

### ***Scotland .....***

By the time you read this in MAD news we shall be home from our holidays. David McKie, the journalist, writes in a recent book: *'there's a close succession of villages from Elie across to Crail. People fly hundreds of miles out of Britain to enthuse over fishing villages no more attractive than these'*

So what were we looking forward to as we went away in mid June feeling that monthly pressure to meet Meriel's MAD news deadline? We dreamt about a week's unbroken warm sunshine on the Fife coast - it was like that last year and it was very hot before we went away.

### ***Sunday Worship 10am and 6pm***

Holy Communion 8am  
8am at All Saints'  
10 30am at St. Luke's  
2 July, 6 August,  
3 September

Every Wednesday  
10am Holy Communion  
Duffield Place,  
all welcome

### ***switch off .....***

But holidays have an importance in our lives, whatever the weather, and however far or near we go.

Easing up is a priority, better still to stop - no post, no emails, only occasional phone calls, forgetting the routine. My father was a chemist and I loved the way it took him just a couple of days to forget which drugs were on which shelf in the dispensary.

All the exercise we haven't fitted in recently is an expectation - Pamela might even swim in the sea, us walking the coastal path, getting out of the car as much as possible. And places and people we've neglected for a few years: last June it

All Age Worship with  
lunchtime picnic/BBQ  
Sunday 16 July.

Holiday Club  
***"Land Lubbers"***  
Tuesday 29 August to  
Friday 1 September

***Family Day Out***  
Saturday 2 September

### ***Sabbath .....***

was grandfather's 1914 Traction Engine 'Finella' only to discover it was in its present day owner's yard in 1000 pieces undergoing overhaul. Will it be back at the show this year?

For us it's also a time to reflect and to let our minds get refreshed as well as our bodies. Are there some nagging issues (or people?!) we can really let go? Do we stop praying? no, but the focus changes and it all becomes less urgent and gets more relaxed.

God our creator is very sure of how much we need our breaks from routine which is why the Bible stresses the 'Sabbath' and the 'Jubilee'. It's all part of God's good plan for us so enjoy your holiday too when it comes.

*Eddie Shirras*

### ***Contacts***

Eddie and Pamela Shirras	
epshirras@aol.com	391319
<i>Youth &amp; Children</i>	
Nikki Gibbins	391553
<i>Churchwardens</i>	
James Allan	391373
Neil Rowe	390885
<i>Secretary</i>	
Janey Cumber	391327
<i>Treasurer</i>	
Eric Dunford	391439
<i>Prayer Coordinator</i>	
Jane Jack	864900

---

# All Saints' Marcham with St. Luke's Garford