From David Croydon ...

I am rising 80 next month and have found it difficult to sit still for the last 79 years—ask Vena.

To calm my nerves, I have decided to set off from Gravesend and walk around the Kent coast, and then along the Sussex coastline to Eastbourne and strike inland back through Tunbridge Wells and home.

This is an opportunity for all our young brethren to get a little exercise—I would be delighted to have company on a day to day basis for a half or a full day. I have always had company before and met fresh people and enjoyed myself.

Richard will vouch for me (possibly)!!

To ease the pain, Vena has "volunteered" to deliver and collect along the way, and meet up at lunchtime.

The mileage and walking will be as gentle as usual—between 6 and 12 miles per day. I have even been persuaded in the past to stop at tea/coffee shops on a pretty regular basis. The Turner at Margate does very good coffee as does the Avocet Gallery at Rye Harbour. Could there be a better way of testing the merits of different ice creams, or solving the Greek problem.

Once you decide to join up—we can fix the timing. We start on Thursday 16th July and finish on Wednesday 12th August.

By joining up you will be helping to raise funds for Ellenor and Alzheimer's Support why? Simply because you will be wearing a hi vis tabard and carrying a collecting tin.

What could be easier?

If you feel too fragile, all you have to do is sponsor me—the list is at the back of the church.

Don't forget, photos may be published of those who walk with me, so there will perhaps be no hiding place. The photographer, who shall be nameless, has been known to sneak up on us unawares.

Help me make this a bumper effort—I have promised my "driver" this will be my last long distance effort—about 220 miles.





Holy Communion 8am Monday, 7am Tuesday, 10am Wednesday, 7am Thursday, no service Friday, 8 am Saturday, 8am and 10 am Sunday

Gluten free Communion wafers are available at every service—please have a word with the Churchwardens or Clergy if you would like to receive gluten free wafers at Communion.

God's Gang in August	Praying Together		Please note the Wave of Prayer will be on Wednesday 15th	
other items to engage the children in the congregation.	As the East Gravesend cluster of churches begin to co-operate more in mission and ministry, it is important that we also take reg- ular opportunities to pray together. On every weekday except Monday (when all the cluster clergy take their day off), either Morning Prayer or Evening Prayer will be said somewhere in the three parishes of the cluster. Everyone is welcome to come to these prayer services, which last about 20 minutes.		July from 1.00—1.45 pm in the church. Mothers' Union will be holding a Garden Party at Veronica's, 68 Pine Avenue at 2.30 pm on Tuesday 4th August. There will be a raffle and bring and buy stall. There will be a Rochester Diocese Mothers' Union Retreat at Penhurst Retreat Centre near Battle from Friday 4th September to Monday 7th September. Rev. Paul Prentice will be the Retreat	
On oth August the sermon	Wednesdays Evening Prayer 5.1 Thursdays Morning Prayer 8.3 Fridays Evening Prayer 5.1	0 am at St. Aidan's Church 5 pm at Christ Church 0 am at Holy Family Church 5 pm at Holy Family Church	have a single room or have a S	from anyone who may wish to either ilent Retreat. This Retreat is open to Please contact Karen Forster-Pearch terested.
	FAMILY BBQ on Sunday 9th August We hope you will all stay after the 10.00 am service to our Family BBQ. This is a time when the whole of the church family can socialise together. To help with catering, please	Margaret Payne's funeral will be in Christ Church at 11.00 am on Thursday 16th July followed by burial at Gravesend Cemetery at 12.00 pm. Everyone is welcome to join Chris and the family at the Old Gravesendians' Club, Parrock Road for refreshments.	There will be a concert by Rainham Ladies Choir at St. Aidan's Church on Saturday 18th July starting 7.30 pm Tickets at the door £5.00. Light refreshments available during the interval The next meeting of the Mustard Seed will be on Thursday 16th July at 3.00 pm in the church hall. This month we will be entertaining the over 80s to afternoon tea with entertainment. If you haven't been to Mustard Seed in the past then do come along and join us as it promises to be an enjoyable afternoon	
children at all times when they are in the hall. The next meeting of Ifield Ladies will be on Wednesday 15th July in the Church Hall at 7.30 pm when Irina Fridman will talk about "Jewish Life in the Medway Towns" Visitors are always welcome to attend.	sign the sheet at the back of the church and indicate how many are coming and wheth- er you are bringing a salad or There will be a Summer Fayre at St. Peter and St. Paul, Milton on Saturday 18th July from 11.00 am—2.00 pm.		Gravesham Arts Council Annual Art Show is this weekend 11th and 12th July in St. Andrew's Art Centre from 10.00 am— 5.00pm each day. Entry is free. Please go along and take a look at the paintings on show.	ECHO SQUARE PUBLIC MEETING To establish a new Echo Square Association for Residents and Businesses. Everyone who lives, works, studies or socialises in the Echo Square area is invited to come along to a public discussion on Thursday 16th July at 7.30 pm in No 84 Tea Room, Echo Square