

THOUGHTFUL LIVING NEWSLETTER

JULY—AUGUST 2025



The longer and warmer days of Summer offer us more time to enjoy being outdoors and the opportunity to admire the beautiful countryside which we are blessed to live in. Indeed it also presents us with some challenges as we are asked to be extra mindful of our water supplies. Many of us in our community made pledges to take further steps in the care of our planet on our Tree of Resolutions on display at the back of the church. Perhaps now is a time when we can revisit them? How are we getting on?

Our environment and its resources are precious and not to be taken for granted. While the hosepipe ban increases challenges in our gardens and allotments, the TLG hopes there might be some surplus supplies which can be donated to our Craft and Produce Sale during our Patronal Weekend (26th-28th September).

The TLG is also hosting a Chilli and Quiz Evening, which will take place in the parish hall at 6.30pm on Saturday, 27th September. The proceeds from these two events will help fund the Christmas meal and gifts for the clients of CIRDIC - the local charity which St Michael's has supported now for a number of years.

In the feedback from our Synodal Assembly, the social events at St Michael's were identified and something we do well. If you haven't attended a Parish Lunch or Quiz Evening yet, please note the dates of our Patronal weekend (26th - 28th September) in your diary and come along. We are also planning a Charity Shop Challenge in November - look out for further details of this, especially those of you with a keen eye for a bargain!

There were also suggestions that we might look out more carefully for those who need a helping hand at a difficult time. Please read a thank you from Marlena on the reverse of this newsletter. Do you know someone who is in need of a "gesture of love?"

At the first Mass for the Care of Creation, Pope Leo told us,

"We hear the cry of the earth and of the poor, for that cry has reached the heart of God. Our indignation is His indignation; our work is His work."

Thank you to you all for your continued support and enjoy the Summer.

Mary

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A GESTURE OF LOVE

The Polish saying, “*Man shoots, God carries the bullets*”, captures the last six months of my life. At the beginning of the year, I had a shoulder operation. Due to some complications, the predicted recovery time of several weeks turned into several months. I certainly wasn’t expecting to have to put my life on hold for so long! Losing the ability to use my right arm whilst not being able to walk meant being confined to a sofa and not being able to do any cooking. My husband, Kevin, is unable to cook. We were facing weeks of takeaways and expanding waistlines! This may sound lovely (the takeaways, not the waistlines!), but it’s definitely not healthy, and the novelty would soon wear off. Fortunately, we belong to the amazing St Michael’s community, and a group of ladies from the Thoughtful Living Group and a couple of other friends from church offered to help by making dinners for us several times a week.

It would have been easy to say “no, thank you, I’m OK” when asked if we needed any help. Who wants to admit their vulnerability after all? And yet, we said “yes” to this amazing offer of kindness. We accepted it not as charity, but in the spirit it was given - a gesture of love.

I have cooked meals for friends who were ill in the past, and I know that it’s not just a meal you are making, but a way of showing that you care. I’m certainly going to do this again in the future whenever anyone needs my help. If you ever find yourself in a situation where you are unable to or it’s difficult for you to cook and someone offers you a home made dinner, please don’t say “no, thank you” - remember it’s a gesture of love and one day you may be able to offer it to someone else.

Kevin and I are very grateful for the love and support you have given us!

Marlena

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