

# Free Press

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WHENEVER I can on a Tuesday morning, I love to go and join in with Moo-Music at our church. Cathy is brilliant with the children and not bad with us oldies either and she has accepted that people like me find it easy enough to get down on the floor but very much harder to get up again, so I/we are allowed to sit and chairs. And that we do, taking in the music and activities and fun everybody is having.

Moo-Music is on what is already a very busy coffee morning at our church, which means that although the two events take place in separate halls, there is a natural mingling of people wanting to see what is going on, and many from Moo-Music also stay on for a cuppa after the session. Wonderful times indeed, and precisely what Church is for: to be used and seen to be used during the week, not 'just' on a Sunday morning for worship, however central and important of course that is too!

We have now also started Messy Church on the second Saturday afternoon

of the month (except August) and a great start was made in June. We now look forward to *Joseph and the His Amazing Technicolor Dreamcoat* which is the theme for July, and God only knows what activities may be lined up for the young and for the young at heart, as children and their parents or carers join together in all the fun. Not only that, it is all free and finishes with something to eat and drink as well.

I am the lucky one. My part of Messy Church is to lead a short time of devotion before the meal. And being hopelessly impractical and certainly not wanting my hands dirty that suits me to the ground.

So, what am I trying to say? If you are looking for somewhere to go and relax or join in and have fun this summer, look no further. Many churches are engaged in similar activities to those I have described. And, of course, visit the church websites as well. Your churches in Caldicot and beyond offer an open door, and a warm welcome, and we'd love to see you.

Thought for  
the weak



with the Rev Preben  
Andersen

*Rev Preben Andersen*