

Rev'd Amanda would appreciate it if anyone knowing of illness or any other trouble in the Parish would notify her as soon as possible on 020 3940 1897 so that she, or a member of the Church, can call without delay.

If you have any enquiry about baptism, marriage or another service, or if there is something else you would like to discuss with a member of the team, please make an appointment, through the Church Office (020 8462 1373) or by emailing:

info@stmaryshayeskent.co.uk

MEET THE TEAM

Welcome to the August edition of *Hayes Herald*. This month we hear from Julia, one of many parents at St Mary's, who also gives her time to support getting our message out there, promoting events on our social media and creating posters. Julia also volunteers with our children's teams on a Sunday. She even recently spoke to our Deanery Chapter, where all the Church of England churches in Bromley get together, to share with one another.

Rev'd Amanda

CHAMPIONING NEURODIVERSITY IN CHURCH: TALK AT ST MARY'S INSPIRES LOCAL CLERGY

In June it was my pleasure to speak at St Mary's to the vicars of the Bromley Deanery on the subject of neurodiversity inclusion in church.

The event brought together clergy from across the deanery to explore how churches can become more welcoming and supportive spaces for neurodiverse individuals—both children and adults—within their congregations. I shared insights drawn from both personal and professional experience, offering practical strategies on creating truly inclusive spaces in church.

I have worked in the field of neurodiversity for 19 years and was diagnosed with dyslexia as a child and ADHD as an adult. I am also a parent to a neurodivergent child so have lived experience of neurodiversity. In 2019 I founded Sunflower Autism Consultancy, a support service for neurodiverse families offering them advice, strategies and an understanding of neurodiversity as well as someone to speak to who gets

it. We serve the local community in Bromley as well as families all over the world online.

What is Neurodiversity?

Neurodiversity refers to someone who doesn't have a neurotypical brain and it includes a range of neurotypes such as autism, ADHD, dyslexia, dyspraxia, and others. Importantly these are not deficits or disorders to be "fixed," but differences to be understood, respected, and accommodated.

As society becomes more aware of the strengths and challenges faced by neurodivergent individuals, churches have a unique opportunity—and responsibility—to lead with compassion and inclusivity.

Why Inclusion Matters

Churches are spiritual homes for many, yet traditional practices can inadvertently exclude those with sensory sensitivities, communication differences, or who may find social norms difficult to navigate. By becoming more inclusive, churches can tap into the rich gifts and perspectives that neurodiverse individuals bring to faith communities.

Supporting the Whole Person—Practically and Spiritually

During the talk I highlighted some practical aspects of inclusion. This included:

- **Creating sensory-friendly worship spaces**, with quiet zones or visual schedules for services.
- **Training church leaders and volunteers** to better understand neurodivergence and how to respond with empathy.
- **Providing resources and supports for neurodiverse congregants** such as fidget toys, wobble cushions, social stories, now and next boards, visual schedules and sunflower lanyards.
- **Adapting communication**, including offering clear, concrete language in sermons or children's activities.
- **Valuing neurodiverse perspectives**, encouraging neurodiverse congregants to utilise their special interests to participate in church.

John 13:34 calls us to love one another as Christ has loved us—a love that is unconditional, inclusive, and deeply compassionate. It says, “*So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.*” This commandment serves as a powerful foundation for embracing neurodiversity within the Church. Loving as Jesus loved means recognising the full worth and dignity of every person, including those whose brains and experiences may differ from our own. Inclusion isn’t simply a matter of accessibility; it’s a reflection of Christlike love in action. By creating welcoming, inclusive spaces for neurodivergent individuals, we honour this commandment, ensuring that all members of the church feel valued, and truly at home in their faith community.

Julia Gudinchet

MISSION TO SEAFARERS

A brilliant response to the Coffee Morning which raised **£288.50** and to the support on Sea Sunday which made a total of **£458.70** for the Mission to Seafarers.



Many thanks also to all the knitters. I have 8 hats, 13 mittens and 12 scarves to send off for the use of the seafarers which we know will be greatly appreciated. Please let me know if you would like them to be distributed to a particular centre.

For the many seafarers across the world life can be lonely, dangerous and uncertain. As I write this we hear reports of further attacks by the Houthis in the Red Sea and the sinking of two cargo ships, the Magic Sea and Eternity C. At least three seamen have been killed, some have been rescued but others are being held as hostages. It is another example of an event which may require help for the seafarers and their families by the staff of the Mission to Seafarers. Our support helps the work of the Mission with its ministry to those at sea and their journey through the range of challenges they face.

Thank God for the difference that the Mission to Seafarers' chaplains and volunteers make to so many lives.

You can find out more on the website: missiontoseafarers.org

Jean Wilson, Parish Link

LORD'S PRAYER TOPS SHAKESPEARE, DICKENS, CHURCHILL AND NATIONAL ANTHEM IN PUBLIC RECOGNITION POLL

People in the UK are more likely to identify correctly a short extract from the Lord's Prayer – also known as the Our Father – than one from the National Anthem and other sources chosen for their deep cultural resonance, a new poll has found.

The polling, carried out for the Church of England, also found the reference in the prayer to being forgiven and forgiving others was the element people found most meaningful to them.

Pollsters Savanta surveyed more than 2,000 people across the UK. They asked them to match seven famous lines - spanning areas ranging from literature and history to popular culture – with their source, from a list of correct answers.

Overall, the phrase from the Lord's Prayer was recognised correctly by the largest number of people (80.3 per cent), just ahead of Star Wars (79.9 per cent)! They were followed by Hamlet's "To be or not to be" (73 per cent) the extract from the National Anthem (63 per cent); the line from Churchill's 'The Few' speech (61 per cent); and You'll Never Walk Alone (58 per cent).

Overall, 89 per cent of those surveyed said that they had previously heard of the Lord's Prayer or the Our Father. This was highest among those who described themselves as Christian (95 per cent), but also by 88 per cent of those who said they had no religion.

PP News August 2025



HALLS FOR HIRE

The Old Church Schools, Hayes, has 3 halls – two large and one medium, and a committee room available for hire. For further information please contact Julie Clark on or email ocs.hayes@hotmail.com



At the moment I am sitting writing this article feeling most uncomfortable as the heatwave has been broken with heavy showers, making it extremely humid. It reminds me of when I was teaching in a secondary school in Sierra Leone in 1967-69. During the rainy season the climate was very hot and humid, making it unbearable to teach and prepare the lessons!

Our Mothers' Union meeting in July was our annual '**Wave of Prayer**'. We were delighted that Rev. Tim Aldred could join us. The Mothers' Union Wave of Prayer is a global initiative where members worldwide pray for each other and the organisation's work throughout the year. It is a continuous, daily commitment, with members stopping to pray at midday wherever they are, creating a "wave" of prayer that circles the globe. This practice helps to connect members, support their work, and promote unity within the organisation and with their linked dioceses. For those members who could not attend our meeting this is part of our service when we prayed for our link diocese.

"As we come to give thanks for Mothers' Union Worldwide, and particularly for our link dioceses, may God encourage us in heart and unite us in love.

Father God, we have not heard from our Wave of Prayer partners in Mbale, Ndokwa and Zaria. The differences in our cultural acceptances of people are getting in our way of serving you. Open our hearts to tolerance and understanding of each other's situations. We ask this in Jesus's Mighty Name. AMEN

Father God, climate change damages the lives of many people around the world, We pray for our sisters and brother in Toliara in Madagascar. Help the Mothers' Union to support and minister to the people in the area. We ask this in Jesus's Mighty Name. AMEN

Father God we pray for the Christian Women in Chhattisgarh State in India. We do not hear from them but we know that it's unlikely that they speak English and we do not speak Chhattisgarhi, open our hearts to support each other in prayer as we seek to worship and serve you. We ask your protection on Christians from persecution. In Jesus's Mighty Name we pray. AMEN

Father God, we hold our sisters in Europe up to you, we thank you for this additional link. We pray for Kiki, their Diocesan President, support her as she leads the diocese across many nations. We pray that Mothers' Union members across Europe will be encouraged in their membership. We pray for the Barcelona Branch Leader, Nkechi, who is very sick and we pray for your healing presence to be with her. We pray for the Branch Leader in Macerata, Italy, whose husband is very sick in hospital in London.

Father God we ask for your guidance on Caroline designing the new Parenting Project for Mallorca, and for Marisa designing the Financial Literacy Project in Barcelona. Bless all those who will go on holiday this summer that they will be refreshed especially those of limited resources.

And finally we pray for their Retreat to be held in August in France this year. We pray that Comfort and Julia will be able to attend to help them feel more a part of our Province and Cluster Group. Dear Lord, we hold all the members in Europe to you for blessing. AMEN

Prayers for our Diocesan Prayer Links:

We thank you Father for good the relations between the Dioceses in these Church links, help us to grow in them.

Father God we pray for stronger links between the Dioceses of Kondoa, Mpwapwa, Harere, Estonia and Rochester. May our friendships deepen and grow that this may exemplify a unity among the churches. We pray for our brothers and sisters in Africa where drought continues and food scarcity remains a concern. We pray for the security of Estonia that they will not be invaded nor their peace threatened. We ask this in Jesus's mighty name. AMEN.

We then had a symbolic lighting of candles, one for each link.

Loving Lord, we bring to you our praise for the fellowship and prayer support that we have through our links with Toliara, Mbale, Zaria, Ndokwa, Chhattisgarh, Europe, Kondoa, Mpwapwa, Harare and Estonia. We thank you for the times when we have built relationships through sharing and visits.

We thank you for the times when lack of news has driven us to pray and intercede.

We pledge to continue to remember our sisters and brothers in prayer.

The meeting finished with coffee and biscuits in the Meetings Room.



Member Carol Crouch (left) and Gill Kell, have been busy knitting hats, scarves and mittens for the Mission to Seafarers and were able to pass them on to Jean Wilson at her coffee morning.

This is a picture of the kneeler that has been dedicated in the memory of Pam Cahill.



A group of us will be going to Evensong on Mary Sumner Day, **9th August**. It will be a sung service as there is a guest choir starting at 5.30 pm. We will take a picnic tea with us. If you are interested in going, please let me (Avril) know. 0208 468 7785.

On **Saturday 25th October** there is the **Autumn Members' Meeting** at St Justus Church, Rochester. There will be a 'Rainbow' Table Sale. Bromley and Bexley Diocese have been given YELLOW and BLUE, so please start collecting items of these colours to sell. Funds raised will be split between the Diocese and our 150th Fundraising for the Central Charity. If you are happy to drive there, please let me know.

Our next meetings are:

Tues 5th August 11.00am, Social gathering at 'The New Inn' Hayes.

Sat 9th August 5.30pm. Evensong on Mary Sumner Day at Rochester Cathedral

Tues 9th September 11.00am, Social gathering at 'The New Inn' Hayes. Please note the change of date.

Mon 15th September 10.30am Meeting

Sat 25th October 'Autumn Members' Meeting'.

There are some MU Autumn and Winter gift guides 2025 in the church porch.

If you are interested in finding out more about Mothers' Union, please contact me on **0208 468 7785** or just come along to one of our meetings. You would be most welcome.

Avril Ashford

ST. MARY'S CHURCH DIARY AUGUST 2025

Morning Prayers take place daily at 9.15am Monday to Wednesday on Zoom* and Monday to Friday in Church (10am on Saturday) throughout the year, except Bank Holidays.

7TH SUNDAY AFTER TRINITY

Sunday 3rd	8.00am	Holy Communion BCP
	10.30am	Morning Praise Sunbeams session** (children ages 3-8 welcome to join)
Tuesday 5th	11.00am-12.15pm	Bible Study**
Wednesday 6th	10.30am	Coffee morning for the bereaved and those living on their own**
	12.30-3.00pm	Warm Welcome Space**

8TH SUNDAY AFTER TRINITY

Sunday 10th	8.00am	Holy Communion BCP
	10.30am	Parish Communion CW Sunbeams session** (children ages 3-8 welcome to join)
Tuesday 12th	10.00-11.00am	Prayer Group**
Wednesday 13th	12.30-3.00pm	Warm Welcome Space**
Thursday 14th	10.30-11.30am	Craft Group**
Friday 15th	10.00-11.00am	Twinkles – singing, story, snacks**

9TH SUNDAY AFTER TRINITY

Sunday 17th	8.00am	Holy Communion BCP
	9.15am	Fresh Start
	10.30am	Morning Praise
Tuesday 19th	11.00am-12.15pm	Bible Study**
Wednesday 20th	12.30-3.00pm	Warm Welcome Space**

10TH SUNDAY AFTER TRINITY

Sunday 24th	8.00am	Holy Communion BCP
	10.30am	Parish Communion CW
	12.30pm	Baptism: Sienna Rogerson
Tuesday 26th	10.00-11.00am	Prayer Group**
Wednesday 27th	12.30-3.00pm	Warm Welcome Space**
Thursday 28th	10.30-11.30am	Craft Group**

11TH SUNDAY AFTER TRINITY

Sunday 31ST	8.00am	Holy Communion BCP
	10.30am	Songs of Praise style service
		Sunbeams session** (children ages 3-8 welcome to join)

** denotes Meetings Room

*For Zoom link contact the church office

The church is also open for quiet space on Tuesdays, Fridays and Saturdays from 10.00am to 12.00noon unless there is an event taking place. Details of these will be given in the weekly pew sheets.

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### **A RECENT WEDDING IN THE PARISH**

Victoria Taylor and Richard Plowman

### **A RECENT FUNERAL IN THE PARISH**

Margery McGregor

### **A RECENT MEMORIAL SERVICE IN THE PARISH**

Yvonne Ganatra

## HAYES MEN'S FELLOWSHIP

We are approaching our annual holiday break between sessions; one outing departing as we write these words and our final one, the annual boat trip, almost fully booked for “setting sail” as you will be reading in our contribution for September's issue. In addition, the committee will be meeting next month to finalise the plans from October. We look forward to the slowing pace of running the Fellowship for this short while and we are encouraged that our membership is continuing to grow in the meanwhile.

So without further ado, here are the usual reports on what we have been up to recently.

Our last outing was to the Hovercraft Museum at Lee-on-the-Solent coupled with a Portsmouth Harbour cruise – a popular combination as the coach was almost full.

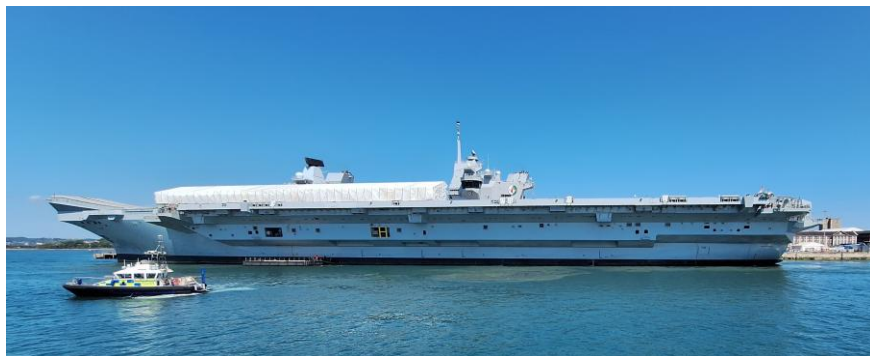


The Hovercraft Museum Trust, which runs the museum, was formed In 1988 to provide a home for some of the early hovercraft types that were, by then, being decommissioned. It has the widest range of commercially built civilian and military hovercraft as well as many home-made examples. All this augmented with many models, particularly that of the Saunders-Roe SR.N1, the first practical hovercraft, that had its origins in the work of British engineer and inventor Christopher Cockerell.

However, the key exhibit had to be the SR.N4 hovercraft Princess Anne which was used on cross channel routes to France – and which a number of us had travelled on when it was operational. This was a huge machine 180ft long and 80ft wide, weighing 320 tons with capacity for up to 60 cars and over 300 passengers. It was designed for rough Channel

seas with 13 ft skirt (and cushion of air) at the front to get over (or through!) the waves and a little less at the rear.

In the afternoon, we took the Solent Ferries “Portsmouth Harbour cruise” to view naval ships past and present, as well as cross channel ferries. The commentary helped enormously pointing out details related to the different ships. First was the historic “Warrior” close to where we embarked. Launched in 1860, as the world's first iron-hulled warship, she was a technological marvel of her time. Then onto the “Queen Elizabeth II”, the enormous £3bn aircraft carrier that is a marvel of our current time.



We saw so many other naval ships too including ships designed to protect the aircraft carrier from air or missile attack as well as Royal fleet Auxiliaries, such as a hospital ship.

Our most recent walk was in the Shoreham area and was blessed with pleasantly sunny weather and a light breeze. From Shoreham, the route was a mix of minor country roads, fields and woods before the walkers enjoyed a very good lunch at “The Kings Arms”.

Our final meeting of this session was our AGM and this year that incorporated an interesting talk by Acting Sargeant Joe Godwin of the Metropolitan Police Community Liaison team. This included details of how the team was structured, with their different areas of focus. It was interesting to learn that the structure in Bromley was now being replicated in other areas. He finished with a short talk about scams emphasising that your bank etc would never ask for PIN details over the phone and finishing with the adage that offers or investments that seem too good to be true, usually are too good to be true. Beware!

The AGM, chaired by our President Rev'd Amanda Spence, passed uneventfully with almost unanimous approval for the reports and proposals put forward by the committee. It is good to be able to take this opportunity to thank all the committee members (continuing, retiring or just joining) for their hard work, in a variety of roles, which make the Fellowship with its meetings, outings and walks so successful.

However and wherever you are planning to spend the remaining days of summer, do have a relaxing and safe time. And watch this space a little later in the year for a preview of the activities we have planned for our new Session starting in October.

**Graham Marsden, HMF Secretary   Allan Evison, HMF Asst Secretary**  
**Contact details: [secretary@hayesmensfellowship.org](mailto:secretary@hayesmensfellowship.org)**  
**or phone 020 8654 0872**

## **INTO THE FURNACE OF HISTORY**

Sometimes you can't make these things up. On May 13 1941 six planes from RAF 82 Squadron flew from Cornwall on a very difficult operation against the heavily fortified U-boat base at St Nazaire on the French Atlantic coast. It was a key strategic focus for military command. Flying in daylight made a dangerous mission even more so. Only two planes returned intact. But there was an unexpected postscript. The crew in one of the planes that went down in France survived the crash, although the official record listed them as presumed dead. They made their way to Vichy France and surrendered but were immediately imprisoned. Two managed to escape and made their way - mainly on foot - through France and the Pyrenees then on south through Spain ending up in Gibraltar where they managed to board a merchant ship en route to England; and, strangely, on board were some ground crew from 82 Squadron who just happened to be returning from some secondment. Officially dead, they also were now returning for active duty!

The chances, in WW2, of air crew surviving a crash landing were slim. The chances of anyone surviving being thrown into a furnace are nil. Simply a matter of physics.

That was certainly the thinking of Nebuchadnezzar, king of the largest empire in the world at that time (this was early part of the 6<sup>th</sup> century BC). Three of his court officials had dared to say no when he had demanded that the whole world worship the statue he had erected just a short way from the city of Babylon (in what is now Iraq). It was huge, a fitting tribute (so he thought) to the empire that he had created and the gods who (so he thought) had been at his side.

Shadrach, Meshach and Abednego were three Jews who had been taken captive to Babylon from their home in Jerusalem when the Babylonian military machine first swept through the middle east. From early on their skills and abilities had become apparent, setting them apart from their contemporaries. They rose to high office in Babylon. Being part

of officialdom in a pagan kingdom cannot have been easy; determined not to compromise their faith, they had managed to walk that perilous and narrow road; until now.

The king was furious. He expected and demanded total loyalty and obedience from everyone. The light of his totalitarian kingdom, was the light by which everyone lived. An empire like none before. They were dishonouring him. At first reluctant to take action against officials he knew he could trust (3 squeaky-clean officials in a corrupt regime – a miracle in itself!), the world had to be shown that nothing, not even religious scruple or private conscience could interfere with the honour due to the king.

Shadrach, Meshach and Abednego had never hidden their faith, a faith instilled in them from childhood and embraced as their own when taken to Babylon. And central to that faith was the acknowledgement of the uniqueness of Yahweh, the creator God who had rescued Israel from slavery in Egypt, and promised blessing to the whole world through the nation of Israel. Underpinning their faith was the beauty of the Mosaic law, the essence enshrined in the Ten Commandments; worship of God alone.

So into the furnace they were thrown. Death by furnace is the most certain and total kind of punishment. Only the furnace could satisfy the fury.

Yet immediately the king staggered in disbelief; it wasn't just that the three men were walking around unharmed; but that there were now not three men but four and the fourth had the appearance of an 'angel'.

The king realised that the light, his light, that dazzled the world was as nothing compared to the divine power he now saw at work in the furnace. A power that was greater than anything he could imagine. Or dream. Daniel's interpretation, all those years ago, at once came back to him. He may have been the head of gold, but what is gold compared to what now confronted him. His fury drained away into terror, having sought the death of those whose actions had been validated by that supernatural power. He pleaded with them to come out; in this they obeyed him.

This story from the OT book of Daniel which we have been exploring in our central Bible Study,\* is a compelling and powerful read. But of course this is not just a brilliant piece of literature from the ancient world but as Christians we believe that this is the word of God through which He speaks to us today, to inspire, challenge, comfort, and encourage (as Paul reminds us in 2 Timothy 3:16).

A major theme throughout Daniel is God as King and ruler. And as each generation wrestles with the question, 'How can God be King, if things are as they are?' we have this story as a further unveiling and reminder of God's sovereignty.

It is deeply encouraging and inspiring as we think about the extraordinary way that God worked in and through the lives of Shadrach,

Meshech and Abednego – and Daniel. But in doing so we must not lose sight of the simple fact that God is also continually working through ordinary people of faith. like us. Not with a fanfare or fireworks but in the hard graft of simple everyday faithful obedience.

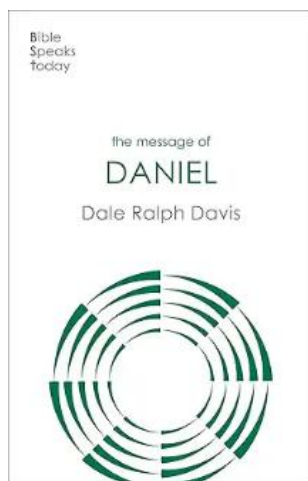
As Christians today, we are all deeply sensitive to the pressure to conform in an increasingly alien and hostile world. In the story of Shadrach, Meshach and Abednego, pressure comes through the demands of authority (the king demands it), intimidation (threats of what will happen if we do not), the conformity of others (everyone else has agreed – why can't you?) and perhaps even malice (they were betrayed by others who resented them as 'foreigners' rising to high position). But the friends had thought deeply about their faith, in the context of their new environment, and had drawn their lines in the sand. As Christians today we are under constant pressure to conform to the idols of this world (be they cultural, political, intellectual or moral). We need to be conscious of changing times against the constants of our faith, and our Lord.

Finally, what is very striking in this story, is the presence of God with His people, even though His people are not always aware of that. It is also striking that God did not prevent the friends from being thrown into the furnace; but was there with them, walking with them, comforting them (as in Psalm 23!).

And 2000 years ago, He entered the furnace of human history to live amongst us and to die for us. Our Lord who took upon Himself human nature so that He could be with us, and in the end die for us taking on Himself the judgement for our sins.

## David James

An excellent, and easy-to-read, introductory guide to the book of Daniel can be found in this commentary by Dale Ralph Davis.



\* We meet first and third Tuesdays in the Church Meeting Room. 11am -12.15.

## A SHEEP CALLED DAVID

Jesus said:

*I know my sheep and my sheep know me. (John 10: 14)*

*I am the good shepherd. I call my sheep by name and lead them out.  
My sheep follow me because they know my voice. (John 10: 3-4)*

Have you ever watched a shepherd trying to lead his sheep through a narrow gate into an enclosure? It's tricky even with a sheepdog helping by preventing any sheep running off in the wrong direction.

Jesus painted such wonderful illustrations to explain his relationship to those who want to follow him.

Here I am in Hayes, a sheep called David, trying to hear his voice and recognise it as he said I would. I'm surrounded by voices every day with friends, people in the street or at the shops or voices on TV giving advice on how to live my life etc. Some voices are now created using AI (artificial "intelligence"). It's quite hard to hear Jesus' voice amidst all this cacophony. Sometimes, I have to retire to a quiet space in my house like my study. No other sheep are there except me. I spend time reflecting on the people I know who are part of the flock and try to appreciate their circumstances and their needs. Other sheep come to mind who do not seem to know Jesus the good shepherd but are very good friends. I'm also distracted by personal pleasures and interests. So having spent maybe an hour doing this, I hear Jesus calling my name and 'leading me out'. He says 'walk with me a little while, David, and let's see what I have in store for you today'. Sometimes I'm led to a homeless person on the street asking for money. Sometimes I'm 'disturbed' by a phone call which is inconvenient. Quite often He leads me to walk on Hayes common to see God's wonderful creation.

Today, as I type this piece, I have been called on my mobile by an elderly friend who has had a nasty fall. Every day can be different, although for some it can be very routine. On such days I am inclined to listen to music or telephone friends and family and think about faith and wonder how God sees me.

I confess that there are times when I wish I could be alone and not part of the flock, free of responsibility and able to wander off like the lost sheep, but then there's the sheepdog at my heels. I think God's sheepdog is the Holy Spirit who calls me back into the flock which is the safest place to be.

Maybe you've never thought of yourself as a sheep but we sing 'The Lord's my shepherd' with love and gusto, led in harmony by the Holy Spirit who never snaps unkindly at our heels but leads us with gentleness.

**David Langford**

## **MARGERY MCGREGOR**

Margery was a "one off" and a very loved member of our Hayes community, and certainly made an impression on all who met her.

She was a regular member of our church here at St Mary's, being brought here on the community bus, and sitting in her favourite seat at the front. She was always the first to dismount and get into church quickly; sitting in a pew near the front with John, and previously also Peter Marcham.

After services she loved going over to the cafe opposite church with her friends. She led a very active life, including Warm Space here in the meeting room every Wednesday, where after lunch she would take part in the quiz. She also was a proficient drawer and painter at the local Art Club, enjoyed chair exercises for the elderly at the Old Church Schools, and attended the British Legion where she was a member. She also loved going out with her friends for meals. She was very thoughtful and kind, and is missed by so many; she also had a great sense of humour.

It is so sad that her last years were marred by COPD which seriously affected her quality of life.

Rest in peace Margery; no more worries, no more health problems, just peace.

And so we say farewell to an unforgettable friend.

**Carol Crouch**

**Items for the September magazine by 16th August please. Copy to the Editor: Clare Wickert, 3 Hayes Garden, Hayes.**

**September magazines will be ready for distribution on 31<sup>st</sup> August.**

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