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.

Registered Charity No 1130741



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12th July **Notes and News**



Christ Church, Milton-next-Gravesend

A warm welcome to any visitors worshipping with us this morning. Please make yourself known to one of the clergy or the people who greeted vou at the door

Looking Ahead

12th July 8.00 am 10.00 am 6.30 pm	Holy Communion (said) All Age Service Confirmation at St. Mary's, Wrotham Road
14th July 6.30 pm	Semiquavers Concert
16th July 3.00 pm	Mustard Seed
19th July 8.00 am 10.00 am 1-7 pm	Holy Communion (said) Family Communion Diocesan Big Day Out
23rd July 2.00 pm 7.30 pm	Pilgrims Course Pilgrims Course
2nd August 8.00 am 10.00 am	Holy Communion (said) Family Communion
9th August 8.00 am	Holy Communion (said)

All Age Service

Family BBO

10.00 am

semiquavers Concert Tuesday 14th July 6.30 pm

Tickets £3.00 for adults, children are free from Gill in church or on 534517.

Please come along and enjoy a very good evening.

CONFIRMATION

Alex Brown, Lucy Hornby, Kay Page, Maxine Springett and Sue Wilkins are being confirmed at St. Mary's Church, Wrotham Road to-day at 6.30 pm.

Please keep them in your prayers and go along this evening and support them



To everyone who helped at the working party on Saturday morning.

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

During the five Sundays in August there will be no formal 'God's Gang' teaching for the children. Instead we will keep the services fairly short and include music and other items to engage the children in the congregation.

On 9th August the sermon will be an 'all-age' talk and the ¦l Fridays service particularly 'child friendly', and the Church family BBQ will take place after the service.

If children become restless and parents need to give them a bit of space, some activity sheets and colouring materials will be laid out in the hall please feel free to use these at any time. No supervision will be provided—parents need to supervise their own 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.

Praying Together

As the East Gravesend cluster of churches begin to co-operate more in mission and ministry, it is important that we also take regular 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 I I said somewhere in the three parishes of the cluster. Everyone is welcome to come to these prayer services, which last about 20 minutes.

Tuesdays Morning Prayer 8.00 am at St. Aidan's Church | Wednesdays Evening Prayer 5.15 pm at Christ Church Morning Prayer 8.30 am at Holy Family Church :: Thursdays Evening Prayer 5.15 pm at Holy Family Church

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 sign the sheet at the back of the church and indicate how many are coming and whether you are bringing a salad or

There will be a **Summer Favre** ll at St. Peter and St. Paul, Milton !! on Saturday 18th July from !! 11.00 am—2.00 pm.

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.



Please note the Wave of Prayer will be on Wednesday 15th

July from 1.00—1 45 pm in 41

¡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 Leader.

Bookings are now being taken from anyone who may wish to either have a single room or have a Silent Retreat. This Retreat is open to anyone not just MU members. Please contact Karen Forster-Pearch on 01732 451396 if you are interested.

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.

1. This month we will be entertaining the over 80s to afternoon tea with i entertainment. If you haven't been i to Mustard Seed in the past then do come along and join us as it ! promises to be an enjoyable afternoon

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 lalong 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