parish Rooms, Silverstone, NN12 8UP

Who is is for?

Anyone with a passion to build church connection with children and families, whether you are a volunteer, a paid worker, have no experience or plenty, have many children in church or none.

Book on Eventbrite www.eventbrite.co.uk/e/childrens-ministry training-tickets-641176595457



+D The Diocese of Peterborough

www.peterborough-diocese.org.uk/eventstraining/training/youth-ministry-training.php



St Lawrence Church invites you to an evening with Heart and Music

Saturday 25th November Doors open 6:45pm

Led by Musical Director Malcolm Crane, Heart and Music will entertain you with a delightful evening of music and song guaranteed to lift your spirit and emotions. Their repertoire ranges from traditional music, showstoppers from the West End, and popular anthems.

This concert will raise funds for St Lawrence Church and local cardiac support group Heartbeats who are seeking to buy defibrillators for Towcester.



Tickets £10 (interval refreshments and raffle) TOVE owceste **Reservations via the Chantry** House Office, 88 Watling Street BENEFICE art Be ST MICHAEL BRADDEN ST AUGUSTINE CALDECOTE ST MARY GASTON NESTON or 01327 350459

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United Benefice Calendar for 2023

All groups and organisations within the community are warmly invited to include events here.

<u>October</u>

- 1 Art Trail ends today, Blisworth, 10.00 a m to 4.00 p m
- 2 Monday Club, Milton Malsor, 2.00 p m
- 2 Blisworth Parish Council meeting, village hall, 7.30 p m
- 3 Children's ministry training simply Christmas south, Silvertsone, 7.00 p m to 9.00 p m
- 7 Coffee morning, Milton Malsor, 10.00 a m
- 10 Parish Council meeting, Stoke Bruerne
- 10 Inland Waterways Association meeting, 7.30 p m, The Boat Inn, Water power in the Nene and Avon Valleys
- 12 WI meeting, Blisworth village hall, 7.30 p m, 'Three in Accord Entertain'
- 13 Farmers' market, Towcester, 9.00 a m to 1.00 p m
- 15 Harvest Festival followed by bring and share lunch, Milton Malsor
- 19 Coffee morning, Shutlanger, 10.00 a m to 12.00 noon
- 19 Grafton lunch club, 12.30 p m, Grafton Regis village hall
- 19 Heartbeats meeting, Tove Valley Centre, Towcester, 7.00 p m
- 25 Heart and Music Show, St Lawrence Church, Towcester, 7.00 p m
- 26 Hallowe'en pumpkin trail, Shutlanger, 5.00 p m to 8.00 p m
- 27 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank
- 28 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon
- 28 Angels Share performing at Shutlanger village hall, 7.00 p m

November

- 4 Creative workshop make a doll for Christmas, Milton Malsor Church, 10.00 a m to 1.00 p m
- 7 Children's ministry training simply toddlers, Silverstone, 7.00 p m to 9.00 p m
- 8 Shutlanger & Stoke Bruerne Flower Club meeting, Roade Village Hall 7.30 p m
- 9 WI meeting, Blisworth village hall, 7.30 p m, 'The Blisworth Tapestry'
- 11 Coffee morning, St Mary the Virgin Church, Stoke Bruerne, 10.00 a m to 12.00 noon, Remembrance weekend
- 12 Remembrance Day
- 14 Inland Waterways Association meeting, 2.30 pm, The Boat Inn At the heart of the 2923 boatmen's strike a century on
- 15 Sponsored Skydive by Estelle Lloyd-Thomas in aid of The Holy Church, Milton Malsor
- 18 Sale for the knight, St Margaret's Church, Alderton, 10.00 a m to 12.00 noon
- 25 Christmas bazaar, Blisworth
- 25 Hearts and Music concert, St Lawrence Church, Towcester, 6.45 p m

December

- 2/3 Christmas tree festival, Milton Malsor
- 14 WI meeting, Blisworth village hall, 7.30 p m, Christmas party
- 21 Tree dressing, Alderton, 6.30 p m

January

9 Inland Waterways Association meeting, 2.30 p m, The Boat Inn, your Waterway videos

February

13 Inland Waterways Association meeting, 2.30 p m, The Boat Inn – Phil Clayton – Curious cuts

SNIPPETS:

No amount of regret changes the past, no amount of anxiety changes the future but any amount of gratitude changes the present.

Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you could run out of time.

THE CLOSING DATE FOR THE NEXT EDITION OF GRASS is 20 October

If you can get any copy to us earlier than that it would be very much appreciated

Please send any copy to: Linda Dards, Moorend, Spring Lane, Alderton NN12 7LW tel 01327 811265, e-mail: <u>linda@dards.net</u>. **Could you please include your name & phone number with entries in case we have any problems.** If you would like to add photographs or drawings to your text these are welcome and can be supplied via email or as photos, and returned after scanning. Contributions by email are most welcome, we can accept most formats; please request a response from us on receipt – so you are sure that we have your submission. Word (any version) is preferred.