



Happy 70th Birthday NHS!



I wonder how many of us remember what it was like without the NHS?

I imagine that most of us find it hard to conceive what things were like when there were no antibiotics, surgery was a rare occurrence and only for those who could afford it or were willing to be guinea pigs and a doctor's visit had to be paid for and even if the doctor called, sometimes people couldn't afford what was prescribed for them.

Without the NHS life expectancy was much shorter and even 100 years ago people could not have conceived of our world of hospitals, surgery, ground-breaking research and lifesaving chemotherapy we expect to help us today.

The word hospital came from Hospice which was originally related to giving hospitality and medical attention to pilgrims and those who were in need. People would have been fed and looked after while they recuperated from illness or injury sustained along the way.

Alexander Fleming first tried penicillin on a 43-year old policeman called Albert Alexander. He died from sepsis brought on after scratching the side of his mouth while pruning roses. That was in 1941. So what would have been thought of as healing miracles are happening many times every day in a National Health Service that we

moan about, criticize and say costs too much. Yet 80 years ago it was quite possible for someone to die after an afternoon's gardening.

There have been all kinds of celebrations of the NHS from cathedral services, tea parties, recognition for those who work on the frontline today and Welwyn Garden City had its own way of celebrating with the fountain dyed blue!

This in itself had a purpose beyond a photo opportunity. The sign invites us to make a pledge to improve our health in support of the NHS. You can do this by going on line at <https://www.healthierfuture.org.uk/nhs70>

where you will find a page that invites you to check one of these boxes:

Dear NHS, for your birthday I pledge to...

- Get active or keep active
- Eat a healthy, balanced diet
- Give feedback (good or bad) on NHS services
- Quit smoking
- Volunteer for a good cause or join your GP practice's patient group
- Attend cancer screening & immunisations I'm offered
- Give blood and/or join the organ donation register
- Attend a free 1 hour dementia awareness session

Its not too late – we can all join in and relieve the strain on the NHS by pledging.

At the celebration service at Southwark Cathedral Bishop Christopher said that “the vision of providing healthcare to all, based on need not on ability to pay, continues to inspire us all and is the bedrock of healthcare in our nation”.

He also gave thanks for multi-disciplinary and multi-faith Chaplaincy teams that have evolved over the 70 years as well as for the Church's long commitment to national healthcare. He noted that many hospitals are dedicated to saints and grew, as we have seen, out of hospices

which were places where pilgrims and other travellers could find hospitality and medical care on their journeys.

The service ended with Bishop Christopher inviting everyone present to rededicate themselves to being healers in the work to which God calls them.

Jesus healing miracles were one of the ways Jesus showed us who he was. When we look at Jesus and who he healed we can see that healing is as much about wholeness and hope as anything else. This reminds us that not all healing is about cure or relief. We can have hope of healing and hope of heaven. In the face of our natural responses to pain and fear, we have a God who shows us in Christ that there is another way. For when we approach God directly for healing, whether in church, or quietly at home or in agony in a hospital bed, that hope distinguishes us from those who have no faith.

Invited to play our part we pray for the sick and that prayer is also about hope and healing. We can and do have hope, because we have seen healing, in ourselves and in others, in answer to prayer. And whether it came in a dramatic way declared to be a miracle or in a quieter way by the working of the Holy Spirit, healing is real, and, through hope, leads to an ultimate wholeness that no-one other than our heavenly Father can offer or provide.

Happy Birthday NHS and a huge thank you to all the dedicated staff who have helped us to get well when we found ourselves in need of their services. Thanks also to God, through whom and in whom we all have our being and by whom we will at last be made whole.

Every blessing

Jane

Keeping you in the Picture

BBQ

The annual family BBQ was well attended and enjoyed by many from the various groups who meet in our church. My thanks go to Ian from Tuesday Community Coffee for manning the BBQ on a very hot day and helping in the kitchen all morning. Thank you Liz, Wendy and everyone who helped prepare the grounds and the church for the day not forgetting all who helped with the washing up, clearing the grounds and the church in readiness for the week ahead. These events also depend on your generosity. As usual your donations for the Salad and Dessert Tables were amazing. Thank you one and all we would be lost without you.

We received £97.20 in donations on the day reducing our expenses for the event to £104.68.

Window Fund

The fund currently stands at £3131. The second window was ordered, paid and is now ready to install at a cost in the region of £1800. This will leave £1,331 in the fund towards the cost of our third window so please keep raising funds for this important project.

Up and Coming

Anniversary Service

Sunday 23rd September

Guest Preacher Anne Sardeson.

National Prayer Weekend

28th-30th September

(See the article from Liz in this magazine)

Harvest Sunday 14th October

Families Special Service followed by Harvest Lunch

I will be looking for helpers to decorate the Church for Harvest on Saturday 13th October from 10am onwards. Please bring foliage, berries, fruit, vegetables and flowers of course to help us create a festive space. Most important please come along to lend a hand. All Welcome.

Church Meeting

Sunday 28th October

Christmas Fayre

Saturday 24th November

I know that this seems a long way off but could you please be thinking over the summer months how you could help. Perhaps you would like to run one of the usual stalls/activities or you may have a new idea of your own which you would like to include in this year's fayre.

Could you please let me know as soon as possible how you would like to be involved.

Over the summer you could be collecting or making items for the various stalls and activities.

eg Small Lucky Dip Items, Tombola and Raffle items, Children's Small Prizes, Bottles of wine for the Bottle Stall, Toiletries for men and women and food for Hampers and Home made preserves to name but a few.

Please be aware if you plan to run a stall you will need to put your appeal for items etc. in the next issue of the magazine dead line 19th September.

NB Stall holders are responsible for :-

- Advertising for items for their stall.
- Setting up their Stall
- Staffing their stall
- Providing their own float
- Clearing away at the close of the day and disposing of unsold items when necessary.

I will be happy to look after catering on the day but would welcome volunteers to help.

I think this covers everything for the moment and I look forward to being swamped by your responses to my various requests. Enjoy your summer break and come back refreshed and ready to take part in our busy autumn schedule.

Love and Prayers

Joyce

Secretary's Notes

It is my turn as an Elder to write an article on Prayer for this issue of the magazine so I felt it would be acceptable to make this the basis for my Secretary's Notes.

During Lent I was introduced to Pete Greig's Prayer Course at Friday Bible Study. Jane has been sharing excerpts from this course with the congregation on recent Sundays. You can access the course on YouTube and study it for yourself which I would highly recommend.

In 1999 Pete Greig founded 24/7 Prayer Movement which from its small beginnings has now spread world wide. He is an enabler who

understands that not everyone finds prayer easy in fact in the forward of his book “ Dirty Glory” Bear Grills says and I quote “ Although I know that prayer is important, I don’t find it particularly easy. I am pretty impatient and struggle to sit still for long.”

I think this is a sentiment shared by many of us but Pete encourages us to pray saying that just showing up in the presence of God on your own or in a group who are praying is a form of prayer. You don’t have to speak out loud to pray. You can pray when walking the dog, sitting enjoying the sunshine in the park or waiting for a bus or train. It doesn’t matter where you pray it is just important that you do allow yourself to be in the presence of God.

His advice is

- 1) Keep it simple,
- 2) Keep it real
- 3) Keep it up.

He says we should learn to pray about small things. An example he gives is praying for a parking space when you reach your destination or a seat on the train and then give thanks to God for these little gifts.

Pete encourages us to tell God how we are feeling in our prayers. It’s not about finding the right words it’s praying from the heart which may be angry thoughts, expressions of disappointment or giving thanks

You can then move into petition for people and situations you care about at home, in your community and the wider world.

He goes on to say.

Praying could be compared to a well balanced diet

- 1) Varied:- As there is more than one way to pray
- 2) Enjoyable:- Use any means that helps you to pray like music for instance.
- 3) Regular:- This is where you need discipline.
Set aside time and or a place for prayer.

Always remember God is your friend and prayer is an invitation to spend time with a friend who loves you whoever you are and whatever your circumstances.

Let his voice into your being enabling you to come to rest from your busy life. Listen for his message and answer to your prayer which might be simply conveyed by a thought coming into your head giving you a direction or guidance.

Acknowledge the little miracles he bestows on you and give thanks for them.

Remember we are not the first of God's children to lack confidence in prayer because in Luke 11 1-4 the disciples asked Jesus to teach them to pray and he gave them the Lord's Prayer a model for us all to follow. I have included two versions for you to choose which one you feel suits you.

Traditional Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.

Thy Kingdom come,
thy will be done,
on earth as it is in heaven

Give us this day our daily bread.

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom, the power and the glory. For ever and ever.

Amen

Modern Translation of the Lord's Prayer

Our Father in heaven,
hallowed be your name.

Your Kingdom come,
your will be done,
on earth as in heaven

Give us today our daily bread.

Forgive us our sins,
as we forgive those who sin against us.

Lead us not into temptation,
but deliver us from evil.

For the kingdom, the power and the glory are yours

Now and for ever. Amen

In one of his video clips Pete speaks of all the changes our churches have made to our services and music but no creative effort has been put into prayer.

Is he challenging us I wonder?

God Bless

Joyce

CHURCH FAMILY CORNER

Our birthday greetings for August go to Mary S. on 3rd, Edie W. on 11th, Joyce N. on 15th and John M. on 30th. Lucas H. will be 14 on 16th and a special mention for Erin F. who will be celebrating her 18th on 2nd. (More about Erin further down!)

For September we send greetings to Iris W. on 7th, Ted C. on 24th and Zara D. who will be 12 on 22nd.

We hope all our friends will enjoy their special days when they arrive and we send them all our very best wishes.

Erin, Laura's daughter, as well as celebrating her 18th birthday, has gained distinctions in all areas of her recent exams and is now a qualified Complementary Beauty Therapist. She is going to continue her studies in the coming year to add extra qualifications to her CV. We send our congratulations to Erin and wish her good luck in the year ahead. Brilliant!

More congratulations now, this time to Tom (Lesley's elder son) and Bryony, who were married in June and live and work in Marston, just outside Oxford. Tom still does some tennis coaching at Hatfield University. Tom's brother Daniel and his wife Rachel now have two children, Samuel 5, and Joseph, 2. Wouldn't Vera have been pleased to have become a great granny!

We are pleased to report that Mary & David D. have now been able to celebrate their Golden Wedding in style, following their aborted attempt on March 3rd when heavy snow put paid to their plans. Those brave enough to get through the snow to church on Sunday 4th were unexpectedly treated to a feast of cheese and chocolates! Thank you both very much and we send you our very best wishes and congratulations, second time round!

We have also heard from Evelyn Snelson who moved from our church to live in Cambridge with her husband Peter some years ago. They had served as Elders at the Free Church in Ndola, Zambia, where they lived and worked for many years, teaching Sunday

groups of young people and holding meetings in their own home, before moving back to the UK to make their home in WGC. Evelyn has continued keeping in touch with us since Peter died seven years ago and sends greetings to those who still remember her from the days when she and Peter were serving Elders at what was then known as “The Free Church”.

We are very sorry to hear that Jenny’s parents have had to postpone their planned visit from Iowa, USA, to see the twins, Howard and Alexander. Janice has been in hospital with pneumonia and although she is he is back home now is still feeling very tired. We send our good wishes to Janice and Mark and hope they will be able to rebook their flights from USA soon.

We were so sorry to hear that Jim Butler died on July 17th after breaking his femur in a fall and we send our heartfelt sympathy to his family at this very sad time. Jim was a very faithful member of our congregation and a regular at the Thursday Club and the Friday Bible Study sessions. He will be greatly missed by us all.

Following the recent operation on her shoulder, Barbara is finding the physiotherapy exercises she has been given very heavy going so we hope for an improvement soon. But improvement is the right word for Howell’s scalp (which I was able to inspect closely today!!) as the site of his skin graft has now healed nicely. Hurray!

Please continue to include all those in need in your prayers and pass on any new concerns to Jane, Joyce, Liz, or any of the Elders. Thank you. Ann Meers

Thursday Clubs Outing Day to Southend

5th July 2018.

Once all thirty four of us, trolleys and walking aids were loaded on board we were on our way.

We were blessed with another lovely sunny day and Joyce made sure that we had adequate bottles of water on ice and sweets for the journey. It only took us an hour and a half so we arrived early at the Southend Pentecostal Church who were to lay on lunch for us at a small charge to cover costs. We were welcomed with tea and coffee and this gave us a few moments to get to know them. The tables were nicely laid out and we were served a lunch of either quiche or macaroni cheese with salad followed by trifle and strawberries for pudding. Their Minister then welcomed us all and said a short prayer. We also had a useful talk given by a Community Support Officer on Crime Prevention and some of the recent scams we should be aware of.

After much appreciation was expressed by our Minister Rev Jane Weedon we said our goodbyes and our driver took us on to the seafront where we disembarked by the pier.

Some folk then went off for seafront or pier walk others sat nearby or on the pier itself for a few restful hours and lovely sea air, thankfully the sea breezes keeping us comfortable. One or two took the train to the end of the pier (reputed to be the longest in the world). We made the most of the little cafes and kiosks along the front for extra cups of tea or an ice cream before joining the coach for our journey home. We left at 4.30pm after a very enjoyable trip arriving home around 6.15pm and had our final photocall.

We all expressed much appreciation to Joyce for organising the whole trip and also our thanks to Southend Pentecostal Church for their friendship and hospitality.

Linda



Feasibility Study - short update

A full report will be available for the next Church Meeting but in the meantime, our small working group can report that the scheme will soon be ready to go for planning permission. We have appointed a Planning Consultant from Hitchin to help us with this process, her name is Gaenor Parry and she is not unknown to us as she was working with the YMCA on their feasibility exercise before it was abandoned, so it ties up a loose end nicely. Gaenor worked for 12 years in the planning office and still knows people in the department, she has met with the Architect at the Church and together they will be seeking advice on Highways issues before seeking pre-application advice from the local Planning Officers. Until that time we should treat the scheme as being under wraps because it will harm our case if it becomes public knowledge. In due course we will have a full size drawing for display which explains the scheme in easy steps.

Replacement window

A second big replacement window for the Church was made and paid for earlier in the year and is in store awaiting installation and a date will be fixed for after the floor sealing but before activities resume after the school summer holidays; hopefully this will cause the least disruption to our many Users. The window is heavy and requires three men inside and three men outside to get it in position. The completed window disguises the fact that it is not an easy job.

Philip Read

Car Park Update

The work on the car park and the barrier last year have proved very effective with more spaces available to park, a better surface and the risk of flooding at one end removed.

Return of Deposit for the key for the old car park bollard

Since the installation of the new barrier, the old car park keys for the bollard have become redundant.

The deposit paid was £20.00 for each key. If you have an old car park key, then please contact myself or Allison and we will arrange for your deposit to be returned.

If by October 1st the key has not been returned, then the money you paid for the deposit will be donated to the Car Park Fund for future improvements.

Car park barrier cards

Last year the church meeting agreed that holders of the car park barrier cards would pay £20.00 per year for access to the car park at any time.

From September 1st if you want to continue to have this access to the car park through the barrier can you please renew by paying £20.00 to Allison or myself (preferably by cheque)

If you do not renew by October 1st your current card needs to be returned as it will no longer work.

Thanks,

Helen Kaye



National Prayer Weekend 2018 is from 28-30 September and we will be inviting everyone who uses the building, whether a member of the congregation or someone who attends a group, to send us their prayer requests. Every prayer is important and nothing is too big or too small to pray for. God hears all our prayers.

Throughout the weekend we will commit to praying through every request, for all our groups and their community activities as well as for all our local businesses. We also pray for our local councilors, schools, government, emergency services, wider community, our country and the world.

We are truly blessed to be able to bring all our problems to God in prayer and would like to invite you to join us in doing so. Matthew 18:20 tells us that "For where two or three gather in my name, there am I with them." God Bless.

Liz

Community & Mission Coordinator

Welwyn Hatfield
INTER FAITH GROUP
INTER FAITH MATTERS

Tuesday 14 August 2018

My favourite

Prayer

**Lower Hall of United Reform
Church**

Church Rd, Welwyn Garden City AL8 6PS

**Doors Open 7.00 pm – START 7.15pm – Until
9.30pm**

Ample Free Parking

Further information from Paul Gateshill email: paulghill@hotmail.com tel: 01707 695351
www.whifgroup.co.uk



The past few weeks have been about new beginnings for me and I am extremely blessed to be part of the URC team. I have spent time getting to know the groups that use our building and to continue to build on these relationships. My job is actually very varied, from organising pallets for our community garden to being part of the team that will write the new hiring policies and procedures. Under the guidance of Allison, I'm also receiving training on the hall lettings and going forward will manage the enquiries and bookings of events. It is all very exciting and I'm so enjoying it. I'm delighted with all the support I've received to date and a special thanks to all our lovely volunteers who offer their help unconditionally.

I have joined the Worship Team and will host my first service in October. This is a part of my wonderful journey of personal and spiritual development.

I'll be away in August attending my son's wedding in Krakow on 18 August. The ceremony will be partly English and partly Polish. I have been asked to do the English Bible reading, so really looking forward to this. I haven't met any of my future daughter-in-laws family in Poland yet, so it will be quite an experience since they don't really speak English and I can only say a few words in Polish!

For those going on their summer holidays, I wish you a safe journey and we could possibly exchange holiday pics afterwards.

God Bless.

Liz

CHURCH DIARY August 2018

Wednesday 1 st WGC	1.30-3.30pm 7.30-8.30pm	Baby Group Christian Meditation in Vestry
Thursday 2 nd WGC	11.30am 2-4pm 4.15-6pm 7.30-9pm	Staff Meeting Thursday Club Cellar Exploring the Bible at Sanjays
Friday 3 rd WGC	10-11.30am	Exploring the Bible In the Quiet Room
Saturday 4 th WGC	10-11.30am 2-4.30pm	Breakfast Church Tea Dance
Sunday 5 th Food Bank Sunday WGC	10.30-11.30am	Morning Worship including Communion led by Jane
Tuesday 7 th	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 8 th	10-12noon 1.30-3.30pm 7.30-8.30pm	Knit n Natter Baby Group Christian Meditation in Vestry
Thursday 9 th	4.15-6pm 7.30-9pm	Cellar Exploring the Bible at Sanjays
Friday 10 th	10.00-11.30am 2pm	Exploring the Bible Parents & Tiddlers
Sunday 12 th	10.30-11.30am 12.00 noon	Morning Worship Church Meeting with Views on Family Friendly Trial plus M&M approval
Tuesday 14 th	10-12noon 12.30-2pm 7pm	Community Coffee Morning Lunchtime Discussion Group Interfaith Evening 'Favourite Prayers' in the Lower Hall. Open to all. Refreshments from 7pm
Wednesday 15 th	1.30-3.30pm	Baby Group

	7.30-8.30pm	Christian Meditation in Vestry
Thursday 16 th	4.15-6pm 7.30-9pm	Cellar Exploring the Bible at Sanjays
Friday 17 th	10.00-11.30am	Exploring the Bible
Sunday 19 th Fellowship Lunch	10.30am	Morning Worship led by the Worship Group
Tuesday 21 st	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 22 nd WGC	10-12noon 7.30-8.30pm	Knit n Natter Christian Meditation in Vestry
Thursday 23 rd WGC	4.15-6pm 7.30-9pm	Cellar Exploring the Bible at Sanjays
Friday 24 th WGC	10.00-11.30am	Exploring the Bible In the Quiet Room
Sunday 26 th WGC	10.30am	All Age Worship
Tuesday 28 th WGC	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 29 th	1.30-3.30pm 7.30-8.30pm	Baby Group Christian Meditation in Vestry
Thursday 30 th	4.15-6pm 7.30-9pm	Cellar Exploring the Bible at Sanjays
Fri 31 st	10.00-11.30am	Exploring the Bible In the Quiet Room

For some time, Jane has been dividing her time between Welwyn Garden City, Harpenden, Wheathampstead and Synod. To know when she is available for Welwyn Garden City Church members, all the days in the diary under the dates have WGC.

For August the dates are

1st, 2nd, 3rd, 4th, 5th and 22nd, 23rd, 24th, 25th, 26th, 27th, 28th.

All other working days in the month are with Harpenden/Wheathampstead and Synod. (Subject to change)

CHURCH DIARY SEPTEMBER 2018

Saturday 1 st WGC	2-4.30pm	Tea Dance
Sunday 2 nd WGC	10.30pm	Worship including Communion led by Jane.
Tuesday 4 th	10-12noon 12.30-2pm 2.15-3.45pm 7pm	Community Coffee Morning Lunchtime Discussion Group Exploring Faith Elders
Wednesday 5 th	1.30-3.30pm 7.30-8.30pm	Baby Group Christian Meditation in Vestry
Thursday 6 th WGC	9.30-11.30am 11.30am 2-4pm 4.15-6pm 7.30pm 7.30pm 7.30-9pm	Chatter'n Tots Staff Meeting Thursday Club Cellar Heartland Links Group Heartland Steering Group Exploring the Bible at Sanjays
Friday 7 th	10-11.30am	Exploring the Bible In the Quiet Room
Sunday 9 th	10.30-11.30am	Morning Worship
Tuesday 11 th	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 12 th	10-12noon 1.30-3.30pm 7.30-8.30pm	Knit n Natter Baby Group Christian Meditation in Vestry
Thursday 13 th	9.30-11.30am 4.15-6pm 7.30-9pm	Chatter'n Tots Cellar Exploring the Bible at Sanjays
Friday 14 th	10.00-11.30am 2pm	Exploring the Bible Parents & Tiddlers
Saturday 15 th	10.30-11.30am	Breakfast Church
Sunday 16 th	10.30-11.30am	Morning Worship led by the Worship Group

	Fellowship Lunch	
Tuesday 18 th	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 19 th WGC	1.30-3.30pm 7.30-8.30pm	Baby Group Christian Meditation in Vestry
Thursday 20 th WGC	9.30-11.30am 11.30am 2-4pm 4.15-6pm 7.30-9pm	Chatter'n Tots CYF Steering Thursday Club Cellar Exploring the Bible at Sanjays
Friday 21 st WGC	10.00-11.30am	Exploring the Bible
Sunday 23 rd WGC	10.30am	All Age Worship Anniversary Service
Tuesday 25 th WGC	10-12noon 12.30-2pm	Community Coffee Morning Lunchtime Discussion Group
Wednesday 26 th WGC	10-12noon 1.30-3.30pm 7.30-8.30pm	Knit n Natter Baby Group Christian Meditation in Vestry
Thursday 27 th WGC	9.30-11.30am 4.15-6pm 7.30-9pm	Chatter'n Tots Cellar Exploring the Bible at Sanjays
Friday 28 th National Prayer Weekend WGC	10.00-11.30am 2pm	Exploring the Bible In the Quiet Room Parent & Tiddlers
Sunday 30 th National Prayer Weekend WGC	10.30am	Joint Morning Worship and Church Meeting with Harpenden at WGC led by Jane

September dates Jane will be available at WGC (Subject to change)

1st, 2nd, 6th, 19th, 20th, 21st, 23rd, 25th, 26th, 27th, 28th, 30th

All other working days at Harpenden/Wheathampstead & Synod

What's on in the Church

August / September 2018

Group Name	Day	Time
Welwyn Garden Craft Club (2 nd Mon)	Mon	2pm - 4pm
Men's Games Club	Mon	7pm - 10pm
Hatfield Tai Chi	Mon	7pm - 9pm
Pregnancy Yoga	Mon	7.30pm - 9pm
HomeStart Parent & Toddler Group	Tues	10am - 12noon
Community Coffee Morning	Tues	10am - 12noon
Lunchtime Discussion Group	Tues	12.30pm - 2pm
Slimming World	Tues	3.30pm, 5.30pm, 7.30pm
CBT Skills Group	Tues	5.30pm - 7.30pm
Knit and Natter (2 nd & 4 th Wed)	Wed	10am - 12noon
Carers in Herts (3 rd Wed)	Wed	12noon - 2pm
Baby Group	Wed	1.30pm - 3.30pm
NHS Carers (1 st Wed)	Wed	6pm - 7.30pm
Christian Meditation	Wed	7.30pm - 8.30pm
Pregnancy Yoga	Wed	7.30pm - 9pm
Chatter & Tots	Thurs	9.30am - 11.15am
Thursday Club Social Group for 50+ (1 st & 3 rd Thurs)	Thurs	2pm - 4pm
Cellar Club - Food for the Homeless & Vulnerable	Thurs	4.15pm - 6.30pm
Slimming World	Thurs	5 - 9pm
Zumba	Thurs	
WGC Folk Dance Club	Thurs	8pm - 10pm
Trefoil Guild (2 nd Thurs)	Thurs	8pm - 10pm
Explore The Bible & Prayer Group	Fri	10am - 11.30am
Start to do Art	Fri	1pm - 2pm
Parent & Tiddlers (2 nd & 4 th Fri)	Fri	2pm - 3.30pm
Archaeological Society (1 st & 3 rd Fri)	Fri	8pm - 10pm
Tai Chi (1 st Sat)	Sat	8am-10am
Breakfast Church (1 st & 3 rd Sat)	Sat	10am - 11.30am
Tea Dance (1 st Sat)	Sat	2pm - 4pm
Chiltern West Gallery Quire (2 nd Sat)	Sat	2pm - 5pm
Worship Service	Sun	10.30am - 12noon

Please be aware that some of the groups do not run during August. Please contact the office on 01707 333326 or Liz Laing or community and mission coordinator for further details