

Editorial

Dear Villagers,

February is a short month, renowned for Valentines and, this year at least, Pancakes. Lent starts on Ash Wednesday, and pancakes were made to use up some foods before the start of this time of fasting. We often remember the feast and not the fast.

Winter is still with us and it has been cold. The Council are running a "Warm Space" in the Parish Hall on Mondays, and there are other things like the Wednesday Coffee Morning which you could go to if you need to keep warm.

You will see a variety of articles in this month's edition. I am pleased to be able to include one from John Russell as other people will have experienced situations like this, and while they are all distinct, there are shared elements.

We all need to look out for each other for Harlington to continue to be a place of welcome and care. For Valentines Day, love your neighbour and remember what Micah say God prefers to fasts. Clive.

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Our preferred typeface is Times New Roman for regular articles and notices. Submissions should be suitable for A5 format. Submissions may be abridged for space reasons and inclusion is at the discretion of the Editor/Management Team.

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Harlington Upper School

VACANCIES

Please keep an eye on our school website for upcoming vacancies, including support staff and Invigilators.

<https://www.harlington.org>

Letter from St. Mary's Church

Last month we learned that the name for January comes from the name of the Roman God, Janus, who faced forwards and backwards. February's name likewise has Roman origins since it is named after a Roman festival of purification called Februa, the Latin word 'februare' meaning to cleanse.

If January is a good time for thinking back on what lies in the past, and looking forward to what we might want to change by making new year resolutions, February is a good month for taking this one stage further. In the Christian calendar we are between the two great festivals: Christmas and Easter. So what better time of year to reflect on what might help us improve our lives and the lives of others. Is there a way in which we could serve the community? Is there a way in which we could improve relationships with other people, including those closest to us? What do we need to change in order to be better people?

Churches call this season of the year Lent. It comes well before Easter but leads right up to it. It is a period for reflection, for putting things right insofar as we can, a period for self-examination. Traditionally it is associated with a period of self-denial — giving things up for Lent, and often using the proceeds to give to charity. Above all, it is a time for saying sorry for ways in which we have become separated from God, that is, a time for 'penitence' which is particularly acknowledged on the first day of Lent, Ash Wednesday, which this year falls on 22nd February. At an Ash Wednesday service, people are marked by a sign of the cross with ash (traditionally the burned remains the previous year's Palm Sunday crosses). Lent then runs for 40 days, excluding Sundays, during which churches are kept bare of flowers and decorations.

This austerity is deliberate, and this year seems very appropriate, for these are austere times for many people. Heating and eating costs have risen for us all and have left many really struggling financially. Life in Ukraine is austere far beyond what many of us in this country experience: no heating for many, the constant threat of bombing, of anxiety for loved ones, of unimaginable suffering. On 24th of this month we pass the first year anniversary of the invasion. If you are from Ukraine and living temporarily in Harlington, this community welcomes you and will do what it can to support you. You are in our thoughts and the prayers of all the churches.

The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace (Numbers 6.24-26).

Robert Johns, Reader, St. Mary's Church

Flittabus *plus* Harlington Heritage Trust

Flittabus

Community Transport Ltd.



Next Milton Keynes Flittabus

Tuesday 7 February 2023

Depart 09:15 am from Car Park at Harlington Village Hall:

Return 1:00 pm from Central Milton Keynes, Exit Door 5

Drivers Needed

Driver Profile

Typically, drivers commit to two half days per month (mostly mornings) and schedules are agreed three months in advance. We have both men and women drivers, typically early retired, and interested to put something back into their local community. Of course, you need to be a safe and steady driver, but it is also important that you really do like people and can be a flexible team player.

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How to apply

If you are interested to learn more, please contact Linda Horn on 07894 454279 for an informal chat without any obligation.

Or go to flittabus.co.uk to find out more.

Harlington Heritage Trust

Sunday 19 February in Harlington Village Hall at 15.00 there will be a talk by Harry White and Louise Pratt on “Keech Hospice Care - Creation to Current Day”.

Sunday 26 March in Harlington Village Hall at 15.00 there will be a talk by Meryl Parker on “King’s Close, Edinburgh – the story of a forgotten underground street”. King’s Close was a unique street hidden beneath Edinburgh’s Royal Mile where people formerly lived, worked and died.

The cost for each talk is £4 for members and £5 for non-members, including refreshments afterwards. Other HHT events for 2023 will be publicised in the HHT members’ newsletter, “Contact” magazine and the HHT website.

Brain Tumour Research *plus* Quote



So a good start to 2023!



We are off! 2 lovely days and gardening has started in earnest mainly sparked by a carrier bag of seeds delivered to my door thanks to neighbours Nick and Kate so that spurred me on to check the dates on the seeds in my charity box and add their packets of seeds for your delight and a small donation for Brain Tumour Research. This caused me to fill out my new calendar and add my gardening plans. In the bag of seeds from Nick and Kate were 2 varieties of beetroot and carrots that can be sown in February under a cloche. My brother bought me a fleece cloche for Christmas so I am going to give it a go, how exciting. So now I needed to prepare my vegetable plot at home, that was today's job which then spurred me on to do a bit more work on the allotment putting it to bed with a layer of cardboard some wool used to protect and keep food at the right temperature courtesy of my friend Liz and her daughter Amy and then topped with some of my first home made compost from the allotment... a good days work!

2022 finished well for our fundraising efforts for Brain Tumour Research, thankyou to everyone who made that happen: Thankyou to Carol who brought Christmas greenery and pretty Christmas decorations for me to display to raise further funds for BTR ; I had £150 of generous Christmas donations right up until Christmas Eve; Christmas card sales also continued right up until the week before Christmas and I banked £399 for these; On Friday 23rd December Rotary club offered the day at Tesco Flitwick to raise funds for the rotary and then they would donate £150 from their days takings to Brain Tumour Research, special thanks to the Rotary and Ann and Ian for supporting this venture. So all in all we left 2022 with a bang and I hope 2023 will continue to see Harlington support Brain Tumour Research and raise much needed funds to allow research into one day finding a cure.

Thank you everyone

Best wishes

Jane, Alice and Emma

"Why, what's the matter,
That you have such a February face,
So full of frost, of storm and cloudiness?"
- *William Shakespeare, Much Ado About Nothing*

Prenatal Exercise

The topic of prenatal exercise often sparks much opinion, so it may come as a surprise to learn that it is recommended that pregnant women should get at least 150 minutes of moderate-intensity, purposeful activity each week.* In the past, women were often cautioned to limit physical activity during pregnancy, but guidelines have been updated to show that keeping active during this time will not only allow you to adapt to your changing body shape but also to build and maintain strength to see you through labour and the demands of the postnatal period.

Even if you have not previously exercised at all, pregnancy is a great time to get started! You'll just need to start at a gentle level and work up as you get fitter. Movement at this time has a wide variety of positive physiological and psychological benefits, which include:

- Reduced risk of gestational diabetes
- Decreased risk of low back pain
- Prevention of excessive weight gain
- Decreased postpartum recovery time
- Prevention or improvement of symptoms of depression

Movement, such as antenatal yoga and aquanatal water exercise, can also support the overall pregnancy experience by building strength and muscle mass and also improving sleep – a desirable thing if you've ever tried to get some shut-eye with a baby bump!

Evidence shows that active women are often able to manage pregnancy symptoms more successfully and may be less likely to experience problems during labour. There is also research to show that active pregnancies are great for your baby too!** So it's a win-win!

As a pre- and postnatal fitness instructor, my ultimate objective when coaching pregnant clients is to support the well-being of both client and baby and to facilitate a safe and strong pregnancy and birth. So, if you find you're expecting and you feel well enough... it's time to get moving!

Jessica Bayntun

BumpFit & Beyond

*You should always consult your doctor or midwife to make sure you are able to exercise.

**<https://www.eurekalert.org/news-releases/927265>



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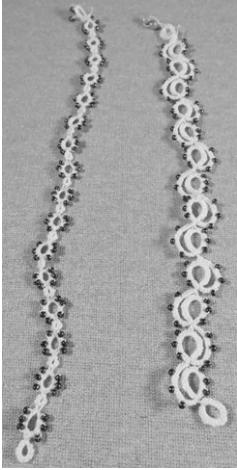
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Crafternoon Tea *plus* HVH 100 Club

Crafternoon Tea meets fortnightly on Monday afternoons, between 2 and 4 pm, at the Methodist Church on Sundon Road. You may find all sorts of crafts on the go, and if you want to learn a new craft, there may well be someone who can help. Conversation is often wide-ranging and not necessarily about craft – come and join in. If you don't have anything you are working on at present, don't worry, the conversation and refreshments will still be open to you! Refreshments are served at each meeting.



I've mentioned tatting on a number of occasions in the past in these articles. Over the years I've picked up a number of books on the subject, with patterns simple and complicated. Early in 2022 I found another – “The Art of Tatting Jewellery”. It has always frustrated me to have a new dress, or top, or skirt, and then to find that I haven't got a pair of earrings, or a bracelet that matches. So I have a bead loom, but I'm not very good with it, and although it does bracelets, it doesn't do necklaces very well. And sometimes, a jewellery

set comes with necklace and earrings, but no bracelet – and matching beads to make one ... well, there is an experience in itself.

So I went through my new book with the specific aim of finding bracelet patterns. Neither of these two examples is quite right – they look good, although I made one too long, and it falls off my wrist – they are neither of them quite heavy enough to stay in the right place. But I learned a new technique – 30 years of experience at least gives me confidence to try something new – and I might yet make something that satisfies me.

Our February meetings will be 13th and 27th. All meetings will be the hybrid version, on Zoom as well as in person. Please let me know if you want the Zoom link for any meeting. **Contact: Tina Salmon** (christinasalmon60@gmail.com), 874481, website: <https://cliveandtina.co.uk>

HVH 100 Club

The winner of 100 club for December was no. 10 belonging to Andy Bishop of Park Leys.

If you wish to be part of the 100 Club and have the chance to win £50, please contact me at: hvhtreasurer@btinternet.com. The money raised each month helps to fund the upkeep of the Village Hall.

Dave Thew, Treasurer, HVH Management Committee

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Harlington in Bloom



10 February 2023

Annual General Meeting

All Welcome

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Harlington Lower School *Plus* HNH



Over my first term at Harlington one of things that has shone through is the school's values. We have a value per month which the children learn about. The values also underpin everything that we do in school.

In order to celebrate our values we have had a Values Tree painted in the school building. We are very grateful to Vicky from Arty Farty Wall Murals for producing such beautiful artwork and to a member of the community and the Friends of Harlington Lower School Association for their generous donations which have made this possible.



We hope that you enjoy looking at the photo!

HNH Good Neighbours

Good Neighbours - Harlington Neighbourhood Help (HNH)

For help or more information contact:

HNH Good Neighbours line 07849 835410



Messy Church News *plus* 0—4 Club



Our December Messy Church was about Christmas.

Our next Messy Church will be on the 18th February, just before the start of Lent. We try always to have a Zoom link

for those who can't get to the chapel, and to livestream the celebration to YouTube, which also provides a recording.

Our old material is still available. Look on <https://cliveandtina.co.uk> for written material and drawings, or on Harlington Methodist Church YouTube Channel for recordings of previous Messy Church Celebrations, and where you can see Tina or me demonstrate some of the activities.

Don't forget, while children need an adult, Messy Church is not just for children. If you find that making things helps you with the Bible stories, Messy Church may be for you.

Clive



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A Year Without “Bre”

The passing of a loved one comes to us all in time, but we are never really prepared for what this means to us as its always “someone else” and after giving it an initial thought we move on in life and continue with our routines whether this be in employment, a hobby, housework, or holidaying. What it means in preparedness is not given too much forethought; why should it, it is “someone else”.

Our passing is inevitable, no one is immune from this, but unless there is illness, we plod on with our day to day lives not really giving it much thought and just accepting that another passing year is just that, a year older, gardening a little more difficult now, along with home maintenance and anything that requires physical effort. We put aside thoughts of what will happen if? as its always “someone else”, we are fit, just another year older.

That is what Bre and I thought as we enjoyed good health and one year just merged into the next and life went on much as usual, until one day we learned of a health issue. This however did not really register as we were generally fit and well, fortunately the problem not manifesting itself as an immediate intrusion in our way of life or our activities. No one told us what happens next and other than a brief “Google” for information, which incidentally predicted another 10/15 years of life, we carried on as usual, no more appointments, no advice or instructions provided, just another box of pills to add to the collection.

That first news was just four short years ago, how time flies, but this time it was us, me, as Bre was never ever aware of having an illness herself. To begin with I took every opportunity to use our time together to the maximum, daily rides out with picnics, ice creams and coffees. Our Milton Keynes shopping trips had become less frequent, then no longer possible as walking had become more and more difficult and I had not earlier recognised the first debilitating stages of vascular dementia when we had become separated, and lost sight of each other for over two hours when out shopping in the previous year.

Although I was somewhat prepared, I very soon became aware that we were entering a new phase in our lives, a final phase and we would tackle this together. A phase that came to an end on New Year’s Eve in 2021, just one year ago and after 55 years spent together in our bungalow here in peaceful Harlington.

I had made the decision early on that we would never be separated, come what may. Why can’t I be a carer, we can do this and pick up on the lighter sides rather than avoid the less attractive issues left mostly to the professionals. Bre reacted strongly to this at first but gradually became aware and was able to show that she was comfortable with this very personal intrusion. To begin with walking from bedroom to lounge was with face-to-face holding hands guidance, then a more physical effort was required before eventually almost carrying her from

A Year Without “Bre” *Ctd.*

room to room when eventually her bed became her permanent place of rest. A walking frame or stick was rejected, as out of the question.

I had arranged for her hairdresser to call once or twice earlier on but this had soon become impracticable and we reverted to my hilarious efforts at hair washing and grooming, Occasionally I would fetch one of her favourite pieces of clothing from her wardrobe for her to look at as her dressing gowns had been her daytime wear for many months. Mealtimes were fast becoming a problem as less and less food was wanted. I searched for attractive tasty mini snacks and yoghurts, conventional foods were no longer taken. Afternoons and evening were fun times however, when I would assemble my “Z” bed alongside her new hospital bed as we settled down to watch her favourite film, over, and over, and over again, Bre playing out the role of Audrey Hepburn in “Summertime” a classic romance set in Venice, or her favourite crooner Frank Sinatra in concert, she would laughingly swear out loud as I struggled and fumbled with my “Z” bed in the confined space alongside. Bre would repeatedly enquire of me “Do you live here?” and when I answered yes, we are married, she would roll about in laughter and accepting my answer, then a while later, ask the same question again. It was fun, not sadness, as I waited for the next question, most usually “I think I will go upstairs now” followed by more fits of laughter when told “but you live in a bungalow Bre”. I gave her a furry toy lion cub, that she loved and stroked and would talk to as they watched TV together.

Inevitably we eventually needed additional help and professional care was provided but as good as it is, it is only help at short set times and my role continued much as before. Again, I chose to be responsible for administering food, medication and night-time care, The desire to eat waned very rapidly and it soon became a victory when she might eat just a very small biscuit or just one spoonful of yoghurt. In our darkest hours I would tell her that Matthew, our son, was visiting that evening, when she would waken, her eyes light up as she smiled, clearly understanding my words. The payback? This was given in so very many ways, but the words, “I love you”, spoken quite unexpectedly was a highlight. We did not get long, I would not have changed a thing and we did it together, just as we had planned.

Then I lost her, quietly and peacefully, we said our goodbyes later in the chapel of rest and I left her with her lion cub, a photograph of Matthew, but most importantly her favourite lipstick, fulfilling a promise made many, many, years ago. Bre didn't go anywhere without a lipstick.

What then now, a big jolt, and the beginning of what was to become a new way of life, what will this mean, what do I do next and where do I start? I had been spoilt, had my meals prepared, my washing and ironing done for me, the dreary

A Year Without “Bre” *ctd.*

housework carried out whilst I was either out to work or more latterly just enjoying my retirement, pursuing my hobby of motorcycling, fast bikes. Cooking meals, what is all that about? and what is that machine in the kitchen that “spins”, if only I had given these things more of my attention.

We didn’t own a microwave and so the first stop was to “Currys”. A home delivered meal phase soon came to an end as the beautiful illustrations on the boxes didn’t actually correspond to what was on my plate! This was followed by a venture into “proper home cooking”, a curry, a simple bolognaise, but these were mostly assigned to the “brown bin” under the sink. Its easy though, as there is local fish and chippy, a McDonalds and a Kentucky Fried based on the motorway junction, and plenty of “Chinese” to fall back on, so no problem here. Has anyone noticed though, these are not as appetising as when bought as a weekend treat a few years ago, the standard of ingredients has dropped and most of all the prices have gone through the roof! Back to the drawing board, good old “M&S”. But this is just cheating, it was time to try again, but slowly this time, I am certainly not there yet but (some) of my more basic efforts are edible, just!! But a warning, politely refuse if invited for a meal or bring your own “Rennie’s”!

Now for that “spinning machine”, what are all these options for, what liquid goes where? here goes! I was used to doing the ironing as I quite enjoyed doing this but now, why do it, who will notice and anyway most items are non-iron. We were a bit old fashioned, still having sheets and blankets and ironing sheets and shirts, but why bother. After a while of taking short cuts however I realised that it was important and I reverted to ironing my shirts and bedding, but made things a lot easier by changing to a duvet, although the wrestle when fitting the cover is new territory, not for the faint hearted. The “garage” tools have been replaced with a feather duster, and vacuum, an apron replaces my motorcycling “leathers”, and a new giant size “brown bin” is placed under the kitchen sink! as I really will never make a “John Torode”. The year has been “different” made easier by the presence of “Poppy” my lovable cat who most certainly senses the change and is very attentive to my moods. I am fortunate also to have a caring son who with his partner Lucinda keep an eye on me and provide welcome breaks and regular hospitality, not all are so fortunate as I. And so onwards into year two and springtime, maybe another entry in the flower show, maybe even a successful culinary delight, a boiled egg!, but don’t hold your breath on this one! Another climb up “Helvellyn” in the English Lake District, perhaps another fast bike, 83 is not that old, or is it? Its all in the mind, but unfortunately the body too!

Make every day together count.

John Russell

Flit Vale Wildlife Trust



Wildlife Trust for
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Wildlife walks & talks

Friday, February 10th, Maulden Village Hall, 7:00 pm for 7.30 pm start

Quiz Night including a fish and chips supper*

Come and test your knowledge on a range of subjects and have a fun evening! You can now book in your teams, maximum six members, for the event. Email Ann with names of your team members, a team name and meal choices. * Vegetarian option available.

Cash payments at the door ONLY please.

£12.00 per person

Note: Due to conditions of the hall's license, you may not bring or consume your own alcohol. Wine, beer, and soft drinks will be available to purchase from the bar.

Monday, March 20th, Maulden Church Hall, 7:30pm

Talk by Dr Wilf Powell – 'Wildlife of Estonia'*

Although a small country, Estonia has a wealth of wildlife and one of the lowest population densities in Europe. For example, it has over 100 butterfly species despite being on the same latitude as northern Scotland. It also lies on a major bird migration route, the East Atlantic Flyway, with around 2 million birds along its western and northern coastlines in Spring.

Wilf has been lucky enough to visit Estonia six times since 2009 and in this talk, he will discuss some of his favourite sites for wildlife and show a range of fauna and flora that can be encountered there.

*£4.00 per adult

Open to all, but please reserve as space is limited.

For additional information or to reserve your place please email flit-vale.info@gmail.com.

(If you don't have email, please ring Ann on 07580 178889 between 6-8 pm.)

The Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire

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www.wildlifebcn.org

Flit Vale Local Group

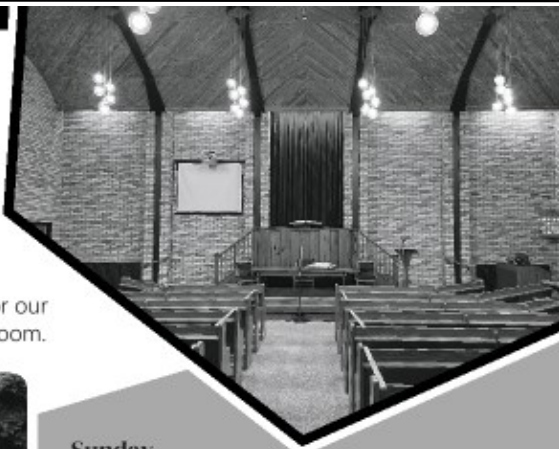
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We are an independent Baptist Church in Central Bedfordshire.

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- 10.30am (term-time)

Tuesday

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🌐 westoningbaptistchurch.org



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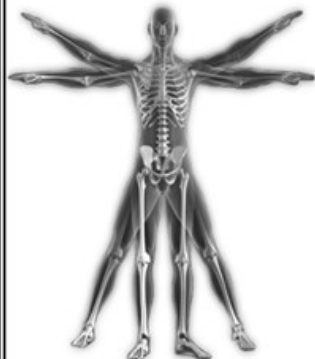
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LIFE Church *plus* Harlington Jigsaw Library



LIFE CHURCH
HARLINGTON

Sunday services at 10.30am in The Parish Rooms

FEBRUARY

5th - To be confirmed

12th - Rebecca Caird

19th - Rob and Sarah Payne

26th - Rose Agnew

Wednesday 7pm Prayer meeting continues to meet on Zoom.

For more information check us out on our website.

You can also contact us through our website if you have any prayer requests or would like to talk to someone

www.life-church-harlington.com

Harlington Jigsaw Library

First of all, a warm welcome to any new borrowers and I hope you enjoy making the jigsaws. There is now a wide variety of subjects and sizes available, from fairly easy to very difficult, and for children or adults.

Sadly I cannot accept jigsaw donations at the moment because of a lack of storage space. So please, if you have a puzzle you wish to give a good home, may I suggest taking it instead to a local charity shop, as they would be really grateful for your donation.



Please contact me if you'd like to borrow a jigsaw. Just call/ text or email your request; approximate size, "normal" or larger pieces etc and I will then deliver to your home. You're welcome to collect if you prefer. When returning a jigsaw, just let me know if there are any missing pieces or any other problem. Thank you. Tricia 07711 511729

Methodist Church *including* Pancake Parlour

Our morning services continue to be available on **Zoom** and streamed to **YouTube** on the Harlington Methodist Church YouTube channel, as well as in the church, where refreshments are available after the morning service.



FEBRUARY preachers are:

- 5th 10 am Come and See led by Rev. Claudia Lupi
6 pm Service with Holy Communion led by Rev. Claudia Lupi
12th 10 am TBC
19th 10 am Service with Holy Communion led by Rev. Claudia Lupi
26th 10 am Tina Salmon

If you want to join us on Zoom, the Zoom link is normally sent out the day before. Email me, clivedsalmon@aol.com, or phone 874481 to be added to the Zoom email list, or if you would like our printed service emailed to you.

COFFEE MORNING 25th February, from 10 am to 12 noon, in the hall

LADIES BRIGHT HOUR

We meet every Thursday at 2.45 pm in the Methodist Church Hall

- 2nd tba
9th Pam Greener
16th tba
23rd Marie Mead



ROOM BOOKINGS

Contact Trevor Caveney if you are interested in booking any of our Halls, Rooms or the Church, subject to COVID rules. The Halls are suitable for meetings, groups, clubs and particularly good for children's parties. Reasonable prices. Tel 01525 754527 or hmc.bookings@ntlworld.com

PANCAKE PARLOUR

Pancake Parlour returns on the 21st February (Shrove Tuesday, also known as Pancake Day)

3.30 pm till 6.00 pm

All profits go to our church charity.



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HNH Good Neighbours *plus* St. M's Family Team



Notice of Annual General Meeting **Thursday 16th February from 7.30pm at** **The Hub and Spoke Café Lincoln Way** **Everyone welcome!!**

Our committee has 7 members including a Chair, Secretary, Treasurer, and Minutes Secretary. All are volunteers and are elected at the AGM each year.

If you'd like to get involved in any way contact Suzan Whittle,
Secretary, on 07887 708304

St. Mary's Family Team

So we have just had our first session of our Messy Church style breakfast – all the usual scrummy breakfast items, Bacon & Sausage Butties, croissants, plenty of tea and coffee – much needed on a Sunday morning...Story and Craft all focussed on the Kings/Wisemen who visited Jesus...

Yes we are still talking about the Christmas story in January – The Kings actually didn't visit Jesus on the same night as the Shepherds – they arrived a little bit later – in fact Jesus may have been as old as 1- 2 years when they finally got to see him. King Herod was not happy and what he did to make sure Jesus didn't become King was really quite diabolical! Mary and Joseph managed to get to Egypt with Jesus to keep him safe and didn't return to their village in Nazareth until they had heard that King Herod had died... and if you want to hear more about what Jesus did until that very first Easter then please come and join us at our other Messy Breakfasts and some times afternoon tea's in 2023.

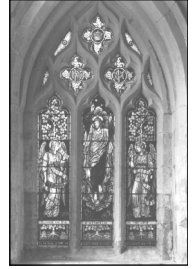
Dates for you diaries: Sunday 5th February and Sunday 5th March Breakfast from 9am in the Parish Rooms

Contact Rebecca on 07877 342640 or cairdclan@ntlworld.com if you would like more information. Please get in touch if there is anything we can do for you.

With love from everyone on team!

St. Mary's Church Services

Everyone is welcome to attend the services in our beautiful village church. This month sees the beginning of Lent with a special service on Ash Wednesday. On 12 February we will be holding a benefice service in church, sharing with congregations from Westoning and Tingrith. February's services are:



Sundays/Ash Wednesday

- 5th 8 am Book of Common Prayer service
9 am Family Breakfast Club in Parish Rooms
9.30 am Holy Communion
- 12th 10.30 am Benefice Holy Communion service
- 19th 9.30 am Holy Communion
- 22nd 7.30 pm Ash Wednesday service
- 26th 9.30 am Holy Communion

Wednesdays

Every Wednesday 10 am Holy Communion or Morning Prayer

Other times

The church can be made available for private prayer by arrangement, please contact one of the church wardens, Tricia Murphy tricia.murphy5@ntlworld.com or Neil Walter walterfamily@btinternet.com, or the Church Reader Dr. Robert Johns robert@harlingtonchurch.org. Alternatively email admin@harlingtonchurch.org

For personal enquiries, for requests for prayer, or for enquiries about baptisms, weddings or funerals please contact Dr. Robert Johns robert@harlingtonchurch.org or 01525 873214.

Further information and useful links

The church noticeboard is kept regularly up-to-date

The church website is at <https://www.harlingtonchurch.org>

The church Facebook page is: www.facebook.com/stmarysharlington/

A Church Near You at <https://www.achurchnearyou.com/church/7667/>

Remember that we are here for you.

Dr Robert Johns (Reader), Tricia Murphy and Neil Walter (Church Wardens)

St Mary's Churchwarden

St Mary's Church



Friends of St Mary's: our next meeting is on **Thursday 23rd February** at 7pm in the church. We are moving forward now with the constitution and committee, but are still looking for a chairperson to lead the meetings. If you think this might be you (!) do get in touch, or just come along to a meeting to find out what being a 'friend' means. More news to follow about the launch proper.

Lent Brunch: 26th February after the 9.30am service. Home made soups and bread – you are welcome to join us after the service. The soup is so amazing – it takes my broth away!

Food bank: Thank you to all those who contribute to the foodbank by leaving donations at Sanjeev's or directly at the church. There will be signs at the newsagents and on the church noticeboard about the most pressing needs during any month, but some items are consistently listed: tinned fish and tinned solid meat, tinned fruit, custard and rice pudding. They have good stocks already of dry pasta and baked beans, so these are not required at the moment.

South Porch restoration: There is an ongoing programme of work and fundraising to help maintain this beautiful building. The next stage of restoration is the south porch and we have been given a provisional start date of mid February. The structure is 'unsafe' with cracks which have widened and render is falling away. Currently, we are also monitoring other areas of the church which are in need of repair and may deteriorate further, particularly some of the buttresses. We have received some funding from grants and church events, but certainly need to raise more! Part of this job will include restoring the sundial. If anyone would like to contribute towards this restoration, perhaps in memory of a loved one, please do get in touch.

Services and events: please check Contact magazine, our website www.harlingtonchurch.org, or the noticeboard outside church for our service information.

Best wishes, Tricia Churchwarden

"February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer."

- Shirley Jackson, Raising Demons

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Village Diary *plus* Wellbeing Walks

February

5 th Family breakfast	Parish Hall 9 am
7 th Flittabus Milton Keynes	Village Hall Car Park 9.15 am
10 th HiB AGM	
10 th Flit Vale Quiz Night	Maulden Village Hall 7.30 pm
13 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm (plus Zoom)
16 th HNH AGM	The Hub and Spoke Café 7.30 pm
18 th Messy Church	Methodist Church and Halls 4 – 6 pm
19 th HHT Talk	Harlington Village Hall 3 pm
20 th Wildlife Talk	Maulden Church Hall 7.30 pm
21 st Pancake Parlour	Methodist Church Hall 3.30 – 6 pm
22 nd Ash Wednesday Service	St. Mary's Church 7.30 pm
23 rd Friends of St. Mary's	St. Mary's Church 7 pm
25 th Coffee morning	Methodist Church Hall 10 am – 12 noon
27 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm (plus Zoom)

March

5 th Family breakfast	Parish Hall 9 am
26 th HHT Talk	Harlington Village Hall 3 pm

Don't forget the regular weekly things like the Wednesday Coffee Mornings and Friday Ramblers Wellbeing Walks that aren't shown here. If you want your events included here, send details to the editor. You can do that without sending anything else, if you want.

**GET YOUR MARCH 2023 DATES TO THE MAGAZINE BY
10TH FEBRUARY**

Wellbeing Walks



We always aim to offer two Walks each week, a short 40-minute walk around the village and a longer more strenuous walk within the village, but over fields. They are all accompanied by experienced walk leaders and there is no charge. You can choose on the day which you prefer to do. Do come and join us, get some fresh air, stay fit and active and have a chat along the way.

Walks start from the village hall car park on Friday mornings at 10.30am.

If you might be interested in training to be a walk leader do please get in touch. The training is a simple and a very enjoyable day out.

Telephone number for all enquiries: The wellbeing team on 07887 708304