



St Mary's Church and School — Summer Challenge 2024

This summer, we would like you,
the St Mary's Church and School community,
to 'Ride and Stride'!

(see <https://www.friendsofsexchurches.org.uk/ride-stride>)

On the second Saturday in September each year (**9am–5pm on Saturday 14th September this year**), 30 counties across the UK 'Ride and Stride' to raise money to help preserve and improve our historic church buildings. You get to exercise outdoors with family and/or friends and meet new people, while exploring your local parish churches and villages by bike, scooter, walking or jogging...basically using any method that is powered by you!

We would like you to join in on **Saturday 14th September**, creating your plan over the summer. And don't worry if you're busy on this day because you can plan and complete your Ride and Stride over the summer instead and then just pop in to visit us on the day to share what you achieved. And if you're unable to pop in, you could send us information about your achievement (however big or small...it all counts!) so that we can display it in church on the day.

There will be a warm welcome and refreshments at St Mary's Church on **Saturday 14th September** for everyone taking part. For those who don't enjoy physical challenges, you could do a smaller physical challenge and then help by making cakes or biscuits (or healthier options!) to give out or by serving the refreshments. Or perhaps you could play a musical instrument or sing to make the event feel special. Or maybe you could make decorations so the church feels vibrant and welcoming to those stopping by. Ideas/input from everyone are welcome! Please just send them our way by **Sunday 1st September** to allow us to plan.

The main reason we're taking part in Ride and Stride this year is to bring our community together, so participation is not dependent on fundraising. However, if you feel able to fundraise as you enjoy our Summer Challenge, you can find sponsorship forms on the Ride and Stride website (shown above) and we'll leave some sponsorship forms at the back of church too. You can hand donations or money raised to us on the day or you can submit payments via our JustGiving page (<https://www.justgiving.com/campaign/stmarysrideandstride2024>). Half of any money raised will go to St Mary's Church and half will help other Essex churches.

My Ride and Stride history, including lists of the churches I've visited/routes I've taken, will be shared at the back of church and on the church's website to help get you started. All input/queries to Rachel Patel (rachels2500@yahoo.com). We hope you have a wonderful time completing this year's Summer Challenge!

