

On Wednesday 5th October both churches hosted a joint meal in the Community Centre run along the same lines as Sue Cruse's leaving do. This time there was a speaker, the Rt Revd. *Stephen Cottrell*, the new *Bishop of Chelmsford*. He gave an entertaining talk on his past which included handing out egg timers at Reading station. He was trying to give the 'gift of time' to people during rush hour!

He was trying to show how important it was to find time just to sit, listen and reflect. The never ending rush and pressure of modern life have, in many respects, made our lives more complicated as technology has taken control over our lives rather than being an aid to us.

He pointed out that one of the first lessons we ever learn as very young children is to sit still, to listen and to clear up our mess. If only as adults we continued to follow this the world would be a better place. We should all focus on our lives in the now, which is the constant we all share, rather than the tomorrow we are always looking toward and what is meant for our lives. We cannot change the past and we have no idea what is going to happen in the future either.

One of the books he has written is aptly called 'Do Nothing to Change Your Life' in which we are all encouraged to find time to discover what is meaningful rather than the never ending rush to the beat of the clock!

People were asked to each bring a dish and it was like the miracle of the loaves and fishes. There was more than enough to go round and it was all excellent. Bishop John thanked Janet Shedell in particular for her dessert!

