

Saints ALIVE

The magazine of:
All Saints, Leighton Buzzard
St. Nicholas, Hockliffe
St. Michael's, Eggington
St. Michael and All Angels,
Billington
The Good Shepherd, Sandhills

May 2025

£1

Inside:

Joy and sadness
go side by side:
Rev'd Steve Marsh

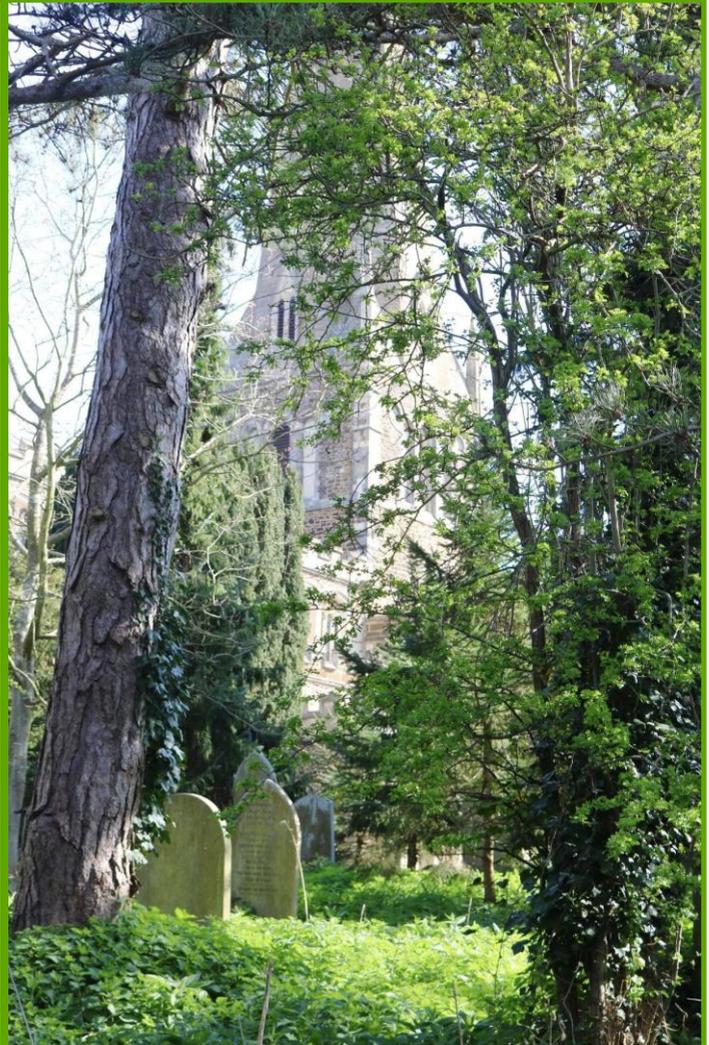
The Experience Trails
open a whole new world
for the town's
schoolchildren

Living God's love –
with Generosity
by Roger Collor

55 years a priest –
celebrate a wonderful,
long career with
Canon Malcolm

Events coming up:
VE Day in Billington;
Big Green Week;
Volunteering Festival;
Flower Festival

News & Views
from the villages



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Saints ALIVE: Items for publication to the Editors: Jo Waller & Julia Dickens, preferably by e-mail
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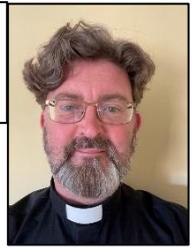
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Joy and sadness go hand-in-hand ...

By Rev'd Steve Marsh



We all live with the tension of death alongside new life; the new shoots of a plant emerging from the brown, brittle leaves that fell last Autumn, a newborn baby in the arms of an elderly grandparent.

Passiontide and Easter place this tension at the centre of our faith, the brutality of Jesus' death on Good Friday, alongside the hope-giving new life of Jesus' resurrection on Easter Sunday.

Within the Church of the Good Shepherd (CGS) we have lived this tension in the last month. A very central and much-loved member of our community passed away, whilst only a few weeks earlier, we had celebrated the baptisms of four young members of CGS, encouraged by their testimonies of new life in their faith.

On the Sunday in between these two events, the Gospel reading was the account of Mary, the sister of Lazarus, anointing Jesus' feet with expensive perfume at a dinner. When the disciple Judas Iscariot objected, saying that the perfume could have been sold and the money given to the poor, Jesus replied, *"It was intended that she should save this perfume for the day of my burial. You will always have the poor among you, but you will not always have me."*

Lazarus, freshly raised from the dead, was at this dinner, which means within this gathering we have this tension of holding death and new life alongside each other. We have the healed, Lazarus, living a new life, alongside his healer, Jesus, being anointed by Mary for his imminent death.

I find this Gospel account of the tension of death and new life being held alongside each other comforting. In life we often carry sorrows and joys at the same time. It maybe the experience of sorrow and grief at the death of a loved one, whilst also having had the experience of the joy and excitement of a new birth. At other times it won't be a physical death or new life. It might be the loss of health, or of an opportunity or aspiration, alongside the comfort of contact with a friend, the positive energy of being creative, the joy from a beautiful glimpse of nature or the exhilaration of a favourite piece of music. Often the encouragement of a joyful moment becomes more poignant when experienced with a sorrow still present with us.

The fact that Jesus lived with this tension of death and new life, sorrow and joy, existing alongside each other, brings us assurance in our faith of his understanding and compassion for us when we experience the same. Jesus' comforting presence also helps us to sustain our resurrection hope of when we will be eternally released from this tension.

Rev Steve Marsh

Our present pattern of services across the Ouzel Valley Team

All Saints

Sundays:

8.00am Holy Communion

9.30am Parish Eucharist

11.30am (usual pattern but can vary occasionally)

1st Sunday: Messy Mass

3rd Sunday: All Age Service

2nd & 4th Sunday: Holy Baptism

6.00pm Evening Prayer

1st Sunday: Choral Evensong Plus

3rd Sunday: Sung with hymns

(NO choir) followed by Benediction

2nd & 4th Sunday: Said Evensong

Weekdays:

Holy Communion

10.00am Thursday

9.00am Saturday

(Service of Healing on 4th Saturday each month)

Morning Prayer:

9.00am Tuesday – Friday in the Chancel

St. Barnabas, Linslade

Sundays:

8.00am Said Eucharist

10.00am Parish Eucharist

6.00pm Evensong

www.stbarnabaslinslade.uk

St. Michael's and All Angels, Billington

11.15am Holy Communion

Good Shepherd, Astral Park Sports & Community Centre, Johnson Drive, Sandhills, LU7 4AY:

Sundays at 9.45am:

1st Sunday: Holy Communion & CGS Juniors

2nd Sunday: 'Chapel Time':

Lead reflection and discussion

3rd Sunday: Holy Communion & CGS Juniors

4th Sunday: 'Morning Break':

Informal service with sermon and discussion.

Free pop-up café every Sunday from 9.45am

Community Cafe every Wednesday at Astral Park 10am - 12noon with a Music, Rhythm and Rhyme session from 10am - 10:30am.

St. Leonard's, Heath & Reach

Sundays:

8.00am 1st & 3rd Sundays: Holy Communion

11.00am Holy Communion

1st Sundays: Family Service

Tuesdays: 7.00pm Holy Communion

Morning Prayer via Zoom:

9.00am Monday – Saturday

www.saintleonardschurch.com

St. Michael's, Eggington

9.30am 1st & 3rd Sundays: Holy Communion

4th Sundays: Café Church 3-4pm

St. Nicholas', Hockliffe

9.30am 2nd Sundays: Family Communion

4th Sundays: Holy Communion

Sunday Saints: for age 3+ year olds, meets during 9.30am Sunday service at All Saints.

All Saints Toddler Time: All Saints every Wednesday during term time, at 9.30am & at 1.30pm. £1.50 per parent / carer & child; 50p extra per child; refreshments included.

Leighton Young Singers Club: for children in Years 2-6, meets on Fridays at 6.30 - 7.30pm.

Bereavement Café: a support group offering friendship and understanding.

1st Sunday of the month, 2.30-4pm The Spire Coffee Shop, All Saints

Choir Practice: Friday evenings, 6.45 trebles; 7.30 adults.

Bellringers: Practice on Monday, 7.30 - 9.30pm.

Spire Coffee Shop: Tuesday & Friday 10am - 2pm.

Saturday 10am - 12noon for drinks & cakes only.

Contact Details on Page 2.

News Roundup

If you use the services of one of our advertisers, please mention Saints Alive to them, so they know their support of our magazine is worthwhile!

*** **

The next prospective parents open afternoon for Pulford Pre-School is 6th May between 3.45pm and 4.15pm. Please contact the school for more information.

*** **

And a reminder:

All Saints' Annual Parochial Church Meeting, will be held on Saturday 17th May

in All Saints at 9.45am.

This is your chance to have your say, to elect church wardens and PCC; approve the accounts; discuss other matters of general interest, and hear how the many groups and activities of All Saints are reaching our community, both within the church building, and outside in the town. All are welcome



CHURCH MEETINGS ARE BRILLIANT



Worth a smile

The Sunday School teacher was telling the story of how when Lot's wife looked back at Sodom and Gomorrah, she turned into a pillar of salt. One youngster nodded in a knowing fashion. "My mummy looked back once while she was driving," he confided, "and she turned into a lamp post."



A surgeon, an architect and a politician were arguing as to whose profession was the oldest. Said the surgeon: "Eve was made from Adam's rib, and that surely was a surgical operation."

"Maybe," said the architect, "but prior to that, order was created out of chaos, and that was an architectural job."

"But you forget," interrupted the politician, "somebody had created the chaos first!"



The owner of a new sports car was reluctant to allow his wife to drive it, even to the local shops. After she insisted, he finally relented, cautioning her as she departed, "Remember, if you have an accident, the newspaper will print your age!"



Had a slight headache this morning but felt much better after following the instructions on the aspirin bottle: 'Take two and keep away from children.

Parish Registers

Holy Matrimony: There were no weddings in March

Holy Baptism, March:

9: James William Barnes; 23: Kiana Chinemere Olaedo Chioma Ukwuoma

'One Lord, one faith, one baptism'

R.I.P. March:

14: Wayne Johnson at All Saints; 18: William Middleton at St. Barnabas;

19: Susan Irwin at Vandyke Road Cemetery

'Everyone who lives and believes in me will never die'

Years Mind, May:

2: Philip Meredith, Colin Sykes; 3: Dennis Duff; 4: Raymond Smith;

5: Frederick Groom, Frederick Foskett; 6: Robert Molloy; 7: Gwendoline Parris;

8: Victor Norman; 9: Valerie King, Margot Freeman; 10: Vera Elliott;

11: Marjorie Holroyd; 12: Percy Collor; 13: Kenneth Watts; 14: Aubrey Marchant;

15: Marion Butler; 17: Mollie Biggerstaff; 19: Patricia Munroe;

20: Edith Sutton, Kevin Smith, June Audas; 23: William Atkinson, Wingate Underwood;

24: Paul Reynolds, Norah Kaye; 25: Patricia Olds; Karolyn Jones, John Watkiss;

26: Christine Roe; 27: Cyril Stratton, Olive Aris;

28: Ethel Gilbert, Eleanor Edgoose; 29: Amy Willett

The Sinking of the Lisbon Maru

Saturday 3rd June 2025
at 8.00pm

Further to my note in the April issue of 'Saints Alive' I am delighted to say that the film will be screened at the Leighton Buzzard Library Theatre at 8pm on 3rd June. I urge you to book to see it if you possibly can, you will not be disappointed!

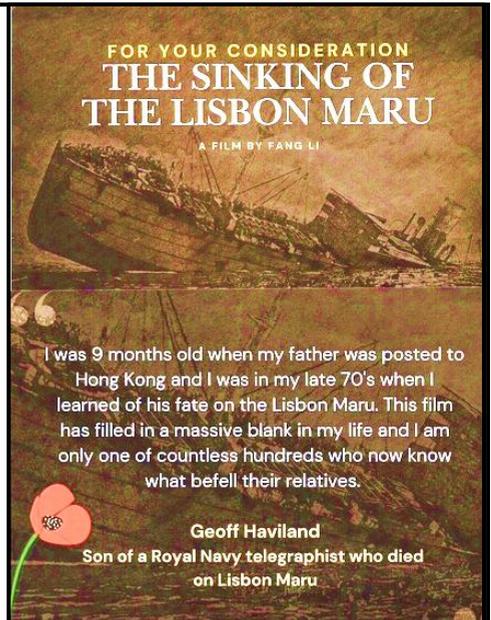
Geoff Haviland

Tickets online from

www.leightonbuzzardlibrarytheatre.co.uk

or in person from the Box Office,

Tuesdays, Thursdays & Fridays 10am - 12pm
or at the door.





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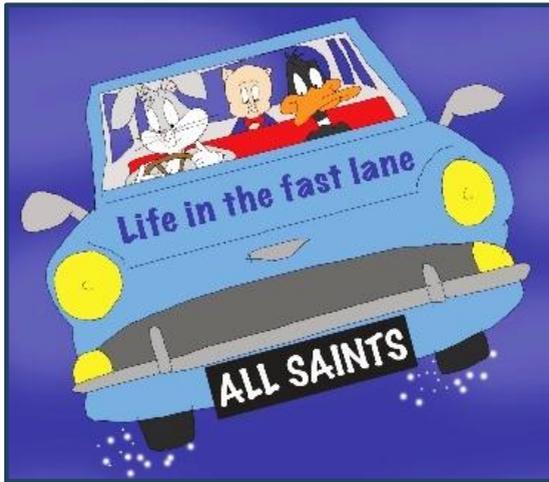
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All Saints Church
Holiday Club
11th - 15th August

Would your child like to “Live in the Fast Lane” during one week of the school summer holidays? If so, let them come along to All Saints Church every morning from 11th – 15th August, Monday to Friday, 9.30-12.15.

We will be hearing stories about the adventures of The Mechanic and his Apprentice. There will be plenty of fun games and we would love you to come along.



“Life in the Fast Lane” is for young people aged 4 up to school Year 5. A more challenging programme is included for Year 6 upwards. Please note: children are allocated a place in one of the holiday club groups according to their age, NOT year groups. If you wish your child to be with a friend, please indicate this on the form.

Holiday Club is organised by members and friends of All Saints Church. The cost is £45 per child which covers all materials, refreshments and a T-shirt for the week.

On the Friday night, 15th August at 6.30pm, there will be a short service of celebration for all the families, followed by our ever-popular B-B-Q.

If you would like to join us, please complete a registration form, now available from the church office.



“Life in the Fast Lane”.



Application forms now available.

Deaf Awareness Week 2025



MAY 5—11

Deaf Awareness Week 5th – 11th May 2025: Beyond Silence
***Beyond Silence*” emphasizes breaking barriers, advocating for accessibility, and celebrating the resilience and contributions of deaf individuals in all aspects of life.**
**It highlights the richness of deaf culture,
and the voices of the deaf community that deserve recognition.**

Deafness is more common than you might think. According to the Royal National Institute for Deaf people (RNID), one in three adults in the UK are in some way deaf. That means that more than 18 million adults in the UK have some degree of hearing loss or tinnitus.

And it gets worse. Over half the population aged 55 have hearing loss. 80% of people over the age of 70 have hearing loss. An estimated 1.2 million adults in the UK cannot even hear most conversational speech without hearing aids.

How does this work out in local churches? Statistically, it means that in every congregation of 100 members, there will be 14 people with hearing difficulties.

How can our churches help?

Could you think about installing a loop system, or making sure the one already installed is still working well? Ensure that there is clear visual access to the pulpit and lectern, so that people can lip-read? Do you need to move the flowers and candles? Make sure that the speakers do not walk away from the microphones while speaking? Use some printed and visual media as well as just audio in church communications? Could you print readings, sermons and prayers?

The Church of England has awarded £2.4 million to fund a series of measures aimed at boosting the participation of deaf, disabled, and neurodivergent people in parish life. This ranges from encouraging vocations to the priesthood, to grants for improved access to buildings.

Under plans over the next three years, the funds will back projects including lay and ordained vocations events, leadership programmes, and guidance to churches on more accessible signage. The schemes will be developed and managed by the Church of England’s Disability and Deaf Ministry Task Groups. A pilot scheme is planned for seven dioceses for café style spaces in churches, in partnership with mental health professionals and the charity Renew Wellbeing, aimed at providing welcoming spaces.

Another pilot will also be developed in the Church of England’s Northern Province providing 20 grants of up to £50,000 for projects that include physical changes to buildings that improve access.

(Information from Parish Pump and UK Council on Deafness)

On a musical note.....



Music though the ages

I sometimes stop to wonder how lucky we are to have such a great choir of talented musicians here at All Saints. This is why that particular thought crossed my mind the other day.

For every Friday choir practice, I produce a sheet of the music to be rehearsed that evening. Incredibly, the sheet for the rehearsal on the Friday before Palm Sunday had 13 pieces of music on it, including a full oratorio with 50 or so pages. This was the music which the choir was going to be singing over the following 8 days, up to and including Easter Day. Admittedly, I had forgotten to cross off the previous Sunday's anthem, but on the other hand there were at least 8 other items not included on that particular list, because they could be rehearsed immediately before the relevant service.

The oratorio is, of course, Stainer's Crucifixion which we performed on Good Friday and which some of you will have attended. It went really well and my thanks to Sam on the organ and our two principal soloists, David Emerson and Richard Ball.

This is a huge amount of music. Imagine being 7 years old, having just joined our choir and being faced with that! But, for the most part, these young trebles are very resilient. How amazing is that?

Easter is even more frantic than Christmas. Starting in Holy Week, there are 5 choir services on four consecutive days. Just to give you an idea, this is the list of music for Easter Sunday which needs rehearsing (excluding hymns):

9.30 service: Introit (This joyful Eastertide); Psalm (Easter Anthems); Mass Setting (Rutter); Anthem (The angel rolled the stone away); at the end (Handel's Hallelujah Chorus from Messiah).

6 pm Festal Eucharist: Responses (Smith); Magnificat (Noble in b); Nunc Dimittis (Noble in b); Anthem (Blessed be the God and Father by SS Wesley); at the end Te Deum (Ireland in F)

True, we start rehearsing early, usually on the Friday after Ash Wednesday and a good deal of the music is known already to many people in the choir. But it still has to be dragged from the long-term memory and some of the pieces are not short. For example, it takes 8 minutes just to sing through John Ireland's setting of the Te Deum, let alone stopping to rehearse the tricky bits.

The music we sing spans centuries – in the two weeks up to and including Easter, we will have sung music from medieval plainsong, through all the major musical periods (Renaissance, Baroque, Classical, Romantic and 20th century up to contemporary composers such as Richard Shephard, who died as late as 2021.

As I said at the beginning, we are very lucky indeed to have this talented bunch of musicians, young and old.

Paul Dickens

Calendar of Events

4th May

Services as usual at All Saints including **Messy Mass** 11.30am
Bereavement Support Café Coffee Shop, All Saints 2.30pm – 4pm
Licensing of Rev'd David Heather as Associate Minister All Saints 4pm



7th May

Lunch Club in the North Transept, All Saints 1pm.
Tickets £6.00 available from the Coffee Shop.



10th May

VE Day Party Billington Village Hall 2-5pm See pp 20 & 23

11th May

Services as usual at All Saints including
Bereavement Service 3pm



16th May

Crafty Natter All Saints 1.30pm - 3.30pm



17th May

Annual Parochial Church Meeting All Saints 9.45am

18th May

Services as usual at All Saints including All Age Communion 11.30am

25th May

Rogation Sunday Services as usual at All Saints including
Wilkes Walk following the 9.30am service

29th May

Ascension Day
Holy Communion All Saints 10am,
Sung Eucharist 7.30pm



7th June

Plant sale and Nature Fun Day All Saints Churchyard 10.00am – 1.00pm See p26

14th June

Volunteering Fair All Saints 10am – 3pm See p16



ALL SAINTS CHURCH
LEIGHTON BUZZARD

Flower Festival

FABULOUS FLORAL DISPLAYS

FRIDAY 27TH JUNE 10am - 5pm

SATURDAY 28TH JUNE 10am - 5pm

SUNDAY 29TH JUNE 1pm - 5pm

FREE ENTRY

Church coffee shop open
for refreshments

Live music



on ...

The Growing Church

The church trail project, which has run successfully over the last 10 years, was born out of a desire to take our excellent Church-Pulford School connections and our passion for good RE education into the wider community. Our objectives are to give every child the opportunity to engage with the most important Christian festivals and core beliefs of Christianity in an interactive and immersive way.

The added bonus is that they get to do this in our beautiful and awe-inspiring All Saints church! Twice a year, the church is transformed into a walking trail - for Experience Christmas we come across Mary's house and a Bethlehem with 'no room at the Inn!' and the wondrous star-filled sky with the wise men's tent. At Experience Harvest, the south transept is filled with an orchard full of trees, engaging the children in the concept of fruits of the spirit. There's even a boat which creates a backdrop to our gratefulness of the bounty of the sea.

At each stage, our primary aim is to create a moment for reflection - what do I learn from the stories of Jesus? How can this make me a better person? Can I put myself in another person's shoes?



A series looking at youth work in our churches.

This month: the Experience Trails

The trails have been overwhelmingly successful, with many lower schools throughout the town continuing to sign up each time. Much of the feedback from teachers indicates that we are helping to provide a 'hands on' approach to learning about key concepts in Christianity and it is valued! Most importantly, it's the children who decide if they are liking it and learning! And it seems they are.

The reason I continue to love this provision is the awe and wonder that it creates in the young children, many of whom have never stepped into a church. The mouths wide open, the stillness that it creates in some children who might ordinarily find stillness hard, the quiet 'candle' moments that are hard to replicate elsewhere. Oh, did I forget to mention the chocolate coins, the pancake eating, juice sipping, and craft making?!



This provision only is able to happen because of a fabulous bank of hardworking volunteers who have a heart for this such important work. From the hours of endless scene setting and staging (led by head verger Lindsay Bevis), to the engagement and group leading on trail week. It really is phenomenal. As ever, we need more volunteers! Have you been inspired by what you have seen or read; and can you spare a day or two twice a year? If so, please do email me, lborrelli@pulfordschool.org **Luisa Borrelli**



Volunteering Fair LEIGHTON BUZZARD

SAT 14 JUNE 2025

10AM TO 3PM

ALL SAINTS CHURCH



Church Square, Leighton Buzzard, LU7 1AE

**Opportunity to meet and engage with local charities
and community groups and learn more about
wide range of volunteering roles**

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- refreshments available
- over 30 local charities and groups attending
- Town Mayor due to open event

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HISTORIC CHURCHES TOUR **Saturday 7th June**

Our next Church Tour on 7th June takes in five churches of great interest in the Leighton Buzzard area, led by Canon Malcolm Grant. The tour starts at Leighton Buzzard Railway Station at 9.30 am and ends there at 5.20 pm. There will be refreshments at the first church – St Mary’s Eaton Bray and afternoon tea at the last – All Saints Leighton Buzzard. We will have lunch at the Greyhound Inn, Aldbury (paid separately).



At each church you can hear about its history, have time to look around and take photos.

- St Mary’s, Eaton Bray - marvel at the skill of early 13th century stone masons.
- St Mary’s, Ivinghoe - a cruciform church of noble proportions.
- St John the Baptist, Aldbury - its chantry chapel and monuments were moved there from Ashridge in the 1570’s.
- All Saints, Wing - one of the most important Anglo-Saxon churches in England.
- Finally, All Saints, Leighton Buzzard

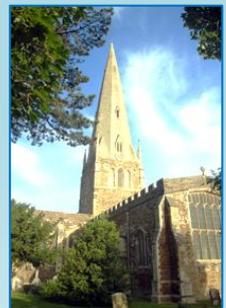
The cost is £30 for Friends of BHHCT and £40 for other guests, which includes coach, refreshments and tea. Please book by 5th May if possible.

Find the booking form and more information in Trust News, the newsletter of BHHCT. Copies available in church. Alternatively speak to me or Malcolm, or see the Trust website: www.bedshertshct.org.uk

Katrina Grant

Photo: above Wing church – the apse crypt has stood here for 1200 years.

Below: St. Mary’s Eaton Bray; St. Mary’s Ivinghoe; St John the Baptist, Aldbury; All Saints Leighton Buzzard



Good Shepherd, Sandhills

Vicar: Rev'd Steve Marsh

Tel: 01525 838450

Churchwardens:

Stuart Blofeld; Katharine Reedy



**CHURCH of the
GOOD SHEPHERD**

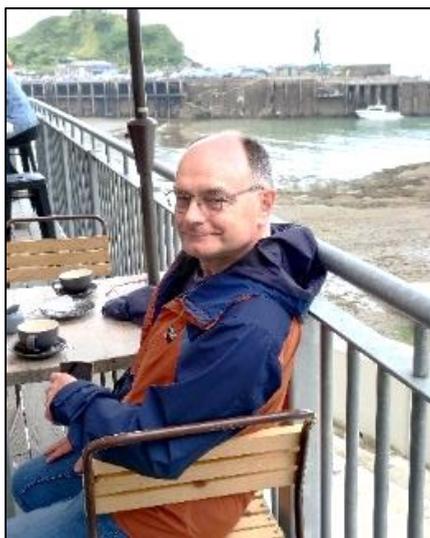
We are mourning the death of Frank Reedy, husband of Katharine and father of John, who died on 6th April, aged 62, after a short illness.

He was much-loved by many people and is deeply missed, especially in the CGS community.

A fuller obituary will follow.

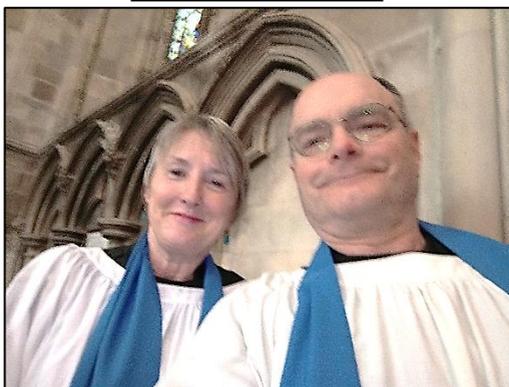


Pioneer Mission Enabler licensing



On his 62nd birthday, 23rd July 2024

Chrim Service 2024



St. Nicholas, Hockliffe

Vicar: Rev'd Noel McGeeney

Tel: 01525 237633

Churchwardens:

Brian Speller: 210565



The blossoms are breaking forth, and the plants are starting to shoot up, but naturally, so are the weeds! We are also gathering together to say thank you for all that we have. The farmers have started to plant up their fields and we look forward to the summer and the autumn, when we can gather all our home-grown vegetables, flowers and fruit.

Our lives are like the produce. We need to feed and water them with prayer and meditation, just like Jesus did when he was with us on earth. He can still be with us here in our hearts, as he knows us, and all our thoughts and prayers said in his name, are listened to.

Friends, relatives and acquaintances are prayed for not only once a week, but daily on our Zoom meetings.

Our Easter Garden (made with the help from the children from Hockliffe and the surrounding area) reminds us how Jesus came to earth, was crucified and rose from the dead and ascended up to heaven.

Life is like a seed, planted in the soil, nurtured and loved.

May our lives be like that seed, and to blossom and bloom.

Carol Speller



Dates for your diary:

The APCM will be held on 27th April at 3.00 p.m. in Church.

Please note the change of date: NOT 11th Amy as previously advertised.

Cream Teas on Saturday 10th May; Sunday 22nd June; & Sunday 7th September

All from 2pm – 4pm in church.

St. Michael & All Angels, Billington

Vicar: Rev'd Steve Marsh

Tel: 01525 838450

Churchwardens:

Julia Haviland 850380; Tina Thompson 378411



The congregation of St Michael and All Angels join in grief and sadness with Katharine Reedy and those of the Church of the Good Shepherd who are coming to terms with the death of Frank Reedy who died suddenly and unexpectedly last week. May his ministry and dedication to God never be forgotten.

On 29th March the village Hall committee arranged a Quiz Night in the Hall. We thank Sharon Wilmore for organising and planning this very successful evening. 76 people were happy to pay £15 for a place at a table, a sumptuous meal and to be with crowds of happy Quizzers. A raffle was held in support of the charity for Motor Neurone Disease which raised over £200. The meal was cooked by members of the Hall committee, Anne Edwins, Mike Lennard, Tina Thompson and Deborah Earnshaw.

It is not surprising that obtaining a ticket was so popular. Where nowadays can you get a home cooked meal in a restaurant, never mind the evening's entertainment as well.

Here I must remind you that every Sunday morning in St Michael and All Angels we have over an hour completely free, with music, words of comfort and challenges, friendship, fellowship and support. Our vicar Steve Marsh and other clergy and ministers speak of important truths and ways in which we can make our lives more meaningful.



As a village we are looking forward to VE Day which will be celebrated on Saturday 10th May in the village Hall from 2-5 pm. The special Events Committee is organising a 1940s post-war time tea party which will include the kind of food which we would expect at a party at that time when rationing was still in operation. You will need to book free tickets from Sharon on 07713 240466.



A further date for your diary:

Saturday 14th June Italia Day. Jean Albertella and hopefully many helpers will welcome lots of people from all over the Ouzel Valley team to a wonderful Italian style lunch from 12.30 pm in the Village Hall.

Sandra Brewin



St. Michael's, Eggington

Vicar: Rev'd Noel McGeeney

Tel: 01525 237633

Church Officers:

Carol Hart 384634; Paul Brown 751861



Dear Lord and Father of Mankind

This is a favourite hymn for many I am sure. It wasn't until a couple of years ago that I fully absorbed the lyrics as I read from the hymn book during the service. I became quite emotional as I did so. It was the fourth verse that hit me.

Drop thy still dews of quietness

'Till all our strivings cease

Take from our souls the strain and stress

And let our ordered lives confess

The beauty of thy peace

This was originally a poem written in 1872 by a Quaker called John Greenleaf Whittier who was decrying the foolishness of Evangelism and yet somehow it spoke to me. My reason was it seemed to intimately describe how faith and worship has soothed my mind and helped my mental health. I know that this is potentially an overly-used phrase nowadays and I wouldn't profess to suffer in the extremes that many do, but everyone has their demons. Mine, if I'm honest, is generally work related.

I am a Veterinary Surgeon and have to deal on a daily basis with quite stressful situations. At the time it is part of my day-to-day job and those who know me know that I generally keep calm under pressure. It's when I'm not working that my mind starts racing, bringing up situations beyond my control. Things as stupid as getting a bad review on Google will keep me up at night, as I think what I could have done or said differently that might have changed this person's impression of myself or the practice. The more I think on it, the more angry I get at myself for getting angry. At these times I pray for solace. There are other things that keep my mind from racing. These include going for walks and talks with friends, socialising and attending church. Church allows us to meditate, give thanks, sing, pray for those less fortunate than us and interact with like-minded people.

I recently attended a talk by Dr. Rangan Chatterjee the health guru. His recent book is based around the fact that most of our bad habits (excessive sugar, caffeine, alcohol and screen time) are intimately related with the stress we put on ourselves from factors which are outside of our control. In his books he talks about how to de-stress by meditating, socialising, giving thanks and reframing situations from the other person's perspective. Sound familiar? He talks about how doing these things will lead us to be happier, healthier and less reliant on the things that cause us harm. People seek solace from drugs and therapy for their mental health when perhaps the answer is right in front of them in the form of the church.

Hannah Johnston

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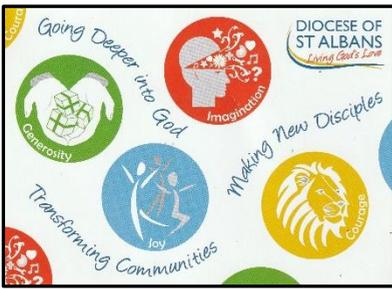
Saturday 10th May 2025, 2-5pm

40s Dress Code (optional)

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Living God's Love

*A series exploring
the St. Alban's Diocese Vision Statement*

This month:

Generosity **By Roger Collor**

Generosity is difficult. Not only is it difficult to define but also in a quantitative and contextual way. I've been waiting for a hospital bed to arrive at home for a week. The promises are plenty - perhaps tomorrow, perhaps Friday? It's frustrating as I could have done this article at least a week ago, but if the NHS has no beds to supply, then the whole 'package' falls apart. It's a shame, as the whole 'generosity of life' thing then begins to crumble! Thus, it's easy to drag it all down to lack of money?

Which it isn't, of course. My take on things generous (please excuse!) is on the unexpected. A flower, suddenly picked and presented, costs nothing, nor does a compliment given unprompted, but meaningfully - genuinely. It is one that has been thought out, if even for a second beforehand. So let's have more of this impromptu kind of generosity, and not just when the tulips or daffodils are out! But is this of the same quality of "Generosity" as that of the "Please Give Generously" we so often see at our church doors?

Of course, it all depends. But upon what does it all depend?

Well, I'm afraid it all depends on us, I suggest. As with a lot of things in life, we have to make decisions. Some are easy and some are ground-breaking. You'll find that the more difficult ones are rarer but nevertheless they cannot be avoided, one way or another.

But how do we give generously to God?

Of course, we can indeed give generously to God, but it must be by a careful thought and not by acting casually. A well-thought-out action, guided by God, can and will save the world, but only if it is from that ultimate source; and not only that, but is of the right scale. Mr. Musk's odd billion might make vast differences to a hungry nation, but he'll not notice that it's gone from his coffers. The \$100 from a less-rich pocket, carefully placed, makes more of an impact all round.

So where are we now in our examination? Once again, we've missed something, and it's something big. In fact, it's huge, ultimate. It's God! And it comes by and from God's direction. God doesn't give us things casually. It is through His main channel to us - the Holy Spirit.

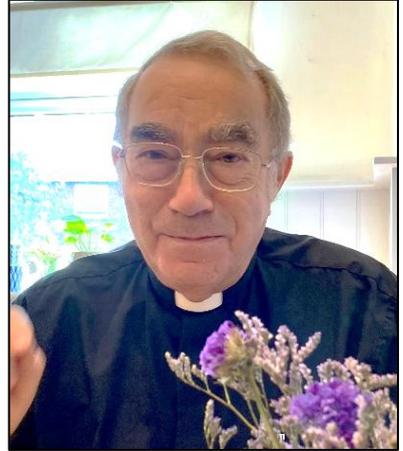
The Holy Spirit is part of the mechanism for transacting with us. So what we can say is that whilst we might be able to give generously - to God - the mere fact that we are giving "something, tangible or intangible" and indeed through the Holy Spirit, says that we have carefully thought the transaction through.

Roger Collor

55 years a priest

This month sees the 55th anniversary of Canon Malcolm Grant's Ordination as a priest. He is a familiar figure at All Saints but here is some background to fill you in on his story.

Malcolm was ordained on 21 May 1970 by Francis Moncreiff, Bishop of Glasgow and Galloway at St Mary's Cathedral, Glasgow, where he served his title as Curate. To broaden his experience Malcolm took up his next post as Team Vicar in Grantham where he guided the replacement of the WW1 army hut which had served as the church, with a new permanent one for an expanding housing estate.



After this came three years at St Ninian's, Invergordon, Ross-shire, where he had charge of the training programme for non-stipendiary clergy in the scattered Diocese of Moray, Ross and Caithness, before becoming Provost of St Mary's Cathedral Glasgow in 1981. St Mary's was where he met and married Katrina - a choir member, and where Alison and Iain were baptized. As well as a big focus on ecumenical work, Malcolm led the Cathedral in a £1 million restoration with an imaginative new interior design scheme.

In 1991 Malcolm took up his second cathedral post – at St Andrew's Cathedral, Inverness, in a beautiful setting by the River Ness. During this time, he led the Episcopal Church's work on Canon Law bringing in inclusive modern language and women's ordination.

After 20 years of cathedrals, it was time for change, and Malcolm felt called to St Albans Diocese and the beautiful historic church of St Mary's Eaton Bray. It proved to be a busy thriving village parish straddling two counties with the biggest church summer fete in the county. Malcolm spent several years as Rural Dean and continued as a Trustee of the Scottish Churches Architectural Heritage Trust.

The rest as they say is history. Upon retiring to Leighton Buzzard in 2009, Malcolm has become part of the furniture at All Saints. He greatly values being allowed to continue to serve God here, in the team, the deanery and beyond. We are grateful for his continued ministry and pastoral care among us and give thanks for all that he contributes to parish life.

Please join us for cake and a glass of fizz on Sunday 18th May after the 9.30 Parish Eucharist at All Saints as we mark Malcolm's priestly anniversary.

Katrina Grant



Plant sale and Nature Fun Day

Saturday 7th June,
10.00am – 1.00pm,
All Saints Churchyard



Spruce up your garden with some new plants: we will have herbs, fruit & veg; flowers; houseplants.

Free fun activities for all ages:

- Make wildflower seedbombs to take home
- Play wild nature bingo
- Follow our tree trail
- Join in our nature count to record biodiversity in the churchyard for a national audit. (These photos represent a selection to be found in the churchyard.)



Get information – from Friends of the Earth's stall. Find out all about bees, home insulation, low carbon heating and energy for your home.

Refreshments – from the Coffee Shop

Our event is part of Great Big Green Week. Find more local events online at www.greatbiggreenweek.com or scan the QR code above.

Katrina Grant





REPAIR CAFE LB 2025 DATES



| | | | | |
|-----------|-----------|-----------|-----------|-----------|
| JAN 25 | FEB 22 | MAR 22 | APR 26 | MAY 24 |
| JUN 28 | JUL 26 | SEP 27 | OCT 25 | NOV 22 |

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