



St Mark's

— PARISH MAGAZINE —

July 2026





THE PARISH CHURCH OF SAINT MARK, REIGATE

Vicar: The Reverend Martin Colton
Tel: 01737 241161 Email: vicar@stmarksreigate.co.uk
Associate Priest: The Reverend Reginald Grant
Tel: 07385 832372 Email: curate@stmarksreigate.co.uk

PARISH OFFICE

Monday to Thursday 9.00am to 2.00pm 01737 210785/ 07979 788601
Parish Administrator – Alexia Hartman E-mail: office@stmarksreigate.co.uk

READERS

Mrs Sarah Cousins
Mrs Susannah Dyde

CHURCHWARDEN

Mrs Jane Artis

DEPUTY WARDEN

Mr Robert Crilley

SACRISTAN

Mr James Tanser

PCC TREASURER

Mrs Mel Crighton

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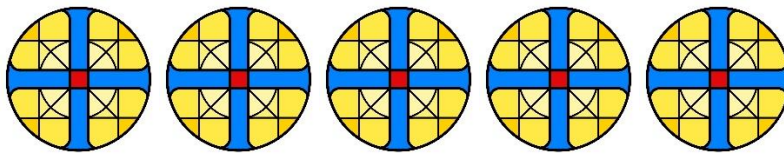
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Donations to cover the cost of this publication are welcome



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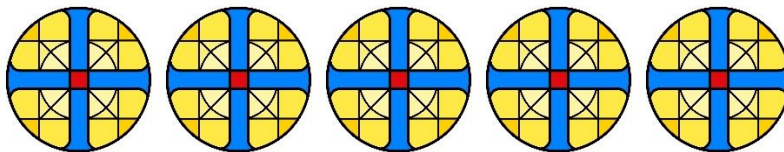


Your Views & Contributions

Next issue will be available from
30 July 2026

All contributions to the editor by
Tuesday 14 July 2026

Email: office@stmarksreigate.co.uk



Meet the Parish Magazine Team

Editor: Parish Office *email:office@stmarksreigate.co.uk*

Website Link: Parish Office

Advertising: Jane Artis email: *janeartis@hotmail.com 07831 269866*

Calendar Update: Fr Martin Colton

Proof Reader: Fr Martin Colton



LETTER FROM THE VICAR

Dear Friends

Finding Rest and Renewal This Summer

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11.28)

As summer approaches, many of us begin to look forward to a change of pace. The warmer months often bring holidays, longer days, and perhaps a little more breathing space in our busy routines. Summer is a natural invitation to slow down, rest, and reconnect – not just with family and friends, but also with God. The Bible reminds us that rest is not a luxury but a vital part of life. Jesus himself invites us to come to him when we are weary and promises to give us rest. This is not simply physical rest, but rest for our souls – deep, renewing peace that refreshes us from within.

Summer offers us a unique opportunity to step back from our usual busyness and listen more carefully for God's voice. Whether we find ourselves walking along the beach, sitting quietly in the garden, or simply enjoying unhurried moments at home, we can use this time to draw closer to him. Perhaps it's a chance to linger a little longer in prayer, pick up a devotional book, or spend more time appreciating the beauty of God's creation.

It's easy to think that spiritual refreshment must come from doing something extraordinary, but often it is found in the small, simple moments when we intentionally make space for God. For those who are traveling, may your journeys be safe and your hearts open to the ways God might speak to you in new surroundings. For those spending summer at home, may you find joy and rest right where you are, knowing that God is present with you in every season.

Wherever this summer takes you, I pray it will be a time of renewal, joy, and deeper connection with God. Let us embrace this season as a gift – to rest, to recharge, and to remember that God is the true source of our peace.

Wishing you all a blessed, restful, and joy-filled summer.



CHURCH NEWS

St Mark's Craft Group

After the mid-week Iona Service on Thursday 28 May, Fr Martin blessed knitted goods made by some of our St Mark's Craft Group and the ladies from Wraymead. Contributions from the Knitathon at Christ the King, organised by Jenny Linnell, were blessed there separately. All these have now been sent to the Phoenix Group who distribute them wherever there is need.

My contact there says that unfortunately shipping containers are very slow at this time.

However, a member of her congregation has recently taken a consignment to Dakar on one of their business trips. These items were received by a Pastor to a congregation at a small church in the south-west corner of Senegal. It is in a very isolated and rural corner of the country in a village of farmers and fishermen, largely living hand to mouth. He travelled many miles to receive the consignment which demonstrates how significant this gift was to him.

Our Craft Group meet monthly in each other's homes and new members are most welcome. Contact Cherith Baldry or Sarah Cosuins for details.



Patricia Bird





Community Lunch

At our most recent Community Lunch, we were delighted to celebrate the 90th birthday of one of our regular attendees. It was a special occasion and a joy to share in such an important milestone together.

Our next Community Lunch will take place on *Sunday 12 July*, before we take our usual summer break during August. We look forward to welcoming everyone back on *Sunday 13 September*.

Community Lunch is held on the second Sunday of each month from 1pm to 2pm and offers a delicious meal, refreshments and the opportunity to enjoy good company in a friendly and welcoming atmosphere. Free transport can be provided for those who need it, although this must be arranged in advance.



To find out more or to book a place, please contact the Parish Office on 01737 210785.

Finally, a heartfelt thank you to all our volunteers. Without their generosity, dedication and hard work, these lunches would not be possible.





NEWS FROM THE CHURCH OF ENGLAND

Church apologises for role in historic adoption practices

The Church of England has apologised for its role in historical adoption practices, particularly in Church-run mother and baby homes. Mothers and adoptees who came into contact with these homes have described the profound and lasting impact of these experiences.

Published alongside new research into these homes, the apology recognises the impact on people affected and sets out the Church's commitment to listening, learning and responding with honesty and compassion.

Giving the apology on behalf of the Church of England, the Archbishop of Canterbury, Dame Sarah Mullally, said: "We know that many women and girls were at times made to carry out menial and manual work as a form of 'correction'. We also recognise where prejudice – including on the grounds of race and disability – shaped and defined experiences and outcomes. We are listening to the voices of people affected. They have told us about the pain, shame and indignity experienced both then and now. Today, we say to each of you: the shame you were made to feel was wrong. You have nothing to be ashamed of. Rather, we are deeply ashamed that this happened to people in the care of Christian communities."

"I wholeheartedly echo Archbishop Sarah's apology," said the Bishop of Southwark, The Rt Revd Christopher Chessun. "While we know that some had positive experiences of these homes, the research reveals that there were many, many failings and cruelties associated with them. The voices of those harmed by these institutions must be heard – and I thank them for their courage in sharing their stories."

It's likely that the number of mothers and babies connected to Church of England-affiliated homes is in the tens of thousands during the period covered by the research (1949 to 1976). However, because of the nature of the records that still exist, it is difficult to verify information from that period. Southwark Diocese has been able to identify up to 20 mother and baby homes that may have been connected in some way to the diocese. These are listed on a dedicated page on the diocesan website, which also highlights further sources of information and support for those affected.



Prayer for July 2026

Father,

We are all so busy. We rush here and there, trying to meet deadlines, trying to fit more and more into our already full days. So often we seem to run out of energy and time. Sometimes we wonder what it's all about.



Help us, Lord to recognise that we *have* time. You have given us every day of our lives. Help us to choose wisely how we use our life time. Help us to spend time with you first; to learn your ways; to encounter the living Jesus in the Bible and in prayer. And everything else will fall into place.

In Jesus' name,

Amen.

Daphne Kitching



All in the month of July

It was:

250 years ago, from 12 July 1776 to 4 October 1780, that the British explorer Captain James Cook made his third and final voyage. He travelled to New Zealand and Hawaii, where he was killed in a violent exchange with the local people.

175 years ago, on 3rd July 1851 that Charles Bannerman, British-born Australian cricketer, was born. He scored the first-ever run in Test cricket, and also scored the first century in Test cricket.

Also 175 years ago, on 24 July 1851 that the Window Tax was abolished in England and Wales. The tax was introduced in 1696 and was based on the number of windows in a house. It led to many windows being bricked up. It was replaced by a tax on inhabited buildings.

125 years ago, on 9 July 1901 that Dame Barbara Cartland, romantic novelist, was born. She wrote 723 novels, including 23 in a single year, and sold more than one billion copies of her books.

90 years ago, on 24 July 1936 that the speaking clock telephone service was launched in the UK.

80 years ago, on 22 July 1946 that the King David Hotel in Jerusalem was attacked. The Irgun (a militant right-wing Zionist group) bombed the hotel which housed the British administrative headquarters for Palestine. 91 people were killed.

75 years, on 13th July 1951 that Arnold Schoenberg, the Austrian-born American composer died. One of the most influential composers of the 20th century, though the Nazis considered his music degenerate, because he was Jewish.

60 years ago, on 30 July 1966 that the 1966 FIFA World Cup final took place. England beat Germany 4 - 2. English player Geoff Hurst became the first (and only) player to score a hat-trick in a World Cup final.

50 years ago, on 29 July 1976 that the pier-head of Southend Pier in Essex was destroyed by fire. It is the world's longest pier. It re-opened in 1986, but then a tanker crashed into it, creating a 70-foot gap. It reopened again in 1989, but two further fires, in 1999 and 2005, caused significant damaged. It reopened in July 2012.

30 years ago, on 1 July 1996 that candidates taking the British driving test also had to pass a written exam for the first time.

Also 30 years ago, on 5 July 1996 that Dolly the sheep was born. She was the first cloned mammal at the Roslin Institute in Edinburgh. Died in 2003.

20 years ago, on 15th July 2006 that Twitter, the online micro-blogging service, was launched.

Also 20 years ago, on 20 July 2006 that Tesla Motors unveiled its first model, the Tesla Roadster. It went on sale in February 2008.

15 years ago, on 9 July 2011 that South Sudan gained its independence from Sudan. It is the world's newest country.

10 years ago, on 13 July 2016 that Theresa May became Prime Minister (until 2019) after David Cameron resigned following the UK's referendum on leaving the European Union.

Also 10 years ago, on 26 July that Hillary Clinton became the first woman to be nominated for President of the USA by a major political party (Democrats). She lost to Donald Trump in the election that November.

Parish Pump

CALENDAR FOR JULY 2026

Wednesday 1 st July	9.00am Prayer Meeting 3.25pm T-Time Tales
Thursday 2 nd July	12.45pm Holy Communion (Iona) in Church
Friday 3rd July	St Thomas, Apostle
Sunday 5th July	5th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Family Service – in Church
Wednesday 8 th July	9.00am Prayer Meeting 3.25pm T-Time Tales
Thursday 9 th July	12.45pm Holy Communion (Iona) in Church
Sunday 12th July	6th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00 am Sung Eucharist – in Church and Online 1.00pm Community Lunch
Wednesday 15 th July	9.00am Prayer Meeting
Thursday 16 th July	12.45pm Holy Communion (Iona) in Church
Sunday 19th July	7th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Messy Church
Wednesday 22nd July	St Mary Magdalene, Apostle 9.00am Prayer Meeting
Thursday 23 rd July	12.45pm Holy Communion (Iona) in Church
Saturday 25th July	St James the Great, Apostle
Sunday 26th July	8th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 6.00pm Taizé Prayer
Wednesday 29 th July	9.00am Prayer Meeting
Thursday 30 th July	12.45pm Holy Communion (Iona) in Church

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.

CALENDAR FOR AUGUST 2026

Sunday 2nd August **9th Sunday after Trinity**
8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online

Wednesday 5th August 9.00am Prayer Meeting

Thursday 6th August **The Transfiguration of our Lord**
12.45pm Holy Communion (Iona) in Church

Sunday 9th August **10th Sunday after Trinity**
8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online

Wednesday 12th August 9.00am Prayer Meeting

Thursday 13th August 12.45pm Holy Communion (Iona) in Church

Saturday 15th August **The Blessed Virgin Mary**
8.00pm Social Dance

Sunday 16th August **11th Sunday after Trinity**
8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online

Weds 19th August 9.00am Prayer Meeting

Thursday 20th August 12.45pm Holy Communion (Iona) in Church

Sunday 23rd August **12th Sunday after Trinity**
8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
6.00pm Taizé Prayer

Monday 24th August **St Bartholomew, Apostle**

Weds 26th August 9.00am Prayer Meeting

Thursday 27th August 12.45pm Holy Communion (Iona) in Church

Sunday 30th August **13th Sunday after Trinity**
8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.



Tips for a cooler house

If the summer heat is getting to you, you might consider the following:

Close your curtains and blinds during the day. Block out the sunlight. That may be hard to do in a country where we don't see the sun as often as we'd like, but sadly that sunlight pouring through your windows will not only brighten but also heat up your house.

At night, aim to create a breeze that flows through your house. This is easy to do – simply open windows on opposite walls or at opposite sides of your home. Let the air circulate as much as possible.

Try to reduce heat from your appliances. Your stove, television, dishwasher, hairdryer, fridge and freezer all generate some heat. Can you do without any of these during the daytime?

Aim for cool flooring. Try and use wood flooring and ceramic or porcelain tiles in that is why we like them in the winter.

Consider using breathable fabrics over your sofa and chairs. Sitting on natural fabrics such as cotton or linen throws is cooler than sitting on man-made fabrics.

If all else fails, ***try an electric fan***, placed on the floor in front of a bowl of ice water, and aimed at the opposite wall of your room. But they are expensive to run, and do not cool the air. They merely increase the velocity of it, so that it feels cooler.



Holiday soothies

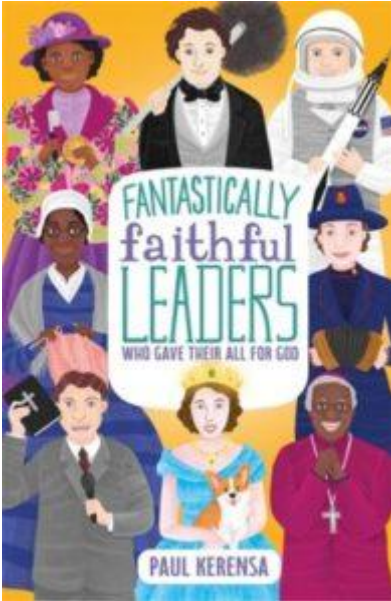
For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.

For fever or frayed tempers, take some camomile tea bags with you. Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.

For banning mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow at night, you can help keep them at bay – and help yourself drift off to sleep.



Book Reviews



Fantastically Faithful Leaders Who Gave Their All for God

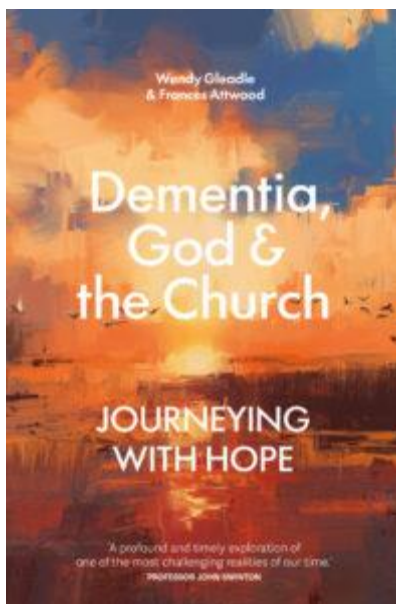
By Paul Kerensa

Here is a page-turning biography series for children 7 and up, to meet Christians whose courage and leadership changed the world.

Award-winning comedy writer and author Paul Kerensa brings to life eight extraordinary people from history who answered God's call to lead – and changed the world in the process.

Whether used as a family read-aloud, for independent reading, a classroom resource, or a Sunday school supplement, this book gives children real-life role models who show what ordinary people can achieve when they

trust an extraordinary God.



Dementia, God and the Church: Journeying with hope

By Wendy Gleadle and Frances Attwood

Dementia is one of today's most feared health conditions, and Christians with the condition may also worry about losing their faith and their connection to God. However, there is still hope: those living with dementia can still find meaning in their life and their faith.

Written by two practitioners in this field, *Dementia, God and the Church* aims to show how person-centred approaches to dementia can provide hope. Wendy Gleadle first examines the difficulties of maintaining religious beliefs as cognition declines, and the implications of this if faith is equally emotional as cognitive. She explores other forms of spiritual awareness, such as relationships, the arts and creativity.

Frances Attwood asks how churches can better support those living with dementia, through examining what they and their families and carers find helpful and want most. Throughout, space is given to first-hand stories of those with dementia, those working with them and those caring for them.

*Have you recently read a good book? Tell us about it.
Email office@stmarksreigate.co.uk with your book review.*



A Lasting Gift for St Mark's Church

Leaving a legacy

Legacy gifts can make a huge difference to churches. Each year, gifts in wills, ranging from £100s to £100,000s are received. Faithful witnesses leaving generous legacies have enabled churches to invest in their buildings, pioneer new ministries, and sustain a welcoming presence in their communities.

Why should you write a will?

Writing a will means you choose:

- How you would like to share your property and possessions;
- Who you would like to look after any children under the age of 18;
- How to support any charities or churches that are important to you.

Without a will, these decisions will be made according to pre-ordained rules, and by the courts, which may be different from your wishes. Leaving a will gives you peace of mind and lifts a burden from loved ones after you are gone.

To make it easier the Church of England has partnered with Farewill, the UK's favourite will-writer, so anyone can write a simple will online for free, in as little as 30 minutes. You can find out more by visiting <https://farewill.com/southwarkdiocese>

We strongly advise seeing a solicitor for more complicated wills, or for people wishing to review their existing will or add a codicil.

A gift for future generations

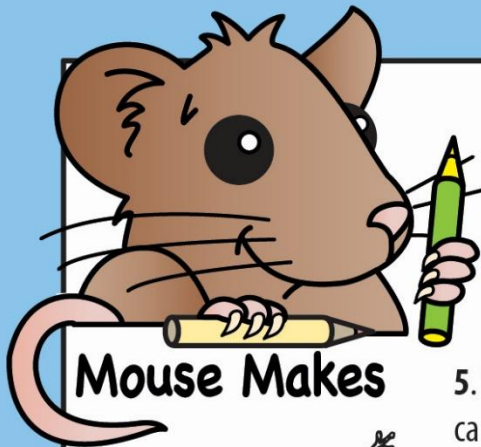
After you have made provision for your family and friends, we hope you'll also consider leaving a gift in your will to St Mark's. A legacy is a valuable expression of how meaningful a church has been during your time there. It's a way to give thanks - a lasting testimony to the faithfulness, goodness and generosity of God.

The policy of the PCC is to use legacies to help fund additional mission or development projects in the parish, whether buildings, equipment or staff. Circumstances change over the years, so church members are encouraged to leave legacies for the general purposes of the parish. The PCC will discuss the most appropriate use of the legacy in the light of current projects and the donor's known areas of interest in the church (for example, children and youth, music, buildings).

You may also receive tax benefits for including a gift to St Mark's in your will. A gift in your will to a charity is free of inheritance tax and may also reduce the amount of tax payable on the rest of your will. <https://www.gov.uk/donating-to-charity/leaving-gifts-to-charity-in-your-will>

Please consider leaving a legacy to St Mark's.

Mel Crighton, PCC Treasurer



Mouse Makes

1. What bird makes its nest on high?
Job 39:27



2. What ate the seeds along the path?
Matthew 13:4



3. The hair of which animal was used to make curtains?
Exodus 36:14

4. What insect can we learn from?
Proverbs 6:6

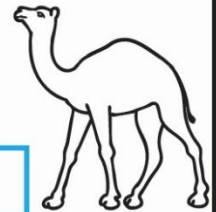
7. Which animal was Jesus compared to?
John 1:29



5. What plague came out of the River Nile?
Exodus 8:6



6. What animal would go through the eye of a needle easier than a rich person?
Luke 18:25



B I B L E

8. What bird did Noah release from the ark first?
Genesis 8:7



9 across.
In what creature's mouth was a coin found?
Matthew 17:27



CREATURES

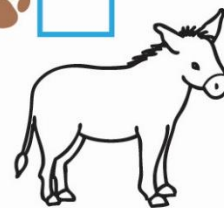
9 down.
What lives in holes?
Matthew 8:20



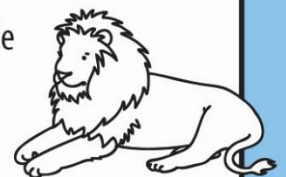
12. Which bird did the Holy Spirit appear as?
Luke 3:22



13. Which animal did Jesus ride on?
Matthew 21:7



14. What bird did God provide for food in the wilderness?
Exodus 16:13



15. What insects did John eat in the wilderness?
Matthew 3:4



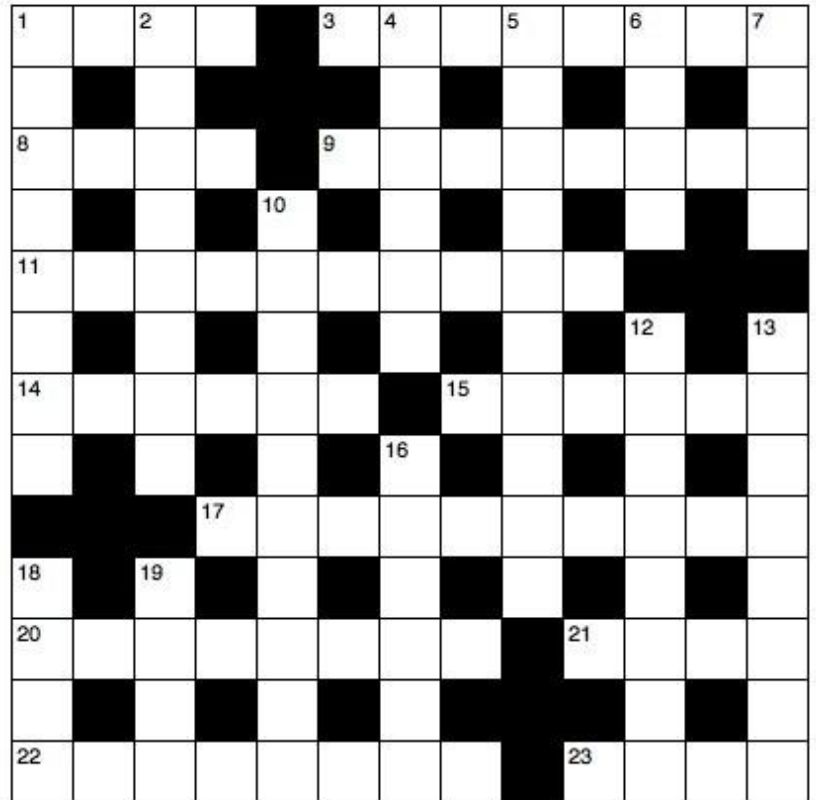
16. Which animal is the "mightiest among beasts"?
Proverbs 30:30

July Crossword

Biblical references are from the New International Version

Across

- 1 Proverbs describes her as being 'of noble character' (Proverbs 31:10) (4)
 3 'Shall we go up again — — against the Benjamites, our brothers?' (Judges 20:23) (2,6)
 8 A descendant of Shem (Genesis 10:28) (4)
 9 'Anyone who does not carry his cross and follow me cannot be my — ' (Luke 14:27) (8)
 11 Resentment(Ephesians 4:31)(10)
 14 In Cain(anag.)(6)
 15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)
 17 Intense (1 Thessalonians 4:5)(10)
 20 Third Order of the Roman Catholic Church(8)
 21 'At midnight the cry rang out, "Here's the bridegroom! Come out to — him"' (Matthew 25:6) (4)
 22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)
 23 'As the — pants for streams of water, so my soul pants for you, O God' (Psalm 42:1) (4)



Down

- 1 Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)
 2 Occasion of religious joy (Lamentations 2:22) (5,3)
 4 'We three kings of — are' (6)
 5 Allegation or charge (Jude 9) (10)
 6 Kind (1 Chronicles 12:33) (4)
 7 'Open your — and look at the fields!' (John 4:35) (4)
 10 Also known as the Feast of Lights (John10:22)(10)
 12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)
 13 Forebear(James2:21)(8)
 16 Name given to the first two books of the Apocrypha(6)
 18 Esau sold his birthright for this (Genesis25:34)(4)
 19 Rear(anag.)(4)

June answers

ACROSS: 1. Wickedness 7. Harpist 8. Teach 10. Side 11. Impostor 13. Encamp 15. Saddle 17. Ignorant 18. Tent 21. Grass 22. Olivier 23. Wrongdoers

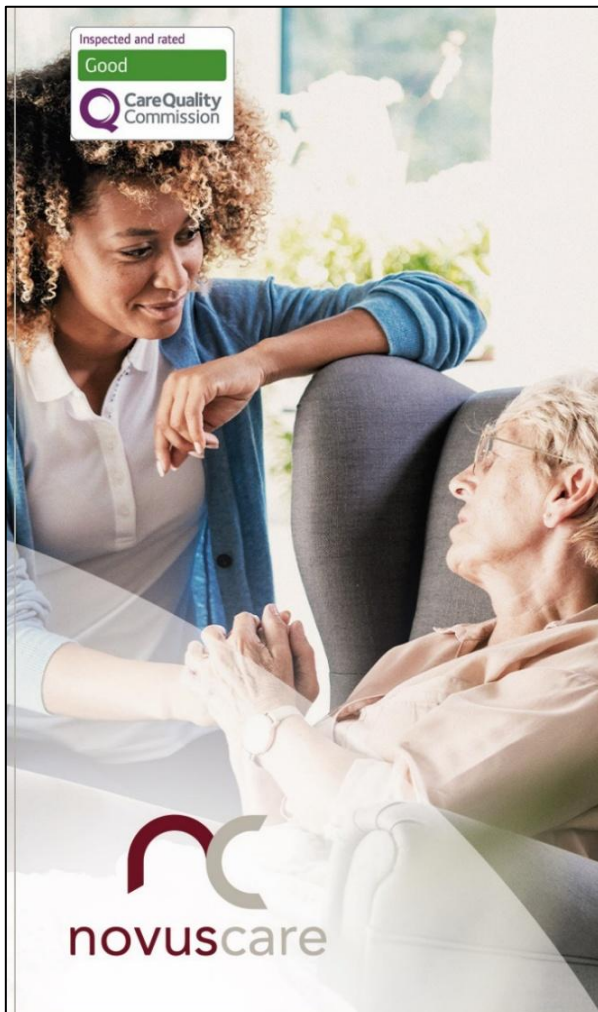
DOWN: 1. World 2. Crib 3. Entomb 4. National 5. Started 6. Whispering 9. Harvesters 12. Imprison 14. Centaur 16. Unload 19. Evils 20. Give

Puzzles July Sudoku

			6			2	3	
9					8	6		5
	6	3				9	1	
				4	7	1	8	9
1			8		5			3
2	7	8	1	9				
	9	6				4	7	
8		1	9					6
	5	7			6			

June Solution

2	5	3	7	6	9	8	4	1
8	4	1	2	5	3	7	6	9
7	6	9	8	4	1	2	5	3
3	2	5	9	1	7	6	8	4
6	7	8	3	2	4	9	1	5
9	1	4	5	8	6	3	2	7
4	3	2	6	9	5	1	7	8
5	8	7	1	3	2	4	9	6
1	9	6	4	7	8	5	3	2



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