



Health

Liver Cleanse

So Wixams folks know how to party, then it's time to recover, you may need a liver cleanse!

This may be the case if you are feeling very tired on waking, feeling hung over, even if you had not been drinking, have a low tolerance to alcohol or fatigued and tired.

Sometimes the body simply cannot handle too much rich food and drink and the liver has to work extremely hard.

Here is a simple Liver Cleanse:

- Four tablespoons of lemon or pineapple juice
- Two tablespoons of virgin, cold pressed, olive oil
- One small clove of fresh garlic or ginger or a pinch of cayenne pepper.

Blend and drink immediately, first thing each day. Do not eat for at least one hour. Continue this treatment for at least seven consecutive days.

A Happy New Year to you all

Sheila Partridge

Dip Nutritional Medicine

www.sheilapartridge.com

Who's Who? Wixams Sunday Club



The Sunday Club runs 3pm to 4pm for children aged 4yrs and above, every Sunday term time, in Lakeview Village Hall. We have games, songs about Jesus, Bible stories, craft activities, and quizzes and is based on a traditional Sunday School.

Contact us if you would like to know more or just come along. Parents are very welcome to stay if they would like to see what happens or just listen in. We also run the Ignite club on Tuesday evenings 6.30-7.45pm for young people in yr5 and above. Look out for the Holiday Club in the first week of Easter.

The Sunday Club & Ignite are run by Alan & Anne (Anne previously worked as a PE teacher, Alan at Cranfield University developing the Web), Chris & Becca (Becca worked as a Primary teacher, Chris works as a Project Manager in manufacturing) and Tim (Tim works as a carpenter). We are members of Wilstead Evangelical Church.

For further details about Wixams Sunday Club & Ignite, see our ad on page 4, go to www.wixams.org.uk/sundayclub or contact Alan & Anne at 47 Green Lane or on 07853985715.

THEREFORE if any person is in CHRIST
he is a **NEW CREATION**; the old has
BEHOLD, the FRESH and NEW
has COME! 2 Corinthians 5:17

Events Diary: Sundays, 11:00 am: Celebration
a mix of praise, worship & teaching

Fridays, 10:30 am - 12 pm: Little Stars
a playgroup for babies & preschoolers
with parents & carers



Thursday 19th Jan & 23rd Feb
3:30 - 5:30 pm: Messy Church
a way of being Church for families,
involving fun, Bible Stories & a
family meal together



For more info...

www.wixamschurch.org.uk

e-mail: hello@wixamschurch.org.uk

Tel: 01234 348091

f : [facebook.com/WixamsChurch](https://www.facebook.com/WixamsChurch)

t : @WixamsChurch

For God so loved the world that He gave His only Son so that everyone who believes in Him may not die but have eternal life through Him. John 3:16

Family Love
Bible Heaven
Welcome who
Wixams Church
Prayer Worship
Heart Community
Village Life
Love Mission
Jesus Serve



Councillor GRAEME COOMBES

Reporting to Wixams - January 2017

As we conclude 2016 and start 2017 afresh, time for some reflection. First, to residents who moved to Wixams during 2016, wherever you come from, you are very welcome and we hope you get to know us and play your part in building our Wixams community.

Locally, 2016 saw the introduction of fortnightly bin collections, which was not without its challenges; funding was sourced and planning approved for new Wixams schools; and Bedford Council has been focused on traffic improvements along the A6.

Looking forward to 2017, in early spring we should hear news about funding bids for both Wixams station and the A6 cycle path. Further broadband improvements are proposed (not before time!) and in September the Wixams Academy and a new primary school are due to open. I know from your emails and messages how important all these issues are to you.

Nationally, last June's decision to leave the EU was of major significance and whether part of the 52% or the 48%, we need to work together 100%, to build a successful future for this country.

Can I take this opportunity to send my personal thanks to all those who voluntarily give their time to our community throughout the year. Whether you volunteer with one of the many community and sports groups, serve on the Village Hall committee or the Parish Council, or even just help pick up litter, your contribution to making Wixams a great place to live is much appreciated. My very best wishes to you all for 2017.

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