

*Services for October*

4<sup>th</sup> 10.00am Mr John Shaw  
11<sup>th</sup> 10.00am Rev Mrs C Shergold  
18<sup>th</sup> 10.00am Rev Mr H Moon  
Holy Communion  
25<sup>th</sup> 10.00am Mr & Mrs Neville Trout  
(Reader Service)

*Services for November*

1<sup>st</sup> 11.00am Mr Ken Harris  
8<sup>th</sup> 10.00am Mr John Bush  
15<sup>th</sup> 10.00am Rev Mrs R Williams  
22<sup>nd</sup> 10.00am Rev Dr H Ofori-Attah  
Holy Communion  
29<sup>th</sup> 10.00am Rev Mr H Moon

*Princes Risborough*

*Methodist Church*

*'The Messenger'*

*Oct / Nov 2026*

*Autumn*



*This magazine comes to you with the  
good wishes of the Church*

**Princes Risborough Methodist Church  
Wycombe Road  
Princes Risborough  
Buckinghamshire**

**Minister: Rev Heegon Moon  
Tel: 07342 992358**

**Superintendent Minister: Rev Richard Atkinson  
Tel: 07300 105277**

**Circuit Website: [www.aylesburyvale.org.uk](http://www.aylesburyvale.org.uk)**

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Tel: 01844 343188  
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**Interim Editors: Mr Neville Trout / Ms Vicky Spires**

**Material for the Dec/Jan edition of *The Messenger*  
to the editors, by Wednesday 11th November at the latest,  
please.**

***This Church is proud to be a member of ‘Churches Together in  
Risborough’ associated with The Baptist Church, Elim Church,  
St. Dunstan’s Church, St. Mary’s Church, St John’s, Kimble  
Free Church and St. Teresa’s Roman Catholic Church***

***Rotas for November 2026***

|                  | <b>Duty Steward</b> | <b>Welcoming Stewards</b>    | <b>Bible Readers</b>         | <b>Tea/coffee</b> |
|------------------|---------------------|------------------------------|------------------------------|-------------------|
| 1 <sup>st</sup>  | Mrs J Gerrard       | Mr & Mrs G Hudson            | Mr & Mrs G Hudson            | Mrs F McMullan    |
| 8 <sup>th</sup>  | Miss M Dore         | Mr & Mrs N Trout             | Mr & Mrs N Trout             | Miss P Scott      |
| 15 <sup>th</sup> | Mr M Pullen         | Mrs T Shephard & Ms V Spires | Mrs T Shephard & Ms V Spires | Mrs M Stevens     |
| 22 <sup>nd</sup> | Mr M Pullen         | Mr & Mrs V Baker             | Mr & Mrs V Baker             | Ms Y Ayoola       |
| 29 <sup>th</sup> | Mr J Needham        | Mrs B Oates &                | Mrs M Stevens                | Mrs V Spires      |

| <b>Weekend</b> | <b>Flowers</b>  | <b>Cleaning</b> | <b>Grass Cutting</b> |
|----------------|-----------------|-----------------|----------------------|
| 7/8            | Tues Fellowship | Mrs B Hudson    | Mr G Hudson          |
| 14/15          | Mrs T Sheppard  | Cleaner         |                      |
| 21/22 (YDA)    | Mrs M Stevens   | Miss P Scott    | Mr B McCleery        |
| 28/29          | Mrs B Oates     | Cleaner         |                      |

If unavailable, please arrange an exchange or replacement, notify the steward, and amend the porch and vestry lists. If you would like to be involved as a welcoming steward or Bible reader, or any other rota please speak to Joe Needham (07507 416421) or one of the other Stewards.

Those who kindly provide flowers, please leave the wrappings in the vestry so that the stewards have something to wrap the flowers in when they distribute them after the service.

**Rest Day** - Rev. Heegon Moon’s ‘day off’ is Friday; please try to respect this whenever possible.

## Rotas for October 2026

|                  | Duty Steward  | Welcoming Stewards            | Bible Readers                 | Tea/coffee   |
|------------------|---------------|-------------------------------|-------------------------------|--------------|
| 4 <sup>th</sup>  | Mr J Needham  | Mrs T Shephard & Ms V Spires  | Mrs T Shephard & Mrs V Spires | Ms Y Ayoola  |
| 11 <sup>th</sup> | Mrs J Gerrard | Mr & Mrs V Baker              | Mr & Mrs V Baker              | Ms V Spires  |
| 18 <sup>th</sup> | Miss M Dore   | Mrs M Stevens & Mrs B Oates   | Mrs M Stevens & Ms Y Ayoola   | Mrs S Wilson |
| 25 <sup>th</sup> | Mr M Pullen   | Mrs F McMullan & Mrs C Palmer | Mrs C Palmer & Mrs M Cookson  | Mrs B Oates  |

| Weekend     | Flowers       | Cleaning       | Grass Cutting |
|-------------|---------------|----------------|---------------|
| 3/4         | Ms V Spires   | Miss M Dore    | Mr K Smith    |
| 10/11       | Mrs D Robbins | Mrs M Stevens  | Mr D Stevens  |
| 17/18 (YDA) | Mrs D Robbins | Mrs F McMullan | Mr C McMullan |
| 24/25       | Mrs Y Ayoola  | Mrs D Pullen   | Mr M Pullen   |
| 31/1        | Miss P Scott  | Cleaner        |               |

### Volunteers Wanted

If any of you can help with taking a turn as a Welcoming Steward (being there to greet people as they arrive for church, give out hymn books, etc as required and to take the offertory forward during the service) it would be much appreciated. The more help we have the fewer occasions that each person does it – note that it does require those involved to arrive at church about 30 minutes before the service starts.

Some of us also do the Bible Readings, but there is no obligation to do those as well if you don't want to. If you are able to help, please let me know so that I can include you on the rota in future months.

Joe Needham

## From the Manse ...



**Dear friends,** As I write this letter, we find ourselves in the middle of the autumn harvest season. It has been a difficult year for many of us, especially the farmers. Unusually hot weather, drought, and wildfires have affected even our daily lives in so many ways. Yet, even amid these challenges, the rich colours of autumn, the food we enjoy, and the beauty and resilience of nature remind us of God's constant faithfulness in providing our daily bread.

Harvest time is always the result of a full year's effort. It begins with winter, a time of rest and preparation, followed by the sowing of seeds in spring and the growth of crops through the summer. Then, in autumn, the fields are gathered in, and once again nature begins to slow down and prepare for another season of rest. For us, too, every single day we sow seeds through our words and actions of love in the fields of our lives. Some of you may feel exhausted from praying for a wandering child, finding your way towards a successful career, fighting for your marriage, or serving faithfully without seeing quick results. At times, you may feel that you are simply sowing in tears.

I want to encourage you today: **your tears are watering those seeds.** God sees your silent labour. His Word promises us in **Psalm 126:5–6:** *“Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.”* Along the way, discouragement can creep in when our efforts seem fruitless. So, let us shake off our weariness today. Let us open our eyes to the fields around us. Let us give thanks in all circumstances, as Paul encourages us, and trust in the timing of the Lord. **Galatians 6:9** reminds us: *“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”* In a world that is rushing towards convenience, self-interest, and immediate results, we need one another more than ever. This means valuing each person's contribution, sometimes putting aside our own preferences for a greater purpose, and trusting that God's plan is bigger than any one of us.

**A successful harvest is a joint effort.** It needs planting, watering, and nurturing, but ultimately, God gives the growth. As we celebrate this harvest, may we remember that God has been faithfully at work, even when we cannot yet see the fruit. As the Apostle Paul reminds us, the body of Christ works best when all its members work together in harmony (1 Corinthians 12:12–27). Therefore let us continue to sow with faith, serve with love, and trust God for the fruitful harvest. **Amen.**

Heegon

### **Tuesday Fellowship**

It is with great regret that we have to announce the death of Olive Nicholle at the age of 98. Until Olive went into a Care Home she was a member of Fellowship for many years. A number of us attended the Celebration and Thanksgiving Service of her life at Bledlow with many family and friends.

Our next Fellowship meeting is on 20<sup>th</sup> October at 2pm when our speaker will be Rev. Rose Williams and our meeting on 17<sup>th</sup> November will be led by David Robbins.

New members are always welcome to join us at our meetings.

*Pam Scott*

### **SALT Group**

The SALT group (Sharing And Learning Together) has almost completed our study of Paul's Letter to the churches in Galatia; what we will study after that has yet to be determined.

Our meetings will be on October 8<sup>th</sup> & 22<sup>nd</sup> plus November 5<sup>th</sup> & 19<sup>th</sup>, and will initially be held at the home of Fran McMullan before we move to holding the meetings on Zoom. We start from around 7.45pm onwards for tea/coffee and chat, with Bible Study commencing at around 8pm.

Even if you have not joined us before, you are welcome to come and try us out! Each study session is 'self-contained' so attendance at every meeting is not essential. (Very sociable evening, fun and stimulating - editor)

*Joe Needham*

### **Table Top Games**

We meet every **Friday** between 10.00am to around 12.00 noon, to play Scrabble, Upwords, and Rummikub, to name but a few. The attendance fee is £2.00 and refreshments will be served.

*Sue Wilson*

### **Church Forum**

The next Church Forum will be on Tuesday 20th October at 7.30pm at Church. Agenda and Reports will be circulated prior to the meeting. Please attend if you can.

*Fran McMullan*

### ***Diary Dates for October***

|      |                                                           |
|------|-----------------------------------------------------------|
| 3rd  | Coffee AM, Church, 10.15am - 12.00                        |
| 4th  | Season of Creation CTR event, St Teresa's, 4pm            |
| 8th  | SALT, at Fran McMullan's, 7.30pm                          |
| 10th | Ellesborough Silver Band/ Karibuni, Fairford Leys, 3.00pm |
| 12th | Bereavement Group, Chapter House St Mary's, 3.00pm        |
| 20th | Tuesday Fellowship, Church, 2.00pm                        |
| 20th | Church Forum, Church, 7.30pm                              |
| 22nd | SALT, at Fran McMullan's, 7.30pm                          |

### ***Diary Dates for November***

|      |                                                          |
|------|----------------------------------------------------------|
| 7th  | Ladies' Breakfast, St Mary's Parish hall, 9.00am         |
| 5th  | SALT, at Fran McMullan's, 7.30pm                         |
| 9th  | Bereavement Group, Chapter House St Mary's, 3.00pm       |
| 11th | Deadline – all articles for the next Messenger           |
| 12th | Men's Group Sports Bar pool, Haddenham, time TBC         |
| 14th | Men's Breakfast, St Mary's Parish Hall, 8.45am           |
| 17th | Tuesday Fellowship, Church, 2.00pm                       |
| 19th | SALT, at Fran McMullan's, 7.30pm                         |
| 29th | CTR Advent Service, SS Mary/Nicholas, Saunderton, 6.00pm |

### ***Regular events***

|         |                               |
|---------|-------------------------------|
| Fridays | Table top games, 10.00 -12.00 |
|---------|-------------------------------|

### **Bereavement Drop In**

This group meets on the second Monday of every month throughout the year offering a warm welcome to anyone struggling with the grief of bereavement. We share together over a cup of tea or coffee, talk about our experiences or just listen. Many find comfort in talking about their loved ones with others who know what they are going through.

We next meet on 12th October and on 9th November in the Chapter House at St. Mary's Church, Princes Risborough, at 3.00pm, and everyone is welcome, of any faith or of no faith at all. Please contact Rose Williams if you need further details.

*Rev Rose Williams 01844 274225*

### Prayer Circle

The Prayer Circle is 'here for you' so if you know of someone who would appreciate our prayers, please contact anyone in the table below.

Please contact me if you are interested in joining the Prayer Circle.

| Name            | Preferred contact                  | Email/Mobile                                      |
|-----------------|------------------------------------|---------------------------------------------------|
| Vicky Spires    | Email or text but calls in evening | E: vixspireslane@gmail.com<br>M: 07786901454      |
| Anna Rogers     | mobile                             | E: amrogers@talk21.com<br>M: 07496853701          |
| Chris Palmer    | Email                              | E: christinepalmer100@gmail.com<br>M: 07709556785 |
| Maureen Judd    | Email                              | E: maureenj148@gmail.com                          |
| Beverley Hudson | Email                              | E: beverleyshudson@gmail.com<br>M: 07969366625    |
| Neville Trout   | Email                              | E: Kathryn.trout@tiscali.co.uk                    |
| Kathryn Trout   | Email                              | E: kathryn.trout@icloud.com<br>M: 07716904157     |
| David Robbins   | Email                              | E: drobbuk@yahoo.co.uk                            |
| Judith Gerrard  | Email                              | E: judithgerrard.ww@btinternet.com                |

*Vicky Spires*

### Weekly Church Notices

Please contact Mrs Maureen Judd by telephone, 01844 617650, or email: maureenj148@gmail.com by noon on Friday with any information to go into the weekly notices.



This year, the aim was to visit 50 churches and cover about 60 miles. As the recent weather has been too hot, we decided to do the ride on Wednesday 26<sup>th</sup> August which was warm but not a hot day.

We cycled initially through some small villages areas including Ickford, Boarstall and Islip. Some roads were wet (!) but it was not raining as we passed through, and after 30 miles we had our mid-morning tea and cake stop at Yarnton Garden centre. The cake was lovely - not sure about the plants!

Fully refreshed we still had quite a few miles to cover and lots of churches to visit.

Going through Oxford was particularly challenging as we had the church names and the road but not, in all cases, any closer idea on exact location. Some Oxford churches stood out easily whilst others were hidden away down small paths. Progress was slow and by the time we had visited all the churches around the city centre, it was 4pm but we had visited the planned 47 churches, and we had cycled 60 miles.

We then caught a train to Haddenham to complete the final churches, but by some unfortunate accident the train did not stop at Haddenham - or indeed at Princes Risborough, so we got taken to High Wycombe and did not get back to Risborough until after 5pm. Being tired and having cycled many miles the legs decided they were not cycling any further!

We completed the ride to the remaining churches early on Saturday, covering just over 10 miles of lovely flat countryside!

Overall, we cycled 70 miles and visited 56 churches. All in all, a memorable day, lots of wonderful churches visited, and a lot more miles cycled than was anticipated!

*Mike Pullen*

# THANKS

Thanks to everyone who sponsored Mike for the annual “**Ride and Stride**” and / or welcomed visitors to our church on 12th September, the latter having the added benefit of seeing a number of the Kop Hill Climb entries on their way to and from the event!

Mike raised £445— so a big thanks to Mike as well.

Thanks to the volunteers that supported **lighthouse** in any way — be it through admin, baking or financially.

Thank you to all those who were able to contribute to covering the costs of “**The Messenger**” in our recent appeal. The money raised will go a long way to helping defray the costs of production.

Eds

## Action for Children

Our Action for Children gift envelopes in July resulted in £280, of which £150 was gift-aided.



A quote from a young person supported by the charity: *Action for Children changes lives - they actually care about the kids they work with and they're always trying to think outside of the box for new ways to support young people. Having our voices heard is amazing!*

Thank you to all who contributed to their work with children and young people.

Judith Gerrard

## Coffee Morning

Please come along to the next in our irregular series of coffee mornings run by the men of the church between 10.15 and 12.00 on 3rd October. Tell your friends and neighbours and bring them along.

Neville Trout

## St. Mary's men's breakfast

The next men's breakfast will be on 14th November at 8.45am in the St Mary's Church Hall. As this is Remembrance Weekend the speaker on this occasion will be from RAF Naphill.

There will be the usual full English breakfast. The cost is £5, payable on the day.

Contact Steve Williams on [mensbreakfast@stmarysrisborough.org.uk](mailto:mensbreakfast@stmarysrisborough.org.uk) or phone 01844 274225 if you would like to come so that we can control the catering and avoid waste. Male guests are very welcome.

Steve Williams

## A larger belonging - the 2027 URC Prayer Handbook

As Christians, we turn to prayer not simply out of duty, but as a way of paying attention to God, to one another and to the deeper movements of the heart. In times marked by anxiety, division and uncertainty, prayer remains one of the ways we seek God's presence and help, as we long for a belonging larger than fear could ever offer.



We may understand prayer differently and favour different styles, rhythms or words. We might hold different views about how prayer is heard or answered. Yet across centuries and traditions, prayer has sustained people of faith: expressing gratitude and lament, opening hearts to hope and binding communities together so that we do not journey alone. Many kinds of prayers are included reflecting the richness and diversity of the church's prayer life.

The handbooks tend to follow the lectionary with suggested readings to accompany the weekly prayers. As usual I will be placing an order for PRMC to share posting costs so please let me know by **1st November** if you want a copy. Cost : £6.99 plus share of postage.

Neville Trout / URC Website

## Princes Centre

### July Update



It has been another enjoyable month at The Princes Centre, with plenty of creativity, social connection, sunny days, and memorable moments out in the community. A special highlight this month was a wonderful trip to Haddenham Garden Centre with some of our interested clients for lovely window shopping and an enjoyable cold drink outside. We also enjoyed a wonderful time dancing together at the centre during the nursery children's visit, sharing special moments connecting with them. Due to the extreme heat, we tried something completely new: sitting back to enjoy a relaxing group film complete with tasty snacks, which was a huge hit with everyone. Additionally, we had great fun bringing out the parachute for the first time in a while—a fantastic game that lets clients exercise and work their muscles while having fun!

We've had the delight of dancing and singing together with both downstairs and upstairs, as the two floors come together to build bonds through music. Everyone is always very inclusive, interacting with all the clients and putting smiles on their faces. We also enjoyed a fantastic trip on the Captain Beaky boat, where everyone had a great time, as well as making the most of the beautiful sunshine by getting out and about as much as possible. Our younger clients have also enjoyed completing lots of crafts lately, and we've loved seeing their enthusiasm shine through. It has been wonderful to see everyone chatting together whilst working on their designs, building confidence with numbers and colour recognition, and enjoying the social benefits that come with these activities.

Communication is an essential part of everyday life, helping people express their needs, and build connections. To support the individuals we work with, all of our Support staff have received training in basic Makaton, giving them additional tools to enhance communication and promote inclusion. Other news: Come see what we're all about! Book a free taster session for yourself or a loved one and experience the Centre firsthand. Call Mags: 01844 345105 or Marina (Bourne End): 01628 527024 today!

*The Princes Centre*



To Margaret and Dave Stevens who celebrate special birthdays on October 2nd and 13th respectively. Further Congratulations to them for their 50 years of marriage together on 6th November. Happy Golden Anniversary!

Congratulations on the wedding of Alex Lane (son of Vicky Spires) and Allie Laurent on 12th September. Love and Blessings to all.

#### Extra (Retiring) Collections for our Charity

We have a retiring collection for our current charity (Whitechapel Mission) on the first Sunday of the month as long as there isn't another charity appeal during that month.



So we will be able to have collections on the 4th October and 1st November.

As we know the Mission is very grateful for any support we can give for their work, which is entirely supported by donations.

They have been serving the homeless and marginalised in that part of London for 141 years – including a day centre, skills training and career advice, activity programmes and specialist support for complex needs.

*Judith Gerrard*

#### **PR Ladies' Breakfast**

The next Ladies Breakfast will be on Saturday November 7th at 9am in St Mary's Hall. Our speaker will be Nicci Maxwell who is a senior paediatric doctor and missionary in the Sudan. All ladies welcome. Please let Rose know if you are coming by Thursday 5th November to ensure enough food and chairs!!

Contact: 01844 274225 or [rosewilliamsgp@yahoo.co.uk](mailto:rosewilliamsgp@yahoo.co.uk).

*Rose Williams*

## CTR : Churches Together in Risborough



On Sunday October 4<sup>th</sup> we are invited to a Season of Creation Service at St Teresa's Church commencing at 4pm. A time to gather, give thanks and pray for our common home with the focus on Living Water at this ecumenical gathering celebrating creation, reflecting on our care for the earth and praying together in hope.

A follow up to Lighthouse in the form of a Light Party at the end of October (as an alternative to Halloween) has been discussed. It is envisaged that this would be a Lighthouse event with CTR support and may be held at St Mary's, though confirmation and further details have yet to be received.

The CTR Advent service is on Sunday, November 29<sup>th</sup> – 6.00pm, Saint Mary and St Nicholas, Saunderton.

*Joe Needham*

## Karibuni Children / Ellesborough Silver Band Concert

Once again the Ellesborough Silver Band is putting on a Saturday afternoon concert at The Church on Fairford Leys, with 50% of the funds raised going to Karibuni Children.

The Concert is on Saturday, October 10<sup>th</sup>, starting at 3pm and ends at 5pm. No ticket is required; instead donations will be collected on the door.

There will be a supply of Karibuni's attractive merchandise available to purchase, plus a range of tasty cakes and tea / coffee will be served during the interval. Those who have attended this concert in previous years will know that it is always a most enjoyable and popular event.

*Joe Needham*

## Men's Group outing - Haddenham Sports Bar

Continuing the theme of sport involving sticks and balls (Ice Hockey in Oxford; Golf at Wycombe) the men's group are planning an outing to the Haddenham Sports Bar to play pool on the evening of Thursday 12th November. Timings to follow. Cost £10 per table per hour.

*Neville Trout*

## Lighthouse

Lighthouse Princes Risborough ran from 27<sup>th</sup> to 31<sup>st</sup> July and welcomed over 330 children per day, with a total of 450 children visiting across the week.



In addition to this there were morning sessions of Little Lighthouse for preschool age children, and on its busiest day 46 children and 41 parents/carers attended. There were 150 volunteers who made this all happen (during such a hot week where temperatures were over 30C) so a **big thank you** to anyone who contributed in whatever way towards the week.

This all goes to show what a wonderful success Lighthouse continues to be, and a great way of sharing the Christian message with so many children and adults from the town and surrounding villages.

The teaching was based on 'Community' and the theme was 'Agents of God'. The memory verse was Psalms 133:1 - *How good and pleasant it is when God's people live together in unity.*

The words of the day were:

Monday - Community

Tuesday - Care

Wednesday - Generosity

Thursday - Patience

Friday - Joy

The children were taught the importance of each of these words, both in the Bible and how they can apply it in their own lives. Stories such as The Lost Sheep and The Poor Widow were used to demonstrate how the themes appear in the Bible.

The takeaway from the week was that we are all part of many communities, including God's community, and it is important to love and respect everyone who is a part of it.

*Fran McMullan*