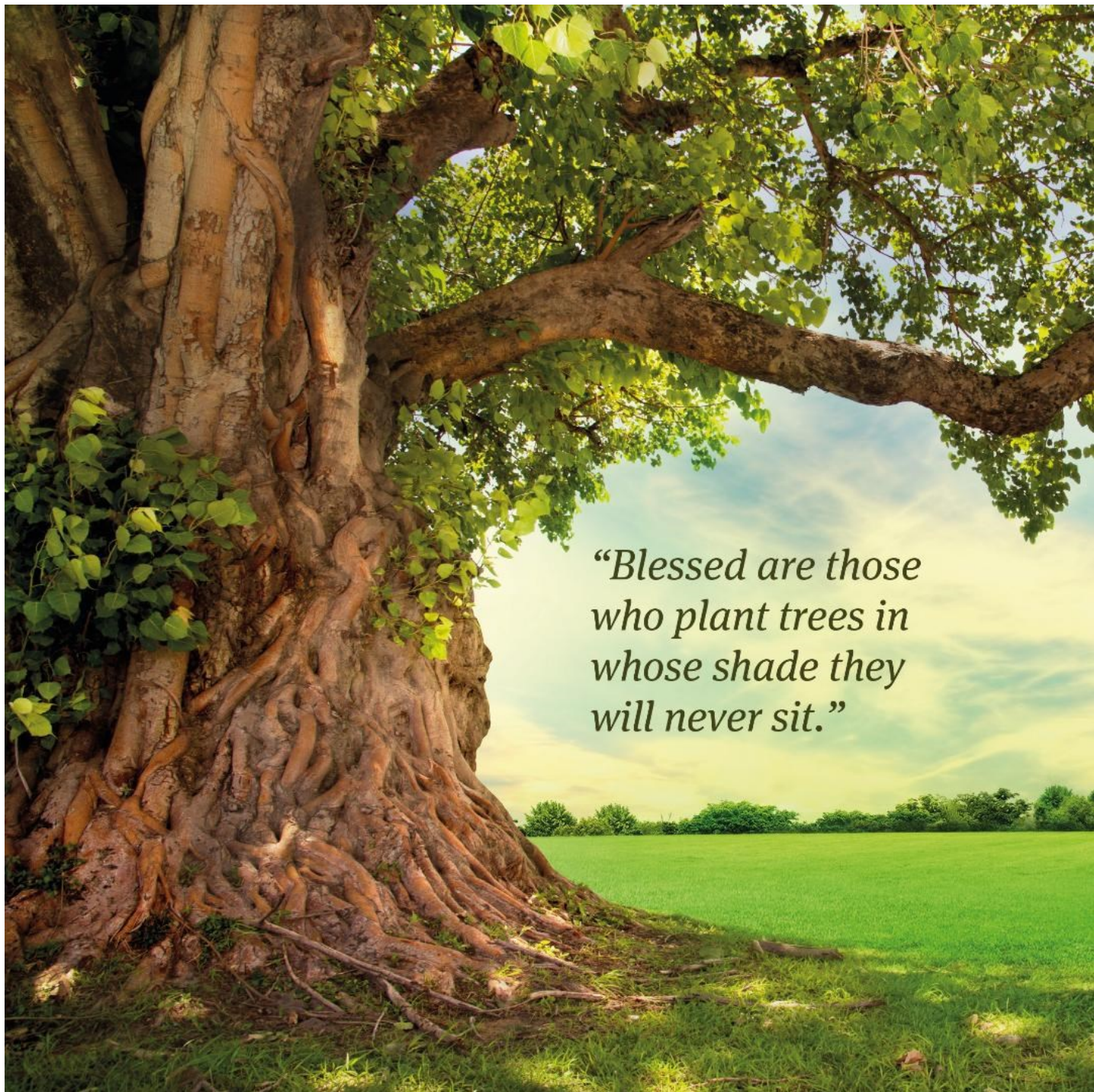


The Log



*“Blessed are those
who plant trees in
whose shade they
will never sit.”*



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September 2023**

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VICAR'S NOTES

On one surprisingly sunny morning in early August when I was walking my dog Barley, I took a moment to stop and appreciate the warm glow of the sunshine. As I surveyed the beauty of the surrounding countryside a large oak tree not far away captured my attention and imagination. I felt compelled to wander over to it and study it further. As I touched the rough surface of the protective bark it was clear it had seen many years and barring any major disasters would see many more to come. I was struck that the texture and feel of the coarse bark on the outside gave little indication of all the hidden channels of life inside the tree moving the nutrients from the wide and deep roots all the way up and out to the end of each green leafed branch where new acorns were growing. On a closer inspection this tree was clearly very alive. Then in another related thought leap I was reminded of the proverb, '*Blessed are those who plant trees in whose shade they will never sit*' and it made me think about our collective role in being spiritual stewards for the present and future generations of St Lawrence with St Paul's Church.

I suppose in particular I was thinking these thoughts because of the August launch of our new **Audio-Visual (AV) Proposal** for St Paul's church and wondering how the prospect of trying to raise approximately £12,000 might sit with many of you in the congregation. I suspect that some of you will be enthusiastic, and others might prefer the status quo. Interestingly as I write I'm not sure how much money has already been pledged but my hope is that everyone will recognise the spiritual significance, that to capture the attention and imagination of the many people in Longridge we're not presently reaching, we need to keep producing new acorns. For more information do pick up one of the leaflets explaining the new AV proposal from either St Lawrence or St Paul's church and do let me or Revd Simon know if you have any questions.

Autumn Christianity Explored Course

Since 2019 we've used the fantastic Alpha Course as a way of allowing people to ask the big questions of life and the Christian faith. This Autumn term I am delighted to be able to introduce the already very well-established Christianity Explored Course (<https://www.christianityexplored.org/>). The course uses Mark's Gospel to explore Jesus' question, 'Who do you say I am?' and is both suitable for anyone who wants to explore the heart of the Christian faith for the first time or anyone who wants a meaningful refresher.

The course will begin on Wednesday 27th September 7.30 – 9.15pm and run for 7 weeks (taking a one-week break for Half Term) until Wednesday 15th November in St Paul's Centenary Room. A simple meal and dessert will be provided and dietary needs can be catered for if you let us know in advance. Please do email me if you are interested in joining the course or if you have any questions: revmikebarton@gmail.com

The Log Team

Editorial	Dot Little	dotlittle003@gmail.com	01772 783998
	Gillian Whalley	gillian.whalley@icloud.com	01772 783262
Advertising	Val Wardley	wardleyval13@gmail.com	01772 387862
Distribution	Judith Kaye	judithkaye@sky.com	01772 785114
Production	Michael Dawson	michael_dawson@talktalk.net	01772 652370
	Lawrence Ingham	lawrenceingham@yahoo.com	07503 210 206

St. Paul's Pre Autumn Clear-out

On the 2nd September from 9.00am – 12 Noon we will be aiming to clear a good deal of the no longer needed items and general clutter that has accumulated both downstairs and upstairs in St. Paul's Church. It will also be an opportunity to do some general cleaning so please do come armed with mops, cloths and dusters and if you have an empty car boot and are willing to do one of the trips to the Longridge Tip that would help considerably. There will be brews, bacon butties and friendly smiles for all the workers to encourage us in this task

Autumn Family Social

I'm excited to announce that this year as part of our Harvest celebrations we're organising an Autumn Family Social with hopefully something for everyone to enjoy and, if you're like me, a great opportunity to show off your bad dancing skills. This event will take place on Saturday 30th September, full details are in the social committee article on page 6.

Our Harvest Festival services and walk will then take place on Sunday 8th October.

The Staggered Triathlon – The Great North Run – The Final Leg

After Marion and Simon have superbly completed their respective 40km bike ride and 21-mile swim, it's now my turn to put in a bit of effort! So on Sunday 11th September I will be running half a Marathon (13.1 miles) at the Great North Run over in Newcastle. Thank you to everyone who has generously sponsored the three of us to help raise funds for the ongoing mission of St Lawrence with St Paul's Church.

Autism Youth Support Group

This wonderful and relaxed group led by congregation members Emma Turver and Jacqui Laker starts up again on Thursday 8th September in the St Paul's Centenary Room and continues to run during term time, 3.30pm – 5pm. Please come along or contact emma@reachoutasc.com for more details.

School Uniform Fund

Thank you to those who have donated money to the School Uniform Fund. Your generosity is much appreciated and has really helped some lovely families send their children to school feeling confident and looking smart. The Fund remains open throughout the year so if you or someone you know is struggling to meet the cost of buying a school uniform then please do contact me or Revd. Simon King. Equally we are happy to receive donations at any time.

Foodbank

A reminder that the Foodbank continues to operate every Friday at St Paul's Church between 11am and 1.30pm. More information can also be found at: <https://ribblevalley.foodbank.org.uk/> and I'm happy to receive donations at the Vicarage door by prior arrangement,

Soap Box Derby—17th September.

There will be no morning services on Sunday 17th September, as Berry Lane will be closed for the Soap Box Derby and there will be no access to St Paul's Church by car. To take advantage of the opportunity offered by the event, Rev Simon will be talking about Jesus and, with the help of Steph and John Willan, running a free craft stall on Towneley Gardens for children. Do come and say hello. In the evening there will be an Ecumenical Service, hosted and led with our friends from Churches Together in Longridge and District at 6:30pm at St. Lawrence's Church.

A GOOD DECISION



Arriving at Church for the Morning Service on Sunday 16th July we felt sure the weather wouldn't be fit to have the Parish Garden Party outside at the Old Vicarage and was half expecting to be told that the event had been transferred to St. Paul's. Optimistically, however it was decided that we would stick with Plan A and amazingly the afternoon turned out a bit windy, the grass rather wet but thankfully it was fine and the weather continued to improve as the afternoon went on. In view of the forecast, we had actually cancelled the Bouncy Castle but the bunting was quickly put up – the Pimms was made, the cakes were plated, the ice cream scoop was poised and the games ready for action and by 1.30pm all was in place as people started to arrive.



We hadn't actually planned for the wasps which appeared at the same time as the sun came out and the cakes were displayed but Wendy and Rie dealt admirably with those and we all had a lovely afternoon enjoying one another's company. Our thanks to Graham Kelsall for once again hosting the event and for so warmly welcoming us to his home and garden.



BREW TIME

Open every Wednesday from 8.50am – 11am
in St. Paul's Centenary Room.

Serving tea, coffee, toast, crumpets and cakes!

There's always a warm and friendly welcome - so do join us we would love to see you.

Kath, Jacqui, Bev and John



Fellowship, Fun & Fundraising Group**AUTUMN FAMILY SOCIAL****Saturday 30th September****In the pavilion on the Show Field, Lower Lane from 4pm – 10pm.**

The Social Committee with their new title of 'Fellowship, Fun & Fundraising' particularly enjoy organising social events that all the church family and wider parish can enjoy and hope that this Autumn Family Social, with the emphasis on fellowship and fun rather than fundraising, will be well supported. Everyone is welcome throughout the event and to give you a flavour here is the running order -

4pm – 6pm there will be a Bouncy Castle, games and a junior disco.

6pm Food will be served with a choice of Hotpot or Cheese & Onion Pie and a dessert + tea and coffee.

7pm – 10pm Lynne and Jeff Hoyle will be our callers for a Barn Dance with a Licensed bar available, (cash only). There will also be a raffle.

Admission is free but importantly if you want to partake in the meal at 6.00pm you must purchase a ticket in advance to help with catering £6 adults (£3 children). Tickets available from Graham Kelsall, Wendy Smyth, Dot Little or Barbara McCormick. Whether you intend coming just from 4pm – 6pm or for the Barn Dance from 7pm – 10pm it is the meal at 6.00pm which will link the evening. DO PLEASE JOIN US IF YOU CAN.

Our Harvest Walk will be on the afternoon of the 8th October and then....

Autumn Lunch – Sunday 22nd October

The Fellowship, Fun and Fundraising Committee invites you to join us at The Cross Keys at Whitechapel at 1pm for Sunday lunch. Widely known for their excellent food, and with a lovely rural setting, we thought this would be a great place to go to eat and socialise.

The cost of the lunch is £18.95 for 2 courses or £22.95 for 3 courses. To assist the Cross Keys with planning, we need to confirm numbers by the end of September.

If you'd like to join us, please let Dot or Graham know (contact details on page 7)

A HUGE THANK YOU TO OUR ADVERTISERS AND TO VAL WARDLEY

Over the past month Val Wardley has personally visited, emailed or telephoned each one of our advertisers, to ask if they wish to continue advertising in the Log for a further twelve-month period. We are extremely grateful to those who are advertising with us again and to new shops and businesses joining us for the first time. We are sure that Log readers will continue to make every effort to support our local tradespeople.

We thank those businesses for supporting our church magazine over the last twelve months and for different reasons are not continuing. We wish them well for the future.

For those considering advertising we have a limited number of vacant spaces available.

Please contact Val Wardley on 01772 387862 for further details.

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Curate	Rev. Simon King	9 Willows Park Lane	07789 645138	revsimonking@gmail.com
Retired Clergy:	Rev. John Ball		07754 771220	
	Rev. Gill Mack	7 Bowland Close	01772 783983	gillmack423@btinternet.com
	Rev. Adrian Mairs	8 Hacking Drive		adrian.s.mairs@gmail.com
Readers	Muriel Anderson	12 Plessington Court	07526 025933	murielanderson33@gmail.com
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	Dorothy Laver	19 The Pastures, Grimsargh	07719 389529	dorothy.laver@gmail.com
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Ruth Ball 01772 783172
Julie Kirkham 07742 228232

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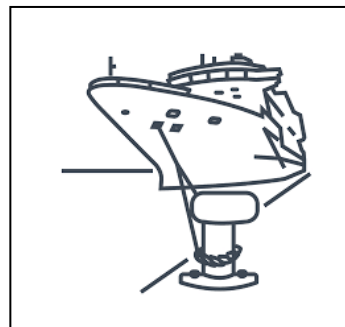


PATTERNS FOR PRAYER

Two thought-provoking quotes for September by Revd Gill Mack

*Pilgrim When your ship
long moored in harbour
gives you the illusion
of being a house;
when your ship begins to
put down roots in the stagnant water
by the quay –
PUT OUT TO SEA!*

*Save your boat's journeying soul
and your own pilgrim soul
cost what it may. (Dom. Helder Camara)*



O my brave Soul! O farther, farther sail!
Daring but safe! Are they not all the seas of God.
(Walt Whitman)

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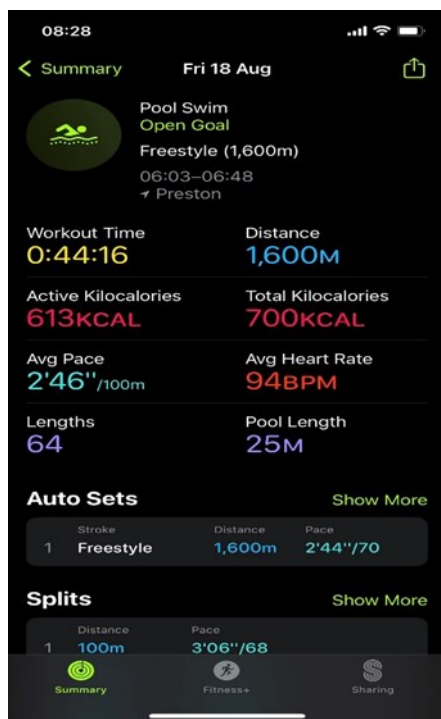
*All ages are welcome and as the photos show we usually have
a game of dominoes on the go. Younger children can enjoy
Lego and there are a variety of other games available.*

**The café is open to all and reopens on
Wednesday 6th of September.**



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**If you have any questions or want more
details, please contact Steph on 07593 575576**

STAGGERED TRIATHLON IS 2/3rdS COMPLETED

For his part of the triathlon Revd. Simon challenged himself to swim 21 miles in 21 days. In the event the distance was completed in 18 days which was an amazing achievement when you consider that one mile was 64 lengths of the swimming pool



and some days to compensate not being able to get to the pool on Sundays 96 or even on a couple of occasions 128 lengths were completed. Many of us enjoyed watching Simon's progress through the daily time posts he put on Facebook and were willing him on to swim the final mile on Friday 18th August. A grand total of 1,344 lengths of the pool completed. Often Simon was in the pool at 6.03 and out again before 7.00am ready to start a full day's work. For

those of us who calorie count – swimming one mile used around 700 calories so only the equivalent of a couple of Mars bars!!

Our thoughts now turn to Revd. Mike's half marathon, (13.1 miles) at the Great North Run on the 11th September.

We asked both Marian, who completed the 40 Km. bike ride and Revd. Simon to tell us a little about their exercise regime. We will hopefully get Revd. Mike to tell us something about the benefits he gets from running in the October Log.

If you have kindly sponsored any or all of the three exercise disciplines which make up this Staggered Triathlon or would like to make a donation then Dot Little is kindly collecting the money which will all go to General Church Funds to help with the day-to-day costs of maintaining our two church buildings.

What Exercise Brings to My life – Marion Scarborough

Recently, whilst pedalling my way through the cycling part of the Staggered Triathlon Fund raiser, I was asked to write about what exercise brings to my life.

I wasn't born into a sporty family but like most children in the 1950's I spent a lot of time hopping, skipping and running around the streets near to my home. When the local boys allowed me to, I would join in their football and cricket games played on the nearby "rec" but it wasn't until I went to Primary School that I experienced formal sport and exercise. I found that for some reason I could shoot a netball through a hoop with a fair degree of accuracy and whack a



rounders ball far enough to allow me to run round all four bases which resulted in my inclusion in the school teams. Thanks to my fellow team members we won several interschool competitions which gained us praise from both teachers and our peers and what young child doesn't like praise? So, the seed was sown in me and sport and exercise became an important part of my life.

At Grammar school I was fortunate to have a games mistress who believed pupils should have access to all manner of sports and so I experienced a wide range of activities including fencing, ice skating and archery as well as the usual ball sports and athletics. The results varied widely from hopeless (ice skating), not bad (archery) to pretty good (running) but regardless of skill I loved it all.

I never had a bicycle as a child but acquired one as a student and spent four years cycling around west and north London. I also continued running, my usual route being along the Thames from Isleworth to Richmond.

On returning to my native Yorkshire, I met my husband and we spent many hours walking in the Dales. From her earliest days we encouraged our daughter to enjoy sport and exercise and it must have worked as she took a degree in it!

The years have rolled by and I have continued to run and cycle although the bike is now a static one and the running reduced to septuagenarian plodding.

Apart from the physical and mental wellbeing that exercise affords me the rhythmic whirring of pedals or pounding of feet on tarmac allows me to clear my mind of daily trivia and helps me to feel closer to God. It is a time when I can listen for His voice. This is what exercise brings to my life.

Learning to crawl – Revd. Simon King

Back in March, a very nice surgeon with a very big hammer replaced my hip. The truth is that since I had hurt it running some twelve months before, it had not been working all that well. It had taken a while to get the diagnosis of osteo-arthritis and the very nice surgeon, having seen the x-ray, said that my joint was bone on bone.

One of the effects of the dodgy hip was that it made exercise near impossible, and that would have been that, if it wouldn't have been for a very kind man and friend who encouraged me to go swimming again. Since youth I have always been a strong but very slow swimmer. So, we went to Fulwood Leisure Centre together where I discovered that swimming actually helped with the hip. As soon as possible after the surgery I was back in the pool.

I had seen a charity advertise for swimmers to do sponsored swims the equivalent of the English Channel, over a month, and pondered if it was something I could do, but rather than do it for the charity, do it to raise funds for church. It was about this time that we were going to launch Time, Talents and Treasures as a theme for Sunday mornings and Wendy Smyth came up with the idea of the TTT Triathlon. Marion's Bike Ride, Rev Mike's run and me splashing about in the water.

I knew before I started that, at a push, I could swim more than 150 lengths at least once a week. What surprised me about the challenge, however, was the commitment to swimming a mile every day was physically draining, as was getting up at 5am every morning to get to the pool when it opened at 6am. I was determined to finish the mileage and pondering it, thought that maybe it was simply a way of proving that despite the last 12 months, it was still my body and it was still working. The baton now passes to Rev Mike and I would like to thank all those who supported me with their kind words, encouragement and sponsorship. I would definitely do something like this again, but probably not next week or the week after. Suggestions on a postcard.

CHILDREN AND YOUNG PEOPLE



Over the summer period the children's and young people's groups have joined together as one big group in the Centenary Room. We've been having a great time looking at different bible stories that relate to 'boats in the bible'.

For the first Sunday, we considered Noah and the Ark. We learned how God kept Noah, his family and all the animals safe aboard the Ark and when we choose to follow God, we can feel safe too. We also learned how God promised never to flood the whole earth again and how He gave us the rainbow as a reminder of this. The children had lots of fun creating their own animal face masks, rainbow biscuits and making Lego rainbows.

Then on the second Sunday, the group learnt all about Jonah and how God cares for all people including the people of Nineveh. We acted out the story together and, in the middle, spent some time thinking about what it would have been like being in a whale's tummy – the children thought it would be gooey, slimy and make them sick! We then made a craft making paper cups into whales that then had to 'catch' Jonah.



The third Sunday we explored Luke 5:1-11 where Jesus calls his first disciples, we explored the miracle that Jesus performed using small world play. We then completed a range of activities including decorating our own fish, a fishing game and making our own boats and seeing how many fish (pennies) they could hold.

On the final Sunday of August, we are looking forward to learning all about Jesus calming the storm.

The groups will be back to normal from Sunday 3rd September.

We love to meet new families through our children's and young people's groups. Do come and join us or feel free to contact Barbara McCormick (barbara@her-email.co.uk) or Carolyn Barton (carolynbarton@hotmail.co.uk) if you'd like to find out more.



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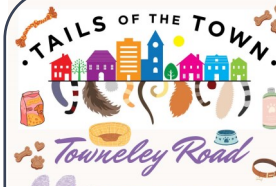


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GETTING TO KNOW YOU—Chris and Elizabeth Martin

Hello, we are Chris and Elizabeth Martin.

We live in Longridge and got to know Rev Mike Barton and Rev Simon King during and after Lockdown. We often go to Evensong and Sunday morning services and have found a great deal of friendship, solace and comfort from the wonderful congregation at St Lawrence and St Paul's.

Elizabeth: I was born and bred in Lancashire in sunny Blackpool! I am one of four siblings, having three brothers, I am the third child. My parent's family were originally from Yorkshire, moving to Blackpool when my father left the Royal Navy to become a police officer. My mother had a career in the Civil Service, she worked hard to bring us up and often went without things, and she remains my inspiration to this day.



My brothers and I were brought up in a church background and we were baptised and confirmed at Bispham Parish Church where we attended for many years. I have fond memories of my Grandma singing loudly in the congregation, she had a beautiful voice. I started Sunday School at the age of 3 and joined the Girls Brigade and their marching band. I began playing the trumpet at age 7 and joined the church brass band, progressing to Montgomery High School Brass Band, and I still play! I was a proud member of Longridge Brass Band for many years, the highlight winning the First Section National Finals of Great Britain in 1996. I also toured Europe with the Lancashire Youth Brass Band, playing in Westminster Abbey is a treasured memory. I am also proud to have been a guest player for Brighouse and Rastrick Brass Band (think the Floral Dance!) Leyland Band and Faireys Engineering Band.

After gaining a Law Degree with the University of Central Lancashire I began a 26 year career as a police officer with Greater Manchester Police in 1997. I was promoted to Sergeant in 2007 and in 2021 qualified as an Inspector, I also played for the Police Band and Fanfare team where we had the honour of playing in the Albert Hall.

Chris and I married at St Lawrence in 2022, and it's true to say he is a wonderful husband, friend and soul mate. We love travelling and in June we were lucky to have a memorable trip to Rome where we saw His Holiness the Pope give an address in person and went to the Vatican Museum and sat in awe in the Sistine Chapel. We also like spending quiet times together reading, going to concerts and the theatre. Afternoon tea is a favourite (a china cup however is a must!)

Chris: I originate from Newcastle and have lived in Lancashire for the last 30 years. Elizabeth and I moved to Longridge four years ago and love the town and the surrounding area. I have joined the Golf Club and can be often found on the fell trying to hit a ball! I am a chemical engineer by trade and these days I visit factories advising on safety matters. I consider myself fortunate to have such a lovely person as Elizabeth as my wife. In September we are walking the last 100km of the Camino to Santiago pilgrimage which you can read about in a future episode of the Log.

I attended the Alpha course with Elizabeth. Following on, I attended the Roots of Faith courses and recently completed the Authorised Lay Minister (ALM) course. So, with your support, you may see me helping out around the church. Please come up and say hello to us!

BRIGADE NEWS

We've had a very busy first half of 2023 and we've been enjoying the Summer Holiday break before we meet back up in September.

Our Trip to the Zoo- On Saturday 1st July we all headed off to Chester Zoo which complemented our theme of Animals and Gods World for this term. We split up into various groups and spent the day looking around the Zoo at all the animals God has created. The Martins and Y-Team stayed together in a big group and enjoyed looking at the big animals like



elephants and were

also brave enough to

enter the bat cave. The JTC's and Seniors set out their plan of which animals they wanted to see by using the map and phone app for directions. They had a great time and loved going on the lazy river and in the shark exhibition. We also found time to have a play on the park- a firm favourite by all. It was lovely to be able to get together as a whole company on what was a very enjoyable day out.



Presentation Night – On Wednesday 5th July we held a Noah's Ark themed Brigade church service at St Pauls. This was a great opportunity for all the members to showcase to their families and members of the church what they have been working on this half term. The Martins and Y Team marched around church singing 'Two-by-Two', we heard a bible passage of Noah's Ark from Lauren which was followed by our prayers from Meg and Orla. We had a number of songs performed by the members, 'If I were a Butterfly' with actions and then 'The circle of Life' which was performed by the JTC/Seniors in Makaton kindly supported by Laura. The sermon was led by Rev Simon and we are very grateful for his continued support not only with this service but for all that he does for Brigade. We then finished off the Service with our Presentations. These varied from Badge work awards to recognising the achievements of the members to special awards like the Brigade Spirit Award (awarded to Jake Oates) and the Judith Carrol Award (awarded to Rosie Williams). We recognise the challenges of encouraging and promoting faith within our youth today and continue to be innovative of new ways in which to ensure we can provide the right space for them to express their faith and continue to be part of the church family. Our aspiration is to hold a Brigade service every half term which will be created and run by the members for all to attend. Keep a look out for the dates for our next service.



JTC/Seniors Walk – On our last night before the summer break we decided to step out into Longridge for a group walk to admire Gods world and to remind ourselves of how lucky we are to live in such a beautiful part of the world. Gareth very kindly plotted our route and we completed a circular two hour route of Longridge which included plenty of stops to play on the park.



Camp – Written by Rosie Williams- July ended with our annual North-west camp, a weekend of fun activities and time spent with friends. We arrived at Fylde Scout Camp on Friday evening to see friends from our local brigade at Chorley and the Brigade National Band. Once the children were settled in bed, it was time for a big catch-up amongst the leaders and planning for the busy weekend ahead. Saturday morning started with breakfast and rehearsals for the National Band members who were joined by newcomers giving music a go. Meanwhile, the other campers made 'grass-heads' of their favourite leaders. The rest of the day was filled with archery, outdoor games, craft, and even a trip to the beach (despite the rainy weather)! In the evening, the younger members were surprised with an inflatable assault course and the seniors took a trip to Blackpool pier to see a firework display. On Sunday I took the younger group to the RSPB building and a soft play centre whilst others tackled the high ropes at Stanley Park. The older members had a very soggy day at Blackpool Pleasure Beach and after seeing how soaked they got, I'm happy I was drinking hot chocolate at the soft play instead! Sunday night ended with a disco and party games - a lovely celebration of all the fun we had on camp. On Monday there were some more games and activities before packing up and heading home. It was an amazing camp and we all can't wait to do it again next year!



Mid-Summer Catch Up – Over the summer break we decided to open up Church for a Mid-Summer Catch Up. This was open to all JTC and Seniors and also to the Youth Group. We enjoyed playing a scavenger hunt which required collecting items from around church that began with the first letter of each in the alphabet, playing hide and seek, eating Pizza and having a chat about how their summer was going and their feelings about going back to school or in some cases starting High School. It was great to be able to meet up and it's something we'd like to do again next summer.

Starting Back – And just like that the Summer Holidays are over- I'm not sure where the time has gone. I'm excited to get back to seeing all our fabulous members each week. Our first night back will be Wednesday 13th September for lots more fun, faith and friendship.

We would also like to take the opportunity to congratulate two of our fabulous seniors. Firstly I would like to congratulate Freya Silcock who received fabulous A-Level results and has secured a role working at a local Nursery. I would also like to congratulate Rosie Williams who also received fabulous A-Level results and will be attending York University studying Psychology. Rosie will also be moving to a different Brigade Company which is newly established in York where she will continue to do amazing work with the Martins. Thank you Rosie for all your hard work- we are forever grateful and proud of your achievements. York is very lucky to have you.

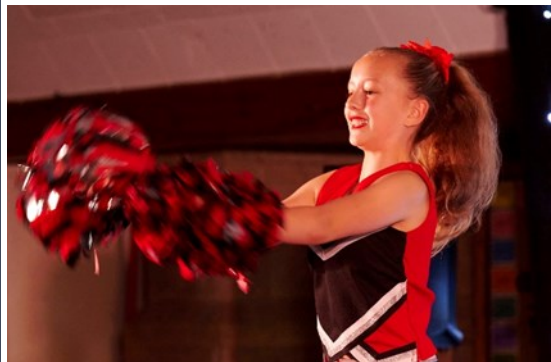
If you are interested in joining Brigade or just want to pop along to see what we get up to then please feel free to contact Janet- clcgblongridge@btinternet.com

We meet every Wednesday at Berry Lane School and always love to welcome new members.

Olivia Stewart

SCHOOL NEWS – from Headteacher Catherine Parkin**Looking Back**

This summer saw the return of Longridge Has Got Talent. What a wonderful evening we all had! It was fantastic to see a wide range of talents on display including comedians, rappers, cheerleaders and gymnasts - as well as singers and dancers. I am always so impressed by the confidence and creativity of our



pupils as well as by their performance skills. It has become a tradition of our school that we alternate a scripted production with a talent show to ensure we put a wide range of children in the spotlight, not just those who have the traditional drama and singing interests required in a play or pantomime. Our thanks to parents and friends who attended this event.



Once again, our Year 6 children planned and organised their charity fun day. Their chosen charity was the RSPCA and Mrs Debbie Davies, the manager at our local branch, gratefully accepted £600 assuring

the children that the money would be spent locally on the care and protection of animals in our area. The day incorporated each class having a fun run on the field which involved being soaked by Year 6

with water guns. As it was also raining that day, everyone came in pretty drenched. There were plenty of fundraising stalls to enjoy in the afternoon too, and parents and friends joined us after school.



While this event is always enjoyable, it allows our Year 6 children to put into practice some of the Christian values that are at the core of everything we do.

We are very proud to be sending to high school a group of children who have a sense of justice and an understanding of

how they can have a positive impact on the world. We wish each one of them the very best for the future.

Looking Forward

September is always a good time for a fresh start. Children can look forward to a new classroom, maybe a new teacher and even some new friends. We have a few new children joining us for the new academic year, as well as the new Reception Class intake. Many of these children are new to the area and we hope they (and their families) settle into school and into their new lives in Longridge.

Continued

SCHOOL NEWS continued

The summer holiday period is always a good time to get work done on the fabric of the school and this summer has been no exception. Reception Class has been decorated and refurbished giving a more modern, cleaner look to the setting. There has also been some decoration to the Breakfast/ After School Club room as well as Year 6 classroom and cloakroom. Over the coming weeks, you will also notice that new perimeter fencing being erected on the school field. We are very thankful to have been awarded a grant by Blackburn Diocese to do this work. Safeguarding is always the highest priority in the school and this work will definitely improve the security of the site.

PTFA NEWS

We hope you have all had a lovely Summer. The PTFA are looking forward to planning another year of social events and raising money to fund things that will benefit all the children around school.



WALKIE-TALKIES



Walkie-talkies will start back on Thursday the 7th September.

Walkie-Talkies is a small and friendly group where anyone looking after a toddler or baby is welcome to come along and enjoy a selection of toys, from the wooden kitchen and house area to the soft play. We have lots of different push along toys to play with and also a special baby area and most importantly have a chance to catch up with everyone over a drink and a biscuit.

We are open every Thursday afternoon - term time from 1.30 till 3.00pm in the Centenary Room at St. Paul's come in through the side door from the car park. Only £2. We look forward to seeing you there.

Hannah Green

TUESDAY CLUB

The first Tuesday Club meeting of the 2023/24 programme will be on Tuesday 12th September at 7.30pm in St. Paul's Centenary Room when Sue Wilks, along with her guide dog, will be coming to speak to us.

Once again, our secretary Adrienne Atkinson has put a superb programme together – if you haven't already got one copies are available in both churches.

As agreed at last January's AGM the annual subscription will be £5 and the monthly meet fee £2.

The fees are to cover the expenses of the visiting speakers and the hire of the Centenary Room.

If you've never attended Tuesday Club before why not come along – we are a friendly lot and you would be most welcome – there's no better time than the start of the new season to give it a go and you can attend one or two meetings before committing to becoming a member. A reminder that the Tuesday Club meets in the Centenary Room at 7.30pm on the second Tuesday of the month between September and May.

If you need further information then please don't hesitate to contact Fred Little on 01772 783998.

CHILDREN'S SOCIETY

I will be carrying out my annual emptying of the Children's Society charity boxes this month.

If you have a Children's Society box, please could you drop it off at the parish office at the back of St Paul's Church during September.

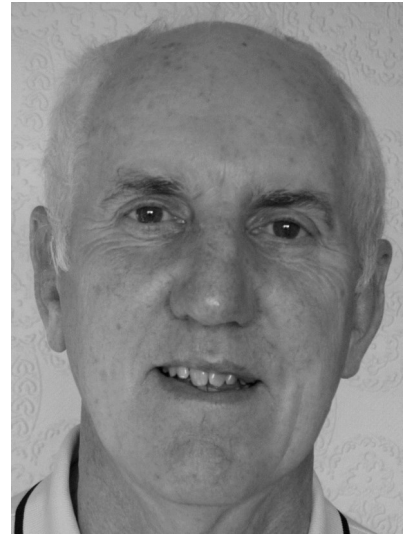
The office is normally open during services also Monday and Wednesday mornings and most of Friday each week.

Thank you, *Malcolm Welch*

MEMORIES Malcolm Welch

I expect many of us reach a time when, well into retirement, daily life has noticeably slowed down and in quiet moments we reminisce to our selves about times past. I am forced to admit that I have now reached that stage. Human memory is a strange thing in that we often overlook the bad times, remembering just some of the enjoyable or interesting things.

As a youngster I remember each Sunday evening my family would walk the half mile down the hill to church for the 6.30 p.m. evening service. In winter we had to remember a torch for the return journey. In those days street lights were few and far between and being lit by 'gas' they gave off little light. As you left one street lamp you headed for a distant glow using a torch to see where to put your feet. I remember asking my dad how the lights knew to come on when it got dark.



Church was important in our family life although to me much of the service was unintelligible, full of long old fashioned words and all thee's and thou's. Eventually I followed my brother into the choir, a mixed group of 11 to 16-year-olds and around 8 adults including 'big Bob'. Bob was a local shoe repairer and sung with a loud, deep base voice, usually heard above everyone else. Being in the choir brought an expectation that we attend Thursday evening choir practice and both morning and evening Sunday services. There were two main highlights in the choir year (especially for the younger members). Every summer a Saturday was set aside for the 'choir trip'. This always took a similar form; the Parish funded a coach to take us up to Windermere in the Lake District and we were all let loose close to the boat landings. The only restriction was to return by a set time. Rowing boats with excited teenagers caused chaos across Bowness Bay sometimes returning to shore half full of water.

Returning to the meet up point we invaded a café that had been booked for an early fish and chips tea before it was back on the coach for the trip to Blackpool Pleasure Beach. Again we were let loose and I am still surprised that each year everyone got back to the coach on time through the darkness and milling crowds.

The other yearly highlight was Field Day. A suitable Saturday would be chosen, usually in July, when all the church organisations would process around part of the parish (or at least our part of the parish as we were not a parish in our own right).

After lining up in the road outside the church a brass band would strike up with the hymn "The Church is one Foundation" after which we would start the walk. For us youngsters' walking around the streets in full choir robes, holding up all the traffic on the main Leyland – Preston Road, was quite an experience. In later years I had the responsibility of carrying the processional cross leading the choir and clergy at the head of the procession. Most years the Lancashire Police provided two police horses to lead the whole procession and we felt quite important. The day usually ended with games and food on a local field.

Like many people I often felt sermons were just part of the service we had to endure. As I got older occasionally something in the sermon would strike home. (Only occasionally I must stress!) The old vicar was really on form one evening and I remember the phrase "Christianity is not a religion; it is a way of life – more than that it is a way we should live our lives in everything we do every day". For some reason this phrase has stayed with me.

In my late teens I attended the annual diocesan youth summer schools held at Durham. My memory only brings back pictures of a relaxed week with about 30 other young people and one day always being set aside for a pilgrimage.

MEMORIES continued

This took the form of a coach trip to the Northumberland coast from whence we would paddle across the sands to the old Abbey on Holy Island also known as Lindisfarne. We were following in the footsteps of St Aiden who came from Iona in 635 AD to found his monastery. Our trip had to be well timed to avoid being caught out by the tide and we were led by a local guide. Our time actually on the island was limited as it was essential that the coach that had come to meet us had time to drive back to the mainland along the causeway before the incoming tide cut us off.

Memories of annual parish visits by Brother Ronald, a monk on a Vespa scooter and forming my own views around death now come to mind but these will have to wait. It is time I indulged in a little

OUR FAVOURITE RECIPE

When Revd. Simon was doing his part of the staggered triathlon in the swimming pool, he described one morning's 64 lengths as being like swimming through Pea and Ham Soup. Well Simon there are many varieties of pea and ham soup, some ready made in the Supermarket but we feel to get the sensation you felt pushing through that water in the swimming pool you were definitely describing the traditional Lancashire Pea and Ham Soup. With Autumn round the corner Log readers may like to try this recipe as the days get cooler or if like Revd. Simon you decide to swim 21 miles in 18 days! Here's the recipe :-

450g. dried marrowfat peas
1.5-2kg fresh ham shank
2 celery stalks, finely chopped
3 carrots, peeled and chopped
2 onions, peeled and chopped.
Pepper to season.



Prepare the dried peas according to the packet – usually by soaking them for about eight hours. Some packets include Bicarbonate of Soda tablets to add to the water.

Place the ham shank from the butchers in a large pan and add water to cover. Bring to the boil and turn the heat down to simmer for approximately 10 minutes. Remove the ham and discard the water – this is to ensure the ham isn't too salty.

Place your ham shank, peas, celery, carrots, onions and some pepper to season in the pan, (no salt), cover again with water and bring to the boil. Slowly simmer for two hours.

Remove the ham shank and once cool enough discard the fat and take all the meat off the bone, cutting or shredding it. Put the meat back into the soup and you could if you wish liquidise half of it, before stirring the liquidised soup back into the remaining soup so that its nice and thick.

Enjoy.

CHOIR NEWS – Paul Warren

On the choir front, summer is a quiet time, due to choristers and organist taking time off on their summer holidays. I try to keep an ear open for new music whilst on holiday, and this year I came across two singing pieces and an organ piece.

Now that I'm back from holiday, the amount of music needed between now and Christmas does look rather daunting. But equally, one only need realise there are a small number of special services, and then it doesn't seem to be all that daunting! It's a bit like the half empty bottle of whisky... the pessimist complains it's only half full, whereas the optimist is overjoyed with as much as half a bottle!

We're looking forward to having Michael and Ellen returning to the choir, following Michael's surgery. On the downside, we wish Muriel all the best following her recent diagnosis and hope she makes a full and speedy recovery.

There are some good strong singing voices in the congregation. I'm keen to expand the choir, so those of you who enjoy singing, would you please consider joining the choir? I have some very faithful and loyal stalwarts in the choir, and it does feel a little unfair on them to be the only choristers present, particularly during the holiday season.

The new hymn books arrived, namely the latest edition of Ancient and Modern, replacing the old A&M books which were published back in 1950! Arguably there's a good case for calling the old hymn books Jurassic and Ancient! Anyhow, with the new hymn books we're going to come across new hymns. Some of the new hymns use familiar tunes, but some will also be more contemporary. I hope getting used to the new hymns will be an enriching experience.

I'll finish off with a story I heard not so long ago. A committee was trying to put a new hymn book together, and one of the people on the committee was the hymn writer/composer John Bell. He had written a new hymn, and it fits nicely to a tune called 'Scarlet Ribbons' that John had composed some time ago. However, copyright reasons meant that they couldn't use Scarlet Ribbons, so John went off to look for another tune. At the next committee meeting he reported back that he had composed a new tune, and was toying with the idea of calling it 'Purple Strands'! In the end he named it 'White Rosettes'.

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Over the years I have been involved with Mothers' Union one of the projects is always the first I think of – The Literacy Programme – as it was named in the beginning. Below is an article from the Mothers' Union website and as well as facts and figures it shows how the programme has evolved. **“From a Silent Revolution to Communities of Hope”** (from the report cover)

“We are delighted to be launching our report about the long-term impacts of our Literacy and Financial Education Programme in Burundi which has been running for over 20 years.

The highlights include:

Over 165,000 people (77% women) have participated in the programme in some of the most disadvantaged and hard to reach communities.

Of those participants over 144,00 have learned to read and write and now have formal literacy qualification. This accounts for 2.9% of the adult literate population in Burundi.

7,500 participants accessed the parenting education element of the programme which has resulted in improved relationships between spouses and their children.

98% of participants interviewed report that their ability to now read the Bible has changed their relationship with God and given them a greater sense of belonging to their local church.

6,200 savings and loans associations have been created. Over 84% of those formed have continued and many replicated organically beyond the formal support of the programme.

The economic and social impacts of the programme deliver on eight of the UN Sustainable Development Goals, alongside nurturing self worth, value and spiritual maturing; which in turn empowers participants to take on leadership within their churches and wider communities.

We have worked in partnership with Five Talents, Development Services International (DSI) and Lakarmissionen (LM) to create this sustainable programme, highlighting the impact of successful partnership working.”

The programme is giving voice to the voiceless

“It has been more than a programme - a movement, given the very high levels of community ownership and alignment with women's and community priorities. This was clearly a programme designed with the 'grain' of the vision for change that people have for themselves. It has taken on a 'life of its own' as women and men whose lives have been improved, spread the word to others about the positive changes in their lives.”

The full report can be read at www.mothersunion.org

Diary dates

5th September Service

8th October Donna Rowe-Green

FLOWER CLUB



What a couple of months we have had. In July we were pleased to welcome Samantha from The Flower Glade back into our group. She demonstrated how to make a hand tied arrangement and present it in a gift box. We then had a go. We all started with the "I can't do that," approach, and then realised that, not only could we do it, but they looked beautiful too. Just shows, really anyone can have a go at this, so please do feel free to join us.

Our monthly flower club is open to anyone. You do not have to arrange flowers in church to come along to our

meetings. We have a range of activities and demonstrations throughout the year on the 4th Tuesday of the month, 7.30 – 8.30. In September we are going to be preparing for the harvest display at St Lawrence's.

As I write this, we are getting ready to visit The Bloom Room in Longridge where Bethany will show us how we can arrange flowers without using oasis foam. This is something we are exploring as part of our duty to reduce the impact of our displays on climate change, something that is at the front of everyone's mind right now. Another way we can reduce our contribution to the global carbon footprint is to use locally grown flowers. If anyone has a few spare blooms in their garden, please do let me know, we would be glad to use them in the displays in church. Thank you.

May I finally add our thanks and blessings to the family of the late Keith Rowson, who kindly paid for the flowers in St. Paul's on 4th August in celebration of his 90th birthday.

If you would like any information on how you can be involved with our flower team or how to help fund the blooms in church, please do give me a call on 07880348597 or email donnarowegreen@gmail.com.



Judith Kaye continues to arrange the altar flowers at St. Lawrence - please give Dot Little a ring on 783998 if you would like to discuss going on the rota there. Thank you so much.

Donna.

St. Lawrence Flower rota

September

- 3rd Birthday memories of Maureen McDonnell
- 10th In memory of Colin and Sheila Brierley
- 17th Vacant
- 24th In memory of Robert Hodgson

St. Paul's Flowers

Yvonne Ball and Judith Kaye



BEREAVEMENT GROUP

Coping with Bereavement, Grief and Loss

My name is Karen Burdett and along with Rev'd. Gill Mack we have been running the Bereavement Group in the Centenary Room at St. Paul's Church. We wanted to explain the purpose of the group.

We will all face a serious loss at some time in our lives. For some, they may not have much experience about death or bereavement or the varying ways that grief affects us.

Bereavement is universal but grief is unique. Even in the same family people's reactions will be different, because the relationship that they had with the deceased is different.

Grieving can be a very lonely and difficult place to be. Sometimes it is made more complicated if the death is sudden or traumatic. However, any loss of a loved one is life changing.

Sometimes when grieving you feel like you are the only person who feels the way you do. Even though we know that everyone's response to loss is an individual experience, there are some common experiences that people will share and discuss within the bereavement group. By talking and listening in a non-judgemental and confidential group, people have said that they feel supported and not so alone in their grief.

The Bereavement group meets on the first Monday of the month from 7.30pm - 9pm. It is facilitated by qualified counsellors and volunteers.

You will be welcomed with refreshments and it is open to everyone from all faiths and all backgrounds. It is an opportunity to find support wherever you are on your bereavement journey.

If you would like more details or to discuss the bereavement group, please don't hesitate to contact Karen Burdett at karenlburdett@hotmail.com or telephone 07712440135



The Plaque is Back!

Some Log readers will have noticed that the Blue Plaque in the Lyche Gate at the Parish Church disappeared for a time but is now back and splendidly restored as are all the blue plaques around the town. We must thank Longridge Local History Society for undertaking this restoration work and for absorbing much of the cost.

Our understanding is that the plaques were all sent away to be sand blasted and powder coated and then volunteers from the Society painstakingly re-painted the white lettering and the town crest and the result is excellent. Understandably a £50 donation has been suggested to help fund the work.



Churches Together in Longridge & District

Karen Le Mouton

The 16th July was Revd. Karen Le Mouton's last Service at Christ Church before her retirement and Revd. Mike was able to present a card and money gift to her on behalf of CTLD. We are grateful for the support and interest in Churches Together in Longridge and District Karen has always shown during her time here. Karen and her husband Steve are returning to Jersey their long-time home – although before coming to Lancashire Revd. Karen served as minister in Sark – the smallest of the Channel Islands and featured in the TV programme 'An Island Parish'.

In September we look forward to welcoming Revd. Sharon Thraves to Lancashire. Like Karen, Revd. Sharon will live in Bamber Bridge and serve two other churches as well as Christ Church and be part of the Methodist Circuit team.



St. Michael's, Grimsargh

After a period of interregnum our friends at St. Michaels Grimsargh can now look forward to welcoming a new vicar. Revd. Andy Williams, previously Vicar of All Saints Church, Macclesfield and his wife Louise will be moving back to their home county of Lancashire in October. We look forward to welcoming them on behalf of Churches Together.

The CTLD Tent

After many years of excellent service, we think around 20 years in all, we have to report that the CTLD tent seen at Field and Show days is no more. When erecting the tent for Goosnargh & Longridge Show a gust of wind blew the tent up into the air and badly bent a number of the poles. We are grateful to John Spencer who originally purchased the tent and has taken it along to so many different functions over the years.



DONATIONS

For Church Funds from Mary Anne and Joe Poulin from Canada	
(Relations of Eileen Fordham)	£50
Legacy from the late Derek Gunnell	£250
From Walkie Talkies	£400

Thanksgiving for the Birth of a Child, Baptisms, Marriages

Arrangements for these should be made with the Vicar (Tel: 01772 783281) or via the Church website
Do you know anybody who is in hospital or ill at home?
If so, please let the Vicar know so that they may be visited.

OUR WORSHIP AND READINGS*Our vision is Following Jesus in Loving Community***Our regular Sunday 'in church' services are below.**

St Paul's Holy Communion Service at 9:30am (arrival from 9:00am)
 St Paul's Informal Service at 11:15am (not on 2nd Sunday of the month)
 St. Paul's 'All together' Service 10:00am on 2nd Sunday of the Month
 St Lawrence's at 6:30pm (arrival from 6:00pm)

The readings that will feature in these services are listed below.**Our regular mid-week Holy Communion Service takes place on Thursday at St Paul's at 10am****3rd September - Trinity 13 Renewing God's people - Determined****9:30am St Paul's and Live Stream**

Hebrews 10: 19-25
 Matthew 8: 18-27

11:15am Informal Service

Matthew 8: 18-27

6:30pm St Lawrence's (Evensong)

Psalms 105: 1-15
 Hebrews 10: 19-25
 Matthew 8: 18-27

10th September - Trinity 14**10:00am St Paul's and Live Stream**

Exodus 12: 1-14
 Matthew 18: 15-20

6:30pm St Lawrence's (Holy Communion)

Exodus 12: 1-14
 Matthew 18: 15-20

17th September - Trinity 15**9:30am****No Service****See Vicar's Notes re Soap Box Derby****11:15am****No Service****6:30pm St Lawrence's****CTLD Ecumenical Service****24th September - Trinity 16****9:30am St Paul's and Live Stream**

Philippians 1: 21-30
 Matthew 20:1-16

11:15am Informal Service

Philippians 1: 21-30
 Matthew 20:1-16

6:30pm St Lawrence's (Evensong)

Psalms 119: 153-end
 Philippians 1: 21-30
 Matthew 20:1-16

1st October - Trinity 17**9:30am St Paul's and Live Stream**

Philippians 2: 1-13
 Matthew 21:23-32

11:15am Informal Service

Philippians 2: 1-13
 Matthew 21:23-32

6:30pm St Lawrence's (Evensong)

Psalms 124
 Philippians 2: 1-13
 Matthew 21:23-32

BAPTISMS**We congratulate and pray for those who have been recently Baptised into our Church family:**

Jacob Andrew Filder on 27th August at St Paul's Church

WEDDINGS**We congratulate and pray for the life-long happiness of those who are newly married:**

Oliver James Gornall & Laura Jade Langtree on 15th July at St Lawrence's Church
 Dominic James Laver & Victoria Theodora Conn on 21st July at St Lawrence's Church
 Callum Michael Butler & Jessica Rose Fryer on 27th July at St. Lawrence's Church
 John Frederick Scott & Deborah Ann Kellett on 12th August at St. Lawrence's Church
 Craig Wesley Robinson & Amand Victoria Lund on 19th August at St. Paul's Church

FUNERALS

**We commend to God those who have died recently
 and pray for those who mourn their loss:**

John-Paul Mack Kev Holland Helen Hartley
 Walter Clayton Margaret Carefoot Jeff Flitcroft Kevin Johnson

The Last Word

From the Curate



WHEN THE BOATS COME IN

A friend once asked me what I thought about when I was thinking about nothing else. I told him that I often mused about who was the best left back ever to play at Old Trafford, either home or away team (insert your own answer here.....). If not football, then I would plan imaginary dinner party menus, that one day I would cook and host for my friends and family. Sadly, most of these meals are as yet uncooked and uneaten. Then I realised that most of the time I probably did not purposely think of anything at all, mainly because I was too distracted.

Right now, instead of concentrating on what I am going to write in this article, I find my mind wandering off to think about whether I will have time to pop to the shops later. Maybe go and put the kettle on, check my emails and messages, or take a peek at the news. The truth is my train of thought has long since departed the methodical tracks of order and is meandering, uncontrollably, around a fathomless prairie of trifles — and not the kind made from jelly, that's on a different menu.

The dictionary describes a distraction as “something that prevents someone from giving their attention to something else.” I think of it as noise, a kind of exhaustive, exhausting running commentary that gnaws the past or vexes the future. Thomas Keating, the Trappist Monk and author, imagined thoughts and distractions as boats or debris floating downstream on a river of consciousness. He concluded that if the boats came too often or were too close together, they would prevent us from bathing in the river. In the same way that our distractions and thoughts prevented us from participating in God's being.

Keating taught that through the practice of contemplation and prayer, it was possible to control the frequency of the boats and to increase the space between them, less distraction meant more time to bathe in God's presence. Those who regularly practice this kind of meditative prayer say that, whilst they don't really know what happens in that space, it leaves them feeling calmer, more peaceful and with more energy to face the day. I have to say that some of my attempts at centring prayer end up with me bathing in the stream of unconsciousness, until my own snoring revives me.

I have yet to fully tame my distractions. If I look to Jesus, I can see that he was intentional about finding quiet times and spaces to be with God the Father. He would remove himself from his disciples and the crowds that followed him and urged his followers to do likewise. To go into their rooms and close the door to pray. Jesus did not speak about finding silence, but rather about creating it. In this age of 24-hour digital distraction, it seems that creating any kind of silence would be a near impossible task, but silence before God is its own reward, so let's not get distracted.



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