



# Sunday 3rd August

## 10am Joint Parish Communion, Dunsfold

### The Collect

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### Please remember in your prayers

**The Sick:** Marilyn Bailey, Sandra Baxter-Brown, James Field, Jacquie Griffiths, Sheila Jones, Cindy Kennedy, Stacey Medalyer, Christine Miles, Ruth Wilkinson, Jacky Williams and Hazel Wiltshire.



## Thought for the week

“Be still, and know that I am God.” – Psalm 46:10

In the midst of our busy lives, it's easy to be swept up in noise, worry, and constant activity. But God gently reminds us to be still – to pause, breathe, and remember that He is present. Stillness isn't the absence of activity; it's the presence of peace. This week, take a moment each day to be still in God's presence, trusting that He is working even in the silence, guiding your steps and holding you in His perfect peace.

**Summer Special**

St Mary & All Saints' Church,  
Dunsfold

**Pop-up  
Stall** *outside the shop!*

Homemade bakes and jam  
Bric-à-brac & jigsaws  
Harvest Supper Tickets  
...or simply a friendly chat

**Sat 16th August**  
10am-Noon

**St Mary and All Saints' Church Dunsfold**

WARMLY INVITES YOU TO A

**Harvest Supper  
& QUIZ NIGHT**

Join us for a fun-filled evening  
in aid of Dunsfold Church.

**SATURDAY 27TH SEPTEMBER**  
6.00 PM Winn Hall, Dunsfold

**TWO-COURSE MEAL \* BAR \* RAFFLE**

Tickets: £15 Adults/ £5 Under 16s/ Under 5s Free  
(Available from the village shop, church pop-up stalls,  
or by emailing jules.smith1@mac.com)

Reserve a table of 6-8  
or join a team on the night.



# THE LUXURY OF GETTING OLD

Last week Pat Higgins celebrated her 100th birthday - a landmark that we all recognised as being very special. It occurred to me that one of the reasons that reaching 100 is so special is because although all of us hope we do, but not all of us will. And the older I get, the more I am thankful for the life I've lived and the more I realise that getting old is a luxury.

We can all recall the rush as children for wanting to grow up:  
When I am seven, I can have my own bed.  
When I am ten, I can have a sleepover.  
When I am eighteen, I can go down the pub.  
(The list goes on.)

As youngsters, we are desperate to drive, go drinking, go to college, and to get a job. But at what point does this desire to age stop? It seems strange to only live to have less life moving forward.

We all know the saying 'you can only truly appreciate something when it is gone', but it is only when loss happens to us that we realise how true this really is.

As a child, getting older is exciting, but as an adult:

When I am fifty, I can no longer put on more muscle.  
When I am sixty, my body has more wrinkles.  
When I am seventy, I will have less movement.

To some extent, these are limiting beliefs, but at the same time, they do ring true.

So how can the young wishing their lives away and the older person wishing for their life back both be wrong at the same time? The answer lies in gratitude.

A few years ago, I went for a walk with my dad a few weeks before he passed away along West Wittering beach. As we walked, an older couple approached, and Dad said to me:

'Mark, it is an honour to get older. To grow old is one of the best gifts life can give you'.

My instant internal reaction was to say 'Nonsense, why would anyone want to lose the colour of their hair, find it harder to run around, or bounce back from injuries?'

Then I looked at my Dad, realising that he didn't have that choice. Looking into his eyes did not reveal regret or wishing to do the things that he had never done; rather, it was gratitude. Dad woke up every day in awe of the family and life that he had built, and the nature around him - the sea, the sand, the bees, the trees, and all things seemed worth living for.

Change is constant in this world. We can hope for tomorrow or for things to go back to how they used to be. But that makes it easy to forget just how good we have it right now. The air we breathe, the grass we walk on, and the memories we make today, will one day be the moments that we will look back on as the best parts of our lives.

This is your reminder to grow and to push, but also to remember to appreciate life as it comes before it is gone.