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### REGULAR VILLAGE ACTIVITIES

1st Wednesday in each month	7 pm Wednesday Sisters Supper Club. For more details please phone Rosie on 781046.	The Sun
Every Tuesday	7.30pm Table Tennis	Village Hall
2nd Wednesday every other month	7.30pm Parish Council Meetings (Jan/Mar/May/July/Sept/Nov)	Committee Room

### CHURCH OFFICERS

Rector	Revd Paolo Di Leo	(782000, 07968 606 377)
Lay Leader of Worship	Rosemary Drewery	(07792 926 004)
Churchwarden	Sue Whitehouse	(781300)
Treasurer	Stephen Hill	(781064)

Editor of Ouse News: Jane Carwithen (782185) or email [janecarwithen@gmail.com](mailto:janecarwithen@gmail.com)  
Items to be with the Editor for the next edition by NOON on 25<sup>th</sup> of the month



August 2025

[www.felmersham.net](http://www.felmersham.net)

### Rest and relaxation

Revd Nick Munday

And so we come to August and people think about relaxing – time out in the garden, on the beach (by the seaside or by Felmersham Bridge!), chilling out with friends and family. And then before long, we'll be back to school, back to work – except for the retired folk, who have even busier diaries. The stress and pressures of life are a worry and concern.

Fortunately, the Christian faith has some practices that may help. The first is the ancient Jewish idea of the Sabbath. The fourth of the Ten Commandments is to 'remember to keep the Sabbath day holy' (and our word holiday means literally 'holy day'). A holy day is a day different from all the others. Traditionally that has been Saturday for Jewish people. Even God took rest on the seventh day after he had created the world, says the priestly writer of the Book of Genesis, and the idea of taking a complete day of sabbath rest from Friday sundown to Saturday sundown is a distinctive practice of Jewish people to this day. Christians have adopted Sunday as a day of rest, to remember Jesus' rising again on Easter Sunday – the start of a new creation. The crucial point about a sabbath is to take a break from work, and spend some time just being, relaxing, thinking about God, praying, ready to start at work again on Monday.

The second is the practice of silence and meditation. Thanks to the Buddhist religion, mindfulness has become popular in recent years. What is not so well known is that Christians have been practising meditation for centuries, going back at least to the Egyptian 'Desert Fathers' in the third century AD, who withdrew from the world for a while, aspiring to be still. This way they could empty the mind in order to meet God – although they did not neglect hospitality to strangers.

Not everyone can take Sunday as a whole day of rest and recovery. Vicars can't, for example! Before I retired I used to take Tuesdays as my special day. (ctd)

## The United Benefice of Sharnbrook, Felmersham and Knotting with Souldrop

St Peter's Church, Sharnbrook MK44 1HU, St Mary's Church, Felmersham MK43 7JP All  
Saints Church, Souldrop MK44 1EX



[www.sharnbrookcofechurches.org](http://www.sharnbrookcofechurches.org)

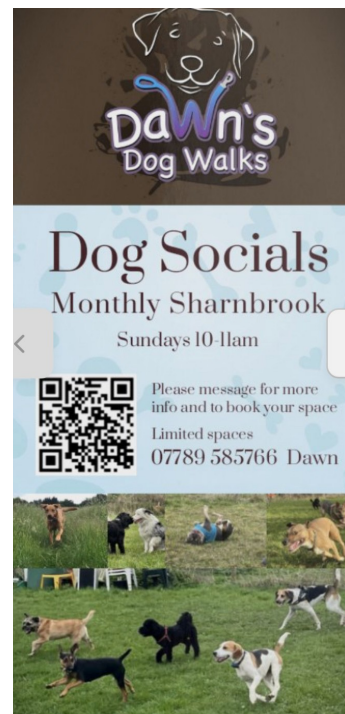
Welcome



### FORTHCOMING CHURCH SERVICES FOR AUGUST

<b>Sun 3 August</b> <i>Trinity 7</i>	9.00am <b>10.30am</b> 6.00pm	Said Holy Communion at St Peter's <b>Choral Holy Communion at St Mary's</b> Evensong at St Peter's
<b>Wed 6 August</b>	<b>9.30am</b>	<b>Holy Communion at St Mary's</b>
<b>Sun 10 August</b> <i>Trinity 8</i>	9.00am 10.30am 10.30am	Said Holy Communion at St Mary's Choral Holy Communion at St Peter's Holy Communion at All Saints
<b>Wed 13 August</b>	9.30am	Holy Communion at St Peter's
<b>Sun 17 August</b> <i>St Mary's Festival</i>	9.00am <b>10.30am</b> 6.00pm	Said Holy Communion at St Peter's <b>Choral Holy Communion at St Mary's</b> Evensong at St Peter's
<b>Wed 20 August</b>	<b>9.30am</b>	<b>Holy Communion at St Mary's</b>
<b>Sun 24 August</b> <i>St Bartholomew</i>	9.00am 10.30am	Said Holy Communion at St Mary's Choral Holy Communion at St Peter's
<b>Wed 27 August</b>	9.30pm	Holy Communion at St Peter's
<b>Sun 31 August</b> <i>Trinity 11</i>	9.00am <b>10.30am</b> 6.00pm	Said Holy Communion at St Peter's <b>Choral Holy Communion at St Mary's</b> Evensong at St Peter's
<b>Also Thursdays</b>	<b>9.30am</b>	<b>Morning Prayer on Zoom</b>

<https://zoom.us/j/763110804> The Password is 079014



### VILLAGE TRADES AND SERVICES

Babysitting (Felmersham)	Laura Hewlett 782063	Electrical Services	Martin Blizard 782527
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**Sharnbrook Mill Theatre**  
**23rd-27th September 2025**

**Tickets and more information**  
**[www.sharnbrookmilltheatre.co.uk](http://www.sharnbrookmilltheatre.co.uk)**  
Sharnbrook Mill Theatre is a registered charity

(Ctd from page 1) But it's certainly good to have a regular rhythm, including an opportunity for restoration and recharging the batteries, perhaps by meditation. What the Jewish priest who wrote the story at the start of the book of Genesis was saying is 'If God took a day of rest to enjoy his creation at the end of the week, so should we.'

One of the nation's favourite hymns, *Dear Lord and Father of mankind*, contains this lovely verse:

*O Sabbath rest by Galilee!*

*O calm of hills above,*

*Where Jesus knelt to share with thee*

*The silence of eternity,*

*Interpreted by love!*

As well as rest and relaxation, may you find some Sabbath rest, calm and silence, and experience God's love this summer.

#### COFFEE MORNING ON SATURDAY 2nd AUGUST

Jane Wells

The August Coffee Morning will be held in **St Mary's Church, Felmersham** on **Saturday 2nd August at 10.30am.**

There will be a small raffle and plenty of chatter with your coffee, tea and biscuits. Friends, family and neighbours are all welcome.

#### LUNCH TOGETHER

Maggie Spoor, Jane Wells, Jane Rhodes

The next Lunch together will be on **Friday 8th August at The Sun Pub at 12.30.** Please come and take the opportunity to meet old friends and new with Soup and Sandwiches provided by Pete and his wonderful team. The cost is £7. This does not include drinks.

Please ring **Jane Rhodes on 01234 782138 by Wednesday 6th August** to let us know if you would like to come. We look forward to seeing you.

#### TEAS IN THE CHURCH - WEDNESDAY 20th AUGUST

Jane Wells

Teas in the Church will take place on  
**Wednesday 20th August from 2.30pm - 4pm**

Come along to enjoy a cup of tea, a slice of cake and, of course, friendly chatter.

All ages are welcome

Do come along



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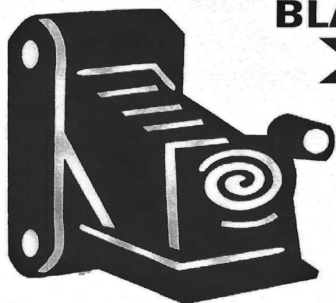
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## Kites Connect Festival: a celebration of culture and kites at Dunstable Downs

Introducing: Kites Connect Festival, a revival of our popular Kite Fest last held in 2018. With a fresh perspective and a deepened commitment to serving our local community, it's more than just a kite festival; it's a celebration of unity and access in our local green spaces.

**2 - 3 August**

**10:00 -17:00**

A free, two-day festival to experience the magic of kite strings weaving connections between all.



<https://www.nationaltrust.org.uk/>

## CARERS TOGETHER

**There will be no meetings in August**

**The next meeting will be at 2.30pm  
 on Monday**

**September 1<sup>st</sup>**

Come and join us for tea, cake, and a chat.

Meet with other Carers knowing the person you care for is enjoying activities in a safe and friendly environment.

The Methodist Church, Park Lane,  
 Sharnbrook

For more information contact the group's

Co-ordinator

Linda Hoar 07791214148  
[lindahoar@hotmail.co.uk](mailto:lindahoar@hotmail.co.uk)

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## Country Days

We are delighted to be running our third Country Days Family Fun Day on Sunday August 31st and we would really love for you to come. Throughout the day there will be free workshops for your smaller ones to participate in, whilst you enjoy our staple cake stand and a cup of tea.

We use the family fun day as an opportunity to open our gates and invite everyone into our nature reserve. It is always truly overwhelming how many people turn up to support the charity, whether it be locals, newcomers or

returning fielders desperate to show their family what they did here whilst on one of their courses. Nature is our original playground and a connection to it is vital for our well-being - a study done by Colorado University showed that children who spend more time in green spaces show lower levels of cortisol (the stress hormone), another study by the People and Nature survey showed that being in nature promoted well-being and decreased anxiety. However the Guardian newspaper noted that over 3 in 4 children want more time in nature yet only two thirds of families can access green spaces due to social conditions. Our late founder Ann Hadfield was passionate about getting children outside and Invested in nature: with this nature reserve she wanted to increase the access to outdoor green spaces and that is exactly what we intend to do on our courses. By coming to our family fun day not only do you support us in our goal, but also we hope you have a wonderful day out in nature. If you have any questions or would like to be involved in any way please email [info@countrydays.net](mailto:info@countrydays.net).

**Family Events and Activities**  
**this Summer**

<https://www.thehigginsbedford.org.uk/>



**REMEMBER: Bulky Waste Collections— Saturday 16 August**  
**Radwell Green 8—10am**  
**Marriotts Close 10.30—12noon**

## Open Door

**"Open Door" is an activity morning for all ages at**  
**St Mary's Church, Felmersham**  
**and will take place on Wed 27th August 10.00am-1.00pm**  
**Look out for details through your front door!**

## Neighbourhood Watch

**David Girling**

For those people who use the Internet, and apologies to those without access, you are probably aware of the Bedfordshire Police home page, where a number of actions are possible:

<https://www.beds.police.UK> or just type in Beds Police and it should find this page.

For more local and community information the Police now have a site called BedsCONNECTED. [bedsconnected.co.uk](https://www.bedsconnected.co.uk) or <https://www.bedsconnected.co.uk>

You can sign up to receive your choice of the information available.

This is a fairly new service and some development is still taking place. A survey on the site is available for feedback.

**Felmersham & Radwell**  
**25<sup>th</sup> Autumn Show & Art Exhibition**

**Sunday 21<sup>st</sup> September 2025**  
**in Pinchmill Hall**

Schedules can be downloaded  
from the Felmersham & Radwell website  
[www.felmersham.net](http://www.felmersham.net)

or from the village Facebook page  
Felmersham & Radwell Village Group

There are classes for everyone  
and prizes for every class  
as well as trophies to be won

Open for viewing from 2.30pm when  
Tea and cakes will be served

Sponsored by Milton Ernest Garden Centre



PARISH COUNCIL MEETING: 7 JULY 2025  
EDITED HIGHLIGHTS

**Public participation** was extended to allow residents and council to discuss concerns regarding the Appeal at land east side of Pavenham Road.

**Overgrown Vegetation: A Further Reminder**

Several parishioners have complained or commented upon several instances in Felmersham and Radwell where overgrown shrubs and hedges are obstructing the highway, restricting the footpath or obliterating traffic signs. There is a requirement for landowners to cut or trim hedge-row that overhangs a highway, road or footpath and that obstructs public access and, in this regard, the Parish Council urges you to keep your trees and hedges maintained in good order for the benefit of highway and footpath users. This would be most appreciated.

**Topical issues**

Two of the oldest Village Entrance Gates are going to be refurbished to match the one replaced earlier this year.

Access to Pinchmill Islands - the Borough's Rights of Way officer has written to landowners requesting the new stile is made more dog and pedestrian friendly.

The Clerk is chasing the return of the repaired speed monitor device and following several complaints of speeding traffic in Felmersham & Radwell and will enquire as to the availability of average speed cameras between the two river bridges.

**Date of Next Meeting:** The next meeting is scheduled on Wednesday 10 September 2025 commencing at 7.30pm.



BEDS & HERTS  
Historic Churches Trust

**Bike 'n Hike on 13 September 2025** is our main fundraiser and raising around £100,000 annually for some years. This is a fantastic amount for which the Trust is most grateful.

It's a vital challenge, because while churches continue to need repairs, building costs have soared. We can do it if more people are sponsored to take part in this fun day out, visiting beautiful historic churches. Half the sponsor money goes to the church nominated by the person taking part.

**Saturday 13 September**

You can visit local churches at your own pace and in any order you choose, being sponsored per church visited, or simply self-sponsoring for a local, eco-friendly day out. **For more details and for sponsorship forms, or if you would like to volunteer for an hour on the day as a greeter at St Mary's, please contact Stephen Hill (781064).**

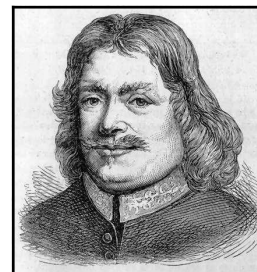


**Sponsored Bike 'n Hike**  
BEDS AND HERTS HISTORIC CHURCHES TRUST

*Bike 'n Hike in Beds 'n Herts*



# Ouse Valley Mothers' Union



## Visit to the Bunyan Church & Museum

**Thursday 14 August**

**depart 1.00pm from St Peter's Lychgate**

**Trip includes guided tour & tea and cake**

**Book your place with £7.50**

**to Jackie Biggs or Revd Nick by Friday 1 August**

We welcome anyone who would like to know about Mothers' Union

Details: contact **Jackie Biggs** (782517) or **Hazel Scott** (781559)

Charity No.249814

