

Spring into appreciating the little things

Spring has arrived! After the long winter I have been looking forward to the first signs of spring. The flowers have begun to bloom, the days are getting longer and warmer. It's about time and it is nice to finally put my winter coat back into the cupboard.

Spring is often seen as a season of hope and renewal. Spring has certainly made me think about things and how I need to take time to appreciate the little things in my life. It feels so good to walk outside and feel warmed by the sun. At this time of the year I think most of us realise how lucky we are. The days are getting longer, the flowers are finally making an appearance and even if it is a little chilly there is a warmth to the sun. Everything seems new and exciting and it brings great joy. The new season offers me a chance to appreciate the little things and forget the small worries.

I know that I spend far too much time wanting things instead of appreciating what I already have. I worry about silly little things which really do not matter. I also know that I have a tendency to take my friends and family for granted. As I look around our beautiful village I know that we are fortunate to be surrounded by such beauty.

The happiest people we meet are the people who have appreciated the little things in life. I know that life is not perfect for any of us, but it is still amazing. I intend to take more time to appreciate my family and friends.

So, enjoy the warmer weather, let's take pleasure in nature around us and remember to spring into spring and appreciate the little things in life!

Editor

Dear Friends

In the old Roman Empire, faithful Christians kept to a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They also only had one meal a day, so they needed a simple snack which kept to these rules.

When they prayed, they crossed their arms and touched each shoulder with the opposite hand. So they made small breads to remind themselves that Lent was a time for prayer. They called these breads "little arms" (*bracellae*). From this Latin word, the Germans derived the word *bretzel*, which became "pretzel."



Although we can buy them all year round, in many places of Europe, pretzels are served only from Ash Wednesday to Easter. Pretzels were often given to the poor and hungry. They were satisfying, but were also a reminder that God knows our needs and answers our prayers.

Try making some; a recipe for soft pretzels:

1 pkt dry yeast; 1½ cups warm water; 1 tablespoon sugar; 1 tablespoon salt; 4 cups flour; 1 egg

Preheat oven to 425 degrees.

Mix yeast, water, sugar & salt.

Stir in the flour and knead until the dough is smooth.

Roll small pieces of dough into pencil-like strips.

Form into pretzel shape and place on a greased baking sheet.

Brush the dough with beaten egg for a shiny finish.

Sprinkle the top with salt and bake for 15 minutes.



With my very best wishes for a rewarding Lent and a joy-filled Easter

Barbara

All Saints Spring Fayre: Saturday 7th May 2011

11.30am—1.30pm

Grayswood Village Hall

At this year's annual Spring Fayre there

will be a fantastic selection of stalls and entertainment on offer, including bouncy castle, children's toys and games, bric-a-brac, gifts, plants, cakes & produce, books, CDs, videos, a raffle, craft stalls and lots more ...

Hotdogs, sandwiches and other refreshments served 1-2pm

To help make this day a success stall contributions are encouraged and much appreciated. Please call Daphne (643140)

or Susie (642917) for more information

Outside stallholders (£10 per table + 10%)

Contacting the Runner : Telephone: 01428 656504, editor@grayswoodparish.org

CHURCH SERVICES IN APRIL AND MAY

Sundays: 8am Holy Communion every week
 Every Sunday 10am
 April 3rd Mothering Sunday
 10th Parish Communion
followed by the APCM in the Hall
 17th Palm Sunday Communion

HOLY WEEK AND EASTER

Mon, Tues & Wed 9pm Compline (Night Prayer)
 Maundy Thursday Supper with Communion 7.45
(phone Judy on 644125)



21st Good Friday All Age service,
 coffee & Hot X Buns
 Gather on the Green if fine
 12-2 church open for prayer
 2-3pm A Meditation on the Cross

24th Festival Communion for
 Easter Sunday
 with the
 Renewal of Baptism Vows



May 1st Parish Communion
 8th Morning Worship
 15th Parish Communion
 22nd All Age Worship
 29th All Age Communion Service from
 Iona

Contacting All Saints

Do contact us if you would like us to pray for you. Phone any number below, send an e-mail, write the name in the book at the back of church, pop a note into Church House, or ask someone to pass a message on. A first name is all we need and confidences are ALWAYS respected.

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.

Contact details:

Barbara Steele-Perkins 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 answer-phone messages every day except Tuesday and will get back to you as soon as possible.

tel: 656504 e-mail: barbarasteelerperkins@tiscali.co.uk

Janet Fry, our **church administrator**, works in **Church Office** (in Church House) which is open Mon, Thurs and Fri mornings from 9am-12 noon. At other times you can still leave a message.

tel: 656504 e-mail: office@grayswoodparish.org

Doreen Hutton 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.

tel: 644178 e-mail: david@dhutton.mail1.co.uk

Fiona Gwynn is our **flower coordinator**. Contact her if you would like to help with an arrangement for a special festival or donate flowers at any time - in memory of someone or at a special anniversary, etc.

tel: 654728 e-mail: gwynnfamily@sky.com

Useful Grayswood Numbers

Village Hall Bookings 643859

The Grayswood Club 07748 065 821

Grayswood School 642086

Grayswood Nursery School 658931

CALLING BUSINESSES IN
GRAYSWOOD

The Runner is a non-profit-making news-sheet which is distributed to every house in the parish and which up to now has carried no adverts. However the list of 'useful' numbers has crept up to include businesses. These numbers, and more, can be found in the 'Welcome to Grayswood Village' leaflet (available from the back of church). Each edition (9 or 10 a year) can carry one advert in a box this size and that any Grayswood business can sponsor an edition at the (current) cost of £30 which covers the printing and distribution of each month. Editions are on a first come first served basis, so if you wanted to include special offers for a certain month for example, let us know early!
 If you are interested, please contact the Editor.

VILLAGE PRAYER

In April & May we remember & think about all those who live in Grayswood Road, Church Close, Sandy Lane, Grayswood Common, Grayswood Copse, Little Home Close, Lower & Upper Birtley, Witley Farm, Shoelands, South Park, Stroud, Hurt Hill & High Button

Grayswood Village Club will be open throughout the day on Friday April 29th. Why not visit the club to watch the royal wedding on their 42 inch TV and sample their range of guest ales.

The perfect complement to the Village Hall cream tea!

Events in April

Gardening Club	7th
Book Club	12th
WI	13th
Men's Breakfast	2nd
Song Squad	1st and 15th
Toddler Group	Weds in Term-time

Next meeting of the Good Book Morning will be on **23rd May**
 Song Squad will be meeting for Mothering Sunday (practice 1st April). It would be lovely if mothers could be in church on 3rd April to receive their posies.

Haslemere Festival Cycling Event: Sunday 15 May 2011

This year's Haslemere Festival is book-ended by two cycle events which are intended to provide something for both the active (and not so active) cyclists and spectators. The Little Lumpy Cycle Sportive is back for the third year. The event provides three routes to accommodate all levels and takes riders through some lovely villages. Routes will be fully marked and there are various 'feed' stops supplying home-made cakes, flapjacks, bananas and drinks. Organisers are particularly keen to introduce the concept of mass participation cycle events to cyclists who have not had a go before, and have the fun event at a very reasonable £5 entry, and free to under 16s who are accompanied by a fee paying adult. Organisers are also looking for some local helpers, marshals, kitchen helpers. Further details can be obtained from Just Futers on 01428 654972 or 07906 169747. Let's hope for good weather!