



The Grayswood Runner



Serving the Community in Grayswood

July and August Editions

THE SUMMER—A TIME TO ENJOY THE FAMILY

Someday, when the kids are grown, things are going to be a lot different. The garage won't be full of bikes or electric train tracks on chipboard and I'll actually be able to park both cars neatly in just the right places.

Someday, when the kids are grown, the sink won't be choked up with elastic bands or paper cups and the mixer won't stand for six hours coated with the remains of a midnight chocolate milk shake.

Someday, when the kids are grown, the telephone won't look as if it's growing out of a teenager's ear. It will simply hang there, silently, amazingly valuable, free of lipstick, human saliva and mayonnaise.

Someday, when the kids are grown, I won't have to answer 'Daddy is it a sin that you're doing 42 in a 30 miles zone?' or promise to kiss a rabbit goodnight, or wait forever until they get home from dates.

Someday, when the kids are gone, the place will be begin to take on a touch of elegance. The clink of china and silver will be heard on occasion and echo through the hallway. The telephone will be strangely silent, the house will be quiet, calm, always clean.... and we'll spend our time not looking forward to someday, but looking back to yesterday - and thinking, "Maybe we could babysit the grandchildren and get some life back into this place!"

Enjoy your family today, they're God's gift to you.

From UCB Notes, The Word for Today free from 01782 642000

SOME PAUSE FOR THOUGHT



Nuggets from the past to relish for the summer. I have to admit it's been a lot easier to find quotes by men than women. Next time however, I'll remedy the imbalance and look for some nuggets by women.

"The glory of God is a human being fully alive."
Irenaeus (2nd century)

In order to bring glory to God, to delight God, we simply celebrate our human life to the full, just as Jesus did. Being 'angelic' is not a human virtue or a compliment.

"Prayer is keeping company with God."

Cyril of Alexandria (5th century)
Simple isn't it? No formulae, no prescribed pattern, no oughts and musts, just a sense of companionship, of being with God, enjoying God's presence. Just right for the summer months.

"Imagine that God wants to fill you with honey. if you are already full of vinegar, where is the honey to go"

Augustine of Hippo (early 5th century).

Being willing to empty ourselves of all which is not good, not right, not loving (the trash, as our American friends say) is the first step if we want to be filled with the loving goodness of God.

Teach me, my God and King,
In all things thee to see,
And what I do in anything,
to do it as for thee.

George Herbert (17th century)
The first verse of a well-known hymn. God is in all things and can be honoured through all things.

"I believe in the sun even when it isn't shining; I believe in love, even when I feel it not' I believe in God, even when he is silent."
Unknown (20th century; on the wall of a concentration camp)
No comment. I can't.

"Love one another as I have loved you."
Jesus of Nazareth, not long before he was crucified.

A tall order.
With my best wishes for a pondering and relishing summer.



Barbara Steele-Perkins



The Ben Williams Trust
research into heart disease support for youth cricket

SPECIAL CRICKET MATCH!

July 2nd 2006 at 2.00 pm
Grayswood Village Green

Following the devastating loss of young Grayswood villager Ben Williams in February, a charitable trust is being established in his name, supporting research into heart disease and the development of youth cricket. Please come along and enjoy the cricket as Ben did, at this special fun cricket match. Tea, cakes and a bar-beque available on the day for all visitors.

Christian Aid

It is good news to once again report that Christian Aid raised just over £300 from villagers in Grayswood—thank you to all those who kindly contributed!



Pets Service Report

Despite coinciding with the World Cup, the Pets Service was widely appreciated by all those who attended and joined in the fun on the Green afterwards. Lots of fun and games were had by owners and pets alike. Join us in 2007!

All Saints Matters

Sunday Services

8.00 am Holy Communion every week

10.00 am services are very accommodating for families with young children—we have crèche facilities, fun for older children at Sunday School, and really don't mind if children make a bit of noise in church either! In fact we particularly encourage children to enjoy our church and join in with the first part of our service.

1st Sunday: Parish Communion

2nd Sunday: Morning Worship

3rd Sunday: Parish Communion

4th Sunday: All age Morning Worship

5th Sunday we usually join in with St Barts or St Christophers, either in Grayswood or Haslemere—see notices on the Church Door!

Evening Services are occasional but are advertised in the village.

Mondays at 9 am (not Bank Holidays) - a short meditative service which follows the pattern of the Church since its early days

Thursdays

1st and 3rd Thursday Holy Communion using the BCP (old prayer book)

5th Thursday—Modern Iona style Communion Service

At all services we pray for people in any sort of need. If you would like us to pray for someone in particular - or be prayed for yourself (we need only a first name and you don't have to give a reason), either pop a note into Church House, leave a message on the answerphone, write in the book at the back of church, or ask someone to pass the message on.

Sacred space

The church building is open every day from about 9am until dusk in winter, about 6pm in summer. It's a peaceful place to think, meditate, dream, pray.

Contacting All Saints

Our vicar **Barbara Steele-Perkins** (barbarasteelerperkins@tiscali.co.uk) is officially on duty all day Sunday and Thursday, and Monday and Friday mornings; she also works part-time for the diocese, but both jobs allow for some flexibility. She responds to answerphone messages left on 656504 every day except Tuesday and will get back to you as soon as possible. Janet Fry, our church administrator, works in **Church Office** 656504 (in Church House) which is open Wed, Thurs and Fri mornings from 9am-12 noon. **Doreen Hutton** 644178 is the coordinator of pastoral care in the parish. Please contact her if you would like someone to visit you - for whatever reason. You are promised complete confidentiality. If you would like to donate flowers at any time - in memory of someone or at a special anniversary. **Jaquie Lisle** 661091 is our flower coordinator. If you need a vicar urgently and can't get through to Barbara, phone **Norman Jones**, Rector of Haslemere (644578).

Looking good on the beach.....

Looking back on recent diet trends: - did you try any of the following?

1990s: Cabbage Soup, Grapefruit Diets, Food Combining and quick fixes everywhere. 'Food intolerances' became popular. The Atkins Diet, a 1970s classic, relaunched, and the carb-free revolution is underway.

2000: Macrobiotics (quasi-spiritual wholefoods) and Raw Food Diets join the fun.

2002: By now Atkins dominates UK/US dieters. The British Potato Council fights gamely back with 'Take a potato to work' week.

2003: South Beach, the new low-carb, low GI diet, sells a million copies in two months. Atkins' is under threat here! Hosting a dinner party has become a nightmare: your guests' eating habits are ruled by their metabolic typing (your metabolism dictates your diet), blood type (your blood dictates), facial analysis (your face dictates), food intolerances (don't eat wheat or dairy) and, most challenging of all, fasting (just don't eat at all).

2004: Glycemic Index Diets (GI) arrive on the scene, introduced to the public by chef Antony Worrall Thompson.

2005: Dr Gillian McKeith writes 'You Are What You Eat' and it in turn becomes a bestseller. Suddenly, it is bye-bye quick-fix; hello lifestyle-makeover. GI is now the trendiest eating acronym, and suddenly carbs are okay again.

With half of all women and two thirds of all men in the UK overweight, one thing is certain: our obsession with eating - and its consequences - is set to continue.



USEFUL GRAYSWOOD PHONE NUMBERS

- Church Office 656504**
- Village Hall Bookings 643859**
- Wheatsheaf Pub 644440**
- The Grayswood Club 644154**
- Grayswood School 642086**
- Grayswood Cars 642303**
- Barkers 642894**
- Haslemere Herald 651271**
- Haslemere Hall 642161**
- Hairdresser 642821**
- Village Hall Payphone 658931**

VILLAGE PRAYER

In July we pray for those who live in Prestwick Lane, The Paddocks, Muddy Lane, and Clammer Hill Road.

In August we pray for those who live in Holdfast Lane, Three Gates Lane and Highercombe Road.

If you would like to contact The Runner please phone 01428 656504 or e-mail: editor@grayswoodparish.org

St Thomas Day—3rd July 2006

On 3 July the Church remembers St Thomas. With this in mind, here is a beautiful poem on him....

Thomas (John 20: 19-31)

How could I
Be in the right place for so long,
And then miss the moment that matters?
It's unfair and unbearable.
It cannot be true,
And I will not
I will not believe it.
I will not
I will not believe second-hand.
My eyes need to see for themselves.
The faces of joy, the peace
And the knowing, separate us.
And I want what they have,
Oh, I want what they have.
But the doors are locked.
I turn and look up through my sadness,
And He is here.
He is here for me.
He is here because I need him
And he knows.
My Lord and my God.

Daphne Kitching