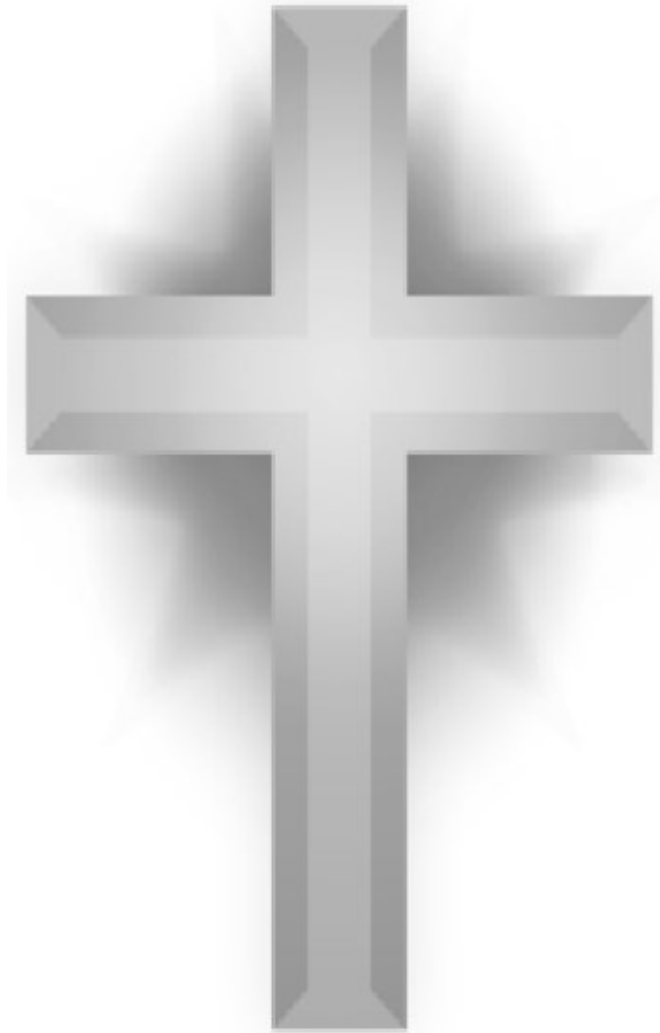
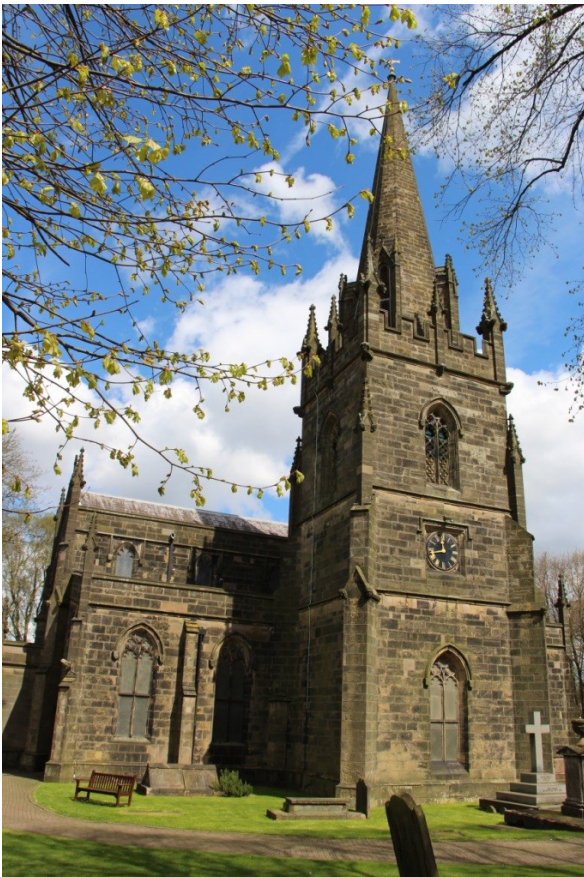


THE BEACON

THE PARISH MAGAZINE OF ALL SAINTS, SEDGLEY
& ST.ANDREW'S THE STRAITS

Registered Charity Number 1179471



Kingdom People
love • compassion • justice • freedom

50p

NOVEMBER 2019

WHO's WHO

Team Rector	Revd Guy Hewlett	01902 295164
Team Vicar	Rev Catherine Mitchell	01902 677897
Licensed Lay Minister	Canon Jan Humphries	01902 661275
Parish Safeguarding Officer	Barbara Baker	01902 882847
Pastoral Care	Tracey Bate	01902 680727
Worship Leader	Suzanne Bradley	01902 880055
Youth Leader/Children's Advocate	Laura Robinson	01902 678572
PCC Secretary	Kath Apperley	01902 663253
Vestry Clerk	Chris Williams	01902 672880
Parish Office information baptisms, weddings, funerals and hall bookings.	Gail Griffiths	01902 540289
Parish Wardens	Keith Tomlinson	01902 673366
	John Anderson	01902 677666
Treasurer	John Anderson	01902 677666
Caretaker	Pam Pugh	07860 256535
Server / Verger	Len Millard	01902 676339
Junior Church	Barbara Price	01902 676591
Brownies	Heather Churm	01902 674709
Ladies' Society	Geraldine Baker	01902 674608
Men's Society	Roger Berry	01902 881374
Mothers' Union	Liz Williams	01902 672880
Noah's Ark	Linda Edwards	01902 672556
Parent & Toddler Group		
Rainbows	Liz Naylor	07827 629648
Web Editor	Martin Jones	01902 884461
Youth Group	Laura Robinson	01902 678572
Bell Ringer	Keith Williams	01902 672585
Organist	Martin Platts	07941 173252

St Andrew's Who's Who

Warden	Canon Jan Humphries	
Treasurer	Alan Turner	01902 670938
DCC secretary	Rosemary Reed	01902 679007
Little Angels baby & toddler group	Canon Jan Humphries	
Singing Angels	Claire Cox	07812 010108

Parish Prayers at 9.15am - All are Welcome

Tuesdays at St Andrew, Wednesdays at St Peter and
Thursdays at All Saints.

Alter Flowers

The Alter flowers for November are generously donated in memory of their loved ones by Ladies Society, The Royal British Legion, Bob Hill, Liz Williams, Keith and Brenda Tomlinson.

Thank you to our 'Flower Ladies' who make such lovely arrangements.

We have the following weeks available in 2020 for Altar Flowers in memory of loved ones, or in recognition of a special birthday or an anniversary. The dates are January 26th, February 2nd, May 17th, June 21st, July 26th, August 16th, November 16th, if one of these dates is special to you please see Linda Watkins.

Funerals in October

2nd October -	Joyce Smith - Gornal Wood
4th October -	Gwendoline Whitehouse Roberts - All Saints
14th October -	Donald Hemmings - Gornal Wood
18th October -	Bob Davies - Gornal Wood
18th October -	John Hartshorn - All Saints
25th October -	Richard Howe - Gornal Wood
30th October -	Irene Bates - Gornal Wood

High Days & Holy Days for November

- 1 All Saints' Day
- 1 The first martyrs
- 2 All Souls' Day
- 3 Hubert
- 4 Charles Borromeo – saint for those with a lay ministry
- 5 Guy Fawkes' night
- 5 Kea
- 6 William Temple – Archbishop of Canterbury
- 6 Illtud
- 6 The Martyrs of Vietnam d. 1745 – 1862
- 7 Willibrord of York – apostle of Frisia (658 – 739)
- 8 Four Crowned Martyrs
- 10 Leo the Great
- 10 Justus – leading the Church in troubling times
- 11 Martin of Tours
- 13 Frances Xavier Cabrini – New York's first saint
- 17 Gregory of Tours
- *NEW 18 Elizabeth of Hungary
- 22 Cecelia – patron saint of musicians
- 25 Catherine of Alexandria
- 30 Andrew

THE BEACON

If you are interested in having the magazine delivered to your home on a regular basis please contact:

Karen Evans: 01902 678056

The Beacon is published ten times a year and the cost for the year is £5. A larger typeface version of The Beacon can be provided on request.

Articles for the December magazine need to be sent to:

admin@allsaintssedgley.co.uk

by

Friday 22nd November

and needs to be in Arial typeface, size 18.

Do not send files in pdf format

WEBSITE: www.gornalandsedgley.org.uk

CHURCH OPENING



**Friday mornings from
10.30am to 12.30pm**

The church is open for quiet prayer & coffee and a chat.

VESTRY HOUR

Vestry hour will take place on the first and third Sunday of the month for all enquires on weddings and baptisms from 12 noon to 1pm

A letter from the Bishop of Worcester for November editions of parish magazines

Together with the Roman Catholic Archbishop of Birmingham, Bernard Longley, I recently led an ecumenical pilgrimage to Rome, accompanied by 20 Anglican and 20 Roman Catholic pilgrims.

One of the highlights was a general audience of the Pope in St Peter's Square. There were many thousands of people at that audience, as there are every Wednesday morning, but we were very fortunate to be singled out and warmly greeted by the Pope who asked us for our prayers for him. 'Don't forget!' he added.

At the heart of such audiences is a simple Bible study, given by the Pope in Italian and translated into a number of languages. On this occasion he reflected on the occasion recounted in Acts 8 when the apostle Philip met the Ethiopian who was reading a passage from the prophet Isaiah. As he said:

'Yet, without a guide, he is unable to understand its full meaning. Philip explains to him how the Old Testament prophecies reach their fulfilment in Christ. As a result, the Ethiopian professes his faith in Jesus, and asks to be baptised. From the baptismal waters he emerges no longer a stranger, but a member of the Body of Christ. The dialogue in this encounter reveals to us the key to reading the Scriptures: namely, Christ. Let us pray that the Holy Spirit will strengthen all the baptised to follow the example of Philip in bearing witness to the saving power of the Gospel and bringing others to Jesus.'

May we remember that the key to understanding the scriptures is Jesus and bring others to him by witness to the saving power of the Gospel recorded in them.

+John

‘Remembering’, from Guy Hewlett

The autumn is well and truly here, and the leaves are falling fast from the trees. Christmas gifts and adverts are already in the shops, almost as if we should forget the rest of the year and go straight to Christmas.

There is a risk that we rush through November, with its cold reminders that winter is arriving, in the hope that the cold will not get to us before our Christmas celebrations!

But November can be a precious month – a month of remembering before we move to Advent when we again remember the coming of Christ into the world as a child, and remind ourselves that he will return to bring a time of no more crying or pain.

On the 1st of November we celebrate All Saints day. From its earliest days the Church has recognised as its foundation stones those heroes of the faith whose lives have ‘excited others to holiness and have assumed a communion with the Church on earth and the Church in heaven’.

On the 2nd November we celebrate All Souls day, the Commemoration of the Faithful Departed. It has been written ‘The believer’s pilgrimage of faith is lived out with the mutual support of **all** the people of God. In Christ all the faithful, both living and departed, are bound together in a communion of prayer’. This can bring many of us a huge emotional warmth and comfort.

(On the 5th November some will remember Guy Fawkes and the Gun Powder Plot; for someone with my name it is best to forget this particular day!!)

On the 11th November we remember Armistice Day and all who have given their lives in conflict; marked in church particularly on Remembrance Sunday. God willing this helps us remember not only the total sacrifice others have given for us but also that it is incumbent on us to strive for peace at all levels of life.

Remembering matters for us as individuals, as family, as church and as society because it helps us understand how the past impacts our present and the future; it helps us understand who we are.

As individuals as we remember those people who have gone before us it allows us to mark the impact they have had on our lives; hopefully with thanksgiving. It allows us to notice things which help make us who we are and this allows us to give thanks, or indeed to lay down something which is not helpful, at the foot of the cross.

I pray that your remembering this November will be a deep blessing; above all I pray that you will remember that you are deeply loved by God.

‘Give thanks to the God of heaven, for his steadfast love endures forever – Psalm 136:26

A multi-generational evening to gather the Black Country Church to celebrate what God is doing and to imagine what is yet to come.

On Saturday 4th January 2020, 5pm to 8pm at the Bethel Convention Centre, West Bromwich, you are invited:

To GATHER with the Church of the Black Country, to make a statement to our children and young people about the size of the Body of Christ to which they belong.

To CELEBRATE what God is already doing through our togetherness across our region.

To IMAGINE together what else God could do if we will stand and work as one.

<http://loveblackcountry.org.uk/gatherings/together-2020/>

Vicars Ponderings November 2019

At Christmas and Advent time will often return to family traditions; traditions that have been in our families for as long as we can remember. Often these traditions give us that warm and comforting feeling like an old favourite jumper; we remember through traditions family and friends that we longer see, like the time when Uncle Fred did such and such, he was so much fun!

What are your family traditions?

Attending the carol and Christingle services, sending and receiving Christmas cards? Who carves the turkey on Christmas day, using the 'family knife' that only comes out on special family events. Our family traditions include getting the Turkey Crown from M&S; Jelly Orange and Lemons; Terry's Chocolate Orange at the bottom of the stocking.

During Advent, opening the Advent Calendar each day, is often a tradition many of us keep have, as we countdown to Christmas, and the celebrate God's promise, in the birth of His son, Jesus.

Advent calendars come in all shapes and sizes, there's the ones with the little chocolate tablet's behind each little window; my sister and brother in law have a cloth one, that has little pockets in that you load with your favourite chocolate at the beginning of each advent. I've seen cheese ones, for the cheese lovers amongst us, and also a gin one, if that's your tipple.

This year, I have to admit that, I have succumbed to getting Bramble an Advent Calendar, behind each door there is a yummy doggie treat!

Although Advent Calendars are a bit of fun, they have a serious side, they are to remind us that we are preparing not only to celebrate the birth of Jesus, but also the day when Jesus returns, and how we will be called to account in how we lived in this life.

As we prepare for the festivities, we are also reminded that there are many in our community that are struggling to make ends meet, let alone have enough for those additional extras that they would love to give to their families.

In recent years, many people around the country have taken up a new family tradition at Christmas, called the reverse Advent Calendar.

The Reverse Advent Calendar is something that the whole family can get involved with. They work by you filling them every day with items of food or clothing that can then be taken to a food bank or charity in order to help those less fortunate that are struggling at Christmas time.

After gathering helpful items all month, you can take everything you've saved to your local food bank, homeless shelter, charity, etc. on Christmas Eve and know that you've given a Christmas present to someone that really needed it.

I wonder if this is a new Christmas tradition as we journey towards celebrating Jesus' birthday; and anticipate Jesus' return. It is certainly something that I am planning to do this advent.

Blessings Catherine

Lead us not...

I had been teaching my three-year old daughter the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word, right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some e-mail. Amen"

Farming

Reporter: "What do you think is the trouble with farming these days?"

Old farmer: "Well – in my day when we talked about what we could raise on 60 acres, we meant maize, not bank loans."

Christmas Fair – Saturday 7th December

10.00am to 2.00pm

at All Saints' Church Hall



Come and enjoy a bacon buttie with friends
Try your luck on the Bottle Stall and Tombola
Guess the Weight of the Cake
Children's 'Have a Go' Craft table
Take home a delicious bake from the cake stall
& home made jams
Christmas stall – Fair Trade stall – Grand Raffle

Bottles - Roger Berry
Cakes - Pauline Berry
Junior Church - Denise Chappel
Craft - Mary Zeilonka & Jackie
Tombola - Geraldine Baker
Kitchen - Gail/Barabara Baker
High Flyers - Maureen Matthews
Jigsaws/toys - Cicely Thomas
Fair Trade - Cicely Thomas
Grand Draw - Chris & Liz Williams

Graham Curtis

There are many people at All Saints' and also in the Sedgley area who fondly remember Graham Curtis and who will be saddened to hear that he died during the evening of 11th October.

Graham - together with his wife Christine and family Kerry, Neil and Ian - were very regular and active members of the Church congregation for many years. Graham was a founder member and first President of the All Saints' Social Club and later served as Treasurer. The family, under Graham's gentle guidance, were for many years responsible for the huge task of organising the Parish New Year's Eve Party in the Church Hall, an immensely popular event.

In addition to his Church commitments Graham was for a long time a member of the Committee of Sedgley Conservative Club where he also got landed with the job of Treasurer (as a qualified Chartered Accountant – this was always his lot in life).

Graham and Chris moved house from Sedgley to Wombourne about 20 years ago and consequently became regular members of the congregation at St. Benedict Biscop. However, they could never quite break their emotional ties with All Saints'. Every Christmas they travelled back up the hill from Wombourne for the Carol Service.

Graham was, in every sense of the phrase, a Christian gentleman.

Tony Hart

Lot's wife

“When Lot's wife looked back,” said the Sunday School teacher, “what happened to her?” “She was transmuted into chloride of sodium,” replied the boy with the high IQ.

MOTHERS' UNION

We were pleased to welcome Alan Turner at our September meeting when he completed the 'World Tour' that Pauline and he went on with 'Hong Kong to Russia'. Hong Kong, 'the city that never sleeps', is one of the most densely populated places in the world and is instantly recognisable by its high-rise buildings that dominate the skyline. It was here they met up with Simon and Iris Anderson. From there they travelled to Ulan Bator, the capital of Mongolia, with its many beautiful shrines. We saw the impressive statue of the warrior ruler Genghis Khan on horseback and heard how visitors can climb to the head of the horse through its chest and neck to get a panoramic view. Pauline and Alan visited The Great Wall of China and we were surprised to hear that while portions have been preserved and renovated many parts of the wall are in disrepair. In Russia they went to Moscow's Red Square where the military parades attended by Soviet leaders are held and where Lenin's Mausoleum still draws crowds. Opposite the Mausoleum is the Gum department store that Alan told us was for the Party faithful and only dealt in American dollars. From Russia they flew home from their memorable 'World Tour'.

Our afternoon meeting in October was at St Andrew's, where we had a very interesting and informative talk from Chris, a member of the Midland Freewheelers. This is a charity run by volunteers who give up their free time to carry emergency medical essentials such as blood, tissue samples, and platelets to hospitals across Birmingham and the Black Country by motorbike. They also collect and deliver urgently needed breast milk for sick and premature babies in conjunction with Blood Bike groups across the country. Chris told us how much quicker it is for an experienced biker to deliver these essential medical items as they can make more progress in heavy traffic than other vehicles. The work this voluntary group provides is quite diverse and invaluable to those who benefit from it.

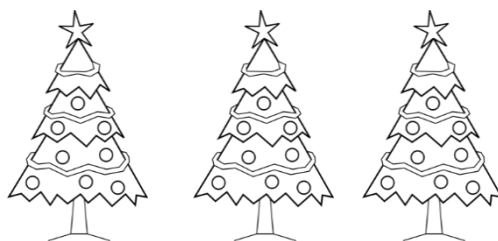
'From Cleaner to Canon' was a very personal account of Jan's journey from attaining her coveted 'Blue Scarf' to the honour of becoming a Canon in the Cathedral. Jan told us how she thought they must have got

the wrong person being made a Canon and that she rang the Bishop's office to see if they had made a mistake! We heard about Jan's funeral ministry and her dedication to the people and community at St Andrew's. The serious illness of her grandson, Ezra, has had a profound effect on Jan and by her own admission she is not the person she was twelve months ago. Thank you Jan for sharing your journey with us and for the work you do in the parish.

Dates:

- 5th Nov - 2.30pm - 'Memories'. Please bring an object or photograph which has a special memory to share.
- 19th Nov - 7.15pm - Communion followed by 'Working with Families', Camilla Clarke, (Families Worker at

CHRISTMAS TREE FESTIVAL



All Saints' Church, Sedgley will be holding its annual Christmas Tree Festival from Friday 6th December to Monday 9th December. The theme this year is 'Disney'. There will be a Blessing of the Trees at 10.00am on Friday 6th December followed by singing from local school choirs.

Admission will be free, light refreshments will be available and any donations during the weekend will be for The Salvation Army.

We look forward to seeing you and your family and friends.

The Beatitudes: 'Blessed are the persecuted'

'Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.' (Matthew 5:10).

Somebody once described a Christian as one who is '*completely fearless, continually cheerful and constantly in trouble.*' Living the life that Jesus presents in the Beatitudes will not necessarily make us universally popular. We must be prepared for opposition, insults and ridicule or even worse. Of course, persecution is the daily experience for Christians in many parts of our world today.

Jesus didn't tell us to seek persecution, but He did say that when it comes, we should regard it as a blessing:

Firstly, because we are identifying with Jesus: If we identify as fully as we can with Jesus, then we will experience suffering like Him. It is '*because of me*' (v11) we are opposed or criticised.

Secondly, it shows our faith is genuine: To suffer for our faith is typical of God people, '*for in the same way they persecuted the prophets who were before you.*' (v12).

Thirdly, because of our reward in heaven: we will not lose out in the future, as Jesus reminds us that '*great is your reward in heaven*' (v12).

To what extent do we suffer for being a Christian at work, with our friends or family? Although we don't seek it, Jesus describes suffering as authentic Christian experience.

We might like to ask these questions as we reflect on this:

How many people with whom we have contact know that we are a Christian?

How far are we helping to give them a true picture of what Christianity is about?

How far do we demonstrate the presence of Jesus in our daily lives?

If we were arrested for being a Christian, would there be enough evidence to convict us?

SEDGLEY & DISTRICT CHILDREN'S SOCIETY APPEALS COMMITTEE

Autumn Fayre 12th October 2019

This year, despite the many pressures he faces, our Independent Member of Parliament Ian Austin made time to come along and open the Autumn Fayre with a most encouraging and morale raising message.

The result was well in line with his positive approach as we the raised the sum of:

£ 1,530

for Children's Society, a similar amount to that was raised each of the last three years.

This is essentially a team effort supported by Committee members from seven Anglican Churches in the Sedgley/Dudley area. Thanks are due to them all for a commitment that has, in many cases, stretched over decades rather than years as well as to all who turned up to help and of course those who attend our Fayre on the day.

Sincere and great thanks to all

Anne

Accentuate the positive

Having a positive view on life can help you live longer. A recent study has found that people who are optimistic are more likely to live to 85 or older.

The study by the Boston University School of Medicine found that the most optimistic men and women have an 11 per cent to 15 per cent longer lifespan than the rest of us.



PLANETARY SKITTLES

(with F&C supper)

Sat Nov 30th 2019 in the church Hall
7.30pm prompt start

Ticket £6.50 available from
Roger Berry 01902881374

Numbers are limited so early
purchase advised for this
popular evening

Potholes – now deeper than the Grand Canyon

If you hate potholes, here is a statistic that will give you grim satisfaction: the combined depth of potholes in England is now 15 times that of the lowest point in the Grand Canyon. Plus, a new pothole is reported every 43 seconds.

In all, nearly 700,000 potholes were reported on the highways over the past year. That is a 13 per cent increase on the previous year, according to data obtained by the Federation of Small Businesses (FSB). As most local authorities define a pothole as any dip in the road surface that is 40mm deep or more, that means that the combined depth of the past year's potholes would reach 28km. This is 15 times deeper than the Grand Canyon, and three times the height of Mount Everest.

No wonder that last year more than £1.9million was paid as compensation to motorists whose vehicles had been damaged by a pothole.

CHRISTMAS TREE FESTIVAL

‘Disney’

at

All Saints’ Church, Sedgley

Friday 6th December – Monday 9th December

Friday 6th December

**Blessing of Trees 10am,
followed by school choirs**



Friday, Saturday & Monday – 10am - 4pm

Sunday – 2pm - 4pm

Admission: Free

Light Refreshments available

Donations to ‘The Salvation Army’

A voice in the night

‘The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed.’ Isaiah 50:4

Awake in the early hours, and my thoughts fluttering here and there, the name of a friend dropped into my mind as if from nowhere together with the words: “Tell her, ‘God is aware of you.’”

Eventually I fell asleep again but when I woke in the morning the words were still there. I had a busy day ahead but as I ate my breakfast, I felt I should text her straight away with what I had been given and trust it would make sense to her.

Midmorning I received a message back. I knew nothing of her circumstances, but both she and her husband were facing major difficulties in their work situations. As they prayed together the night before she asked the Lord to send her a word of encouragement. As she started her day my text arrived. She was so encouraged, and so was I.

As I ponder this event two things stand out to me.

- (1) God is intimately aware of each one of us, and knows our circumstances. He sees us, He knows what we are going through. He will help us find a way through. And give us the strength and guidance we need. As you read this, He says to you: ‘I am aware of you.’
- (2) If God drops the name of someone into your mind take it as an indication to pray for them. If words are given to you for them, then share them – either personally, or via a written note or a text message. It may be just what they need to hear.

Caring for One Another's Mental Wellbeing

Monday 18th November 2019, 7.30 – 9.30pm
The Old Palace, Deansway, Worcester, WR1 2JE

Wednesday 20th November 2019, 10.30am – 12.30pm
St Francis, Poplar Crescent, Dudley, DY1 4AF

Who's it for? Anyone in our parishes lay or ordained.
When we carry out Jesus' command "to love our neighbour as ourselves", we all know ways of offering emotional and practical support to people who have physical illnesses. When it comes to issues of mental health, our own and others, we are often very uncertain where to start, what to do and how to help. This workshop, which will have input from Doug Chaplin, Simon Hill and Emma Pettifer among others, offers a mix of hints and tips, a chance to share and reflect on our own experience, and signposting to where help and training is available.

To book your place on this course, please visit
Monday 18th November 2019, The Old Palace, Deansway, Worcester,
WR1 2JE

<https://caringforoneanothermentalwellbeingworcester.eventbrite.co.uk>

Wednesday 20th November 2019, 10.30am – 12.30pm

<https://caringforoneanothermentalwellbeingdudley.eventbrite.co.uk>

Thou shalt not

A Sunday school class was studying the Ten Commandments. They were ready to discuss the last one. The teacher asked if anyone could tell her what it was. Susie raised her hand, stood tall, and quoted, "Thou shalt not take the covers off the neighbour's wife."

75 years after Monte Cassino, D-Day and Kohima and Imphal

This year The Royal British Legion is asking communities to remember the service, sacrifice, and collaboration of the armed forces of Britain, the Commonwealth and Allied nations who fought together 75 years ago. In 1944 this collaboration resulted in victory in three critical battles; Monte Cassino, D-Day, and Kohima and Imphal.

At Monte Cassino, an Allied Army over 240,000 strong, with contingents from six continents, opened the way to the liberation of Rome. At D-Day 13 nations collaborated to land 156,000 men in Normandy. At Kohima and Imphal one of the most ethnically diverse Armies in history joined forces to win.

The British Legion points out that “The collaboration of Britain with our Commonwealth friends and Allied nations in 1944 continues to shape our society today. Many communities, whose ancestors served side by side, now live side by side in a multicultural Britain.”

More details at: <https://www.britishlegion.org.uk/>

All you need is love

Mother Teresa once observed: “We cannot do great deeds, but we can do small deeds with great love.” That’s something to remember in our daily life. What good are great public efforts if they are fuelled by personal ambition or a desire to rule? If you are not personally kind, what good does it do you? The Bible warns us that ‘If I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, and have not love, I gain nothing.’ (1 Corinthians 13:2,3) Who can you show some love to, today?

How Armistice Day began, 100 years ago

It was 100 years ago, on 11th November 1919, that the first Armistice Day (now Remembrance Day) was marked in the UK. King George V had issued a proclamation calling for a two-minute silence at 11:00am to remember the members of the armed forces who lost their lives in the line of duty.

The two-minute silence was in fact adopted from a South African idea that had spread from Cape Town through the Commonwealth in 1919. The first minute was dedicated to those who died in the war, and the second to those left behind – families affected by bereavement and other effects of the conflict.

The Cenotaph was erected temporarily in Whitehall for a peace parade for Armistice Day in 1920. After a tremendous nationwide response, it became a permanent structure, and in the following years war memorials were created in other British towns and cities.

In 1939, the two-minute silence of Armistice Day was moved to the nearest Sunday to 11th November, so that it would not conflict with war-time production. This tradition continued after World War II – Remembrance Sunday is still marked with a national service, and by special services in most churches throughout the country and beyond. Americans

Nits don't mind mayonnaise

One in 50 parents is smearing their children's heads in mayonnaise in order to try and kill nits, according to a recent survey. Parents also try using hair straighteners to burn the lice (one in 25), and garlic oil to smother them (one in 33). But such remedies, though imaginative, do not work.

Sadly, nearly three out of four parents are not aware of the basic guidance given by the NHS. This is to treat anyone who has been infested by using a fine nit comb to go through their wet hair for 17 days. If lice are still present after that, they should then use a medicated shampoo. The research was done by Hedrin shampoo.



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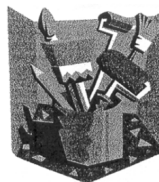
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Is your elderly neighbour starving?

Do you have any elderly neighbours or relatives who are house-bound? Why not pay them a visit? Are they looking too thin? Record numbers of pensioners are now being admitted to hospital suffering malnutrition.

NHS digital statistics show that adult hospital admissions with a primary or secondary diagnosis of malnutrition has tripled in the past decade. It is all part of the growing social care crisis, which has seen vulnerable people being left to nearly starve in their own homes or in care homes, for simple want of help.

The charity Age UK warn that many care visits are now so rushed that meals can be just dumped in front of frail pensioners, without anyone making sure they are even able to eat them.

NHS statistics show that in 2017-18, half of pensioners who went to their local council asking for help were refused it.

The Two Minute Silence

Schoolgirls in 1918 were warned that they might never be married. So many prospective husbands had been killed in World War I, that their chances could be slim. It's hard for us to imagine the slaughter. The total number of both civilian and military casualties is estimated at around 37 million people, ending only when the Armistice took effect on the eleventh hour of the eleventh day of the eleventh month in 1918.

The idea of a 'Two Minute Silence' originated in South Africa. The first minute was to be a time of thanksgiving for those who had returned alive, and the second minute was to remember the fallen. It was taken up by King George V, writing, "it is my desire and hope that at the hour when the Armistice came into force, there may be for the brief space of two minutes a complete suspension of all our normal activities."

It had an immediate impact. An observer wrote, "The whole World Stands to Attention. From the Indian jungles to Alaska, on the trains, on the ships at sea, in every part of the globe where a few British were gathered together, the Two-Minute pause was observed."

The Great War was said to be 'the war to end all wars'. But it wasn't. About three per cent of the world population were to die in World War 2. Today's 11th November commemoration, repeated on the nearest Sunday, now incorporates all wars.

The Royal British Legion describes the Act of Remembrance as a deeply personal act available to everyone, acknowledging the service and sacrifice of the Armed Forces and their families, across all conflicts.

In keeping the Two Minute Silence, many will long for the day when, in the words of the prophet Isaiah, "They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea."

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Opioid crisis grows in Britain

America is not alone: an opioid crisis is also underway in Britain. Last year 141million prescriptions were issued for such drugs in the UK – up from 89million in 2008.

It seems that great numbers of middle-aged women are fuelling the 60 per cent rise in number of strong painkillers, anxiety medications and antidepressants (prescribed over the past decade). And while doctors want to give people relief from pain, anxiety and insomnia, they now warn that the situation could become ‘devastating’.

Overall, twice as many antidepressants are now issued, compared with 2008, and painkillers are up by more than a fifth. Some drugs for anxiety are up seven-fold, with a four-fold rise in prescriptions for pain relief. Matt Hancock, the Health Secretary, has said he will introduce ‘cigarette style’ warnings on medicines packaging, spelling out the risks of addiction.

Dr Keith Ridge, NHS chief pharmaceutical officer, said: “The NHS is doing its bit to ensure England does not become like some other countries where addiction is at crisis level.”

But meanwhile, according to the Organisation for Economic Co-operation and Development, the UK has the world’s third fastest-growing rate of opioid use, behind Israel and Columbia

More than 32,000 of us struggle to change a light bulb

When it comes to DIY, some of us need more help than you might think. Last year Google was asked how to change a light bulb more than 30,000 times.

Other DIY jobs that drove people to Google were how to fix a dripping tap (422,000 times), and how to bleed a radiator (322,000 times). Safestyle, the home improvement company that carried out the research, said the Google is the ‘go to’ for millions of us who are baffled by DIY

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In a fog?

November is the month that in my mind is forever associated with fog. Growing up in a mining village, where everyone had a coal fire and chimneys spouted dark smoke all day long, we used to get some real ‘pea-soupers’ in November. Sometimes it was so thick the buses would stop running and we would be sent home early from school. Thankfully with the introduction of smoke-free zones we don’t have so many thick fogs now, but I still miss a coal fire.

Sometimes in life it can feel as if we are in a bit of a fog. Nothing seems straightforward anymore and we don’t know which way to turn. We lose our sense of clarity and our mind seems befuddled. We have decisions to make but we are uncertain and hesitant. It feels like driving in a fog.

We all experience such times, so what can we do? My advice is to wait patiently for the fog to lift, which it will do in time. Don’t rush into making any decisions until you are clear, especially important ones. Waiting requires not only patience, but trust. Trust that God is still with you, even if you can’t feel His presence, or hear His voice. He will not leave you or abandon you, and is aware of your need.

The wise St Ignatius said that we should never doubt in the darkness what God had told us in the light. When you are in a fog hold on to what God had already given you, to the truth of His word. Eventually the fog will disperse, and a new day will dawn for you, when you *can* clearly see the way ahead.

Apostolic

An old lady went to church and heard the young minister preach. When she was leaving someone asked her what she thought of him. “Well!” she said, “he was truly apostolic. He took a text and went everywhere preaching the gospel.”

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Hold on

While out in the town, I saw an elderly couple holding hands while they were walking. As they approached, I commented on how romantic it was.

The man replied, "We have been holding hands when we go out in public for years. I have to. If I let go, she shops."

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My dear Nephew Darren

One of the rather dubious pleasures of being rector here is to dine twice a year with Lord and Lady Shuttlingsloe. I was summoned to go along yesterday evening.

As usual, I was greeted by the footman and led into the entrance hall, where only a few weeks ago we held the parish Harvest supper for 200 people. I relinquished my coat, took a deep breath, and set off to follow him down endless corridors to the drawing room. The house is rumoured to be haunted, but I suspect any sounds of footsteps come from guests of previous years, still wandering the corridors trying to find their way out.

There were the usual guests – most of whom were merely continuing conversations they had had the previous evening at another stately, decaying pile in the county. They were standing, because all the chairs were occupied by the Lord's dogs, and everyone agreed that the dogs looked far too comfortable to move. Since one aged golden retriever recognised me, having developed an over-familiarity with my own dog, he amicably let me squeeze beside him on a sofa – even if it left me for the rest of the evening looking as if I was wearing an Afghan coat.

When the meal was ready, the butler arrived with our overcoats, because the dining room is a cavernous chamber which is largely unheated as birds are nesting in the chimney. Lord Shuttlingsloe considers this perfectly acceptable, since his family have been eating in this way for the past 500 years, which is how long most of the present staff have worked there. Conversation at my end of the table was less than easy, since Lady S dozed throughout the meal and my companion on the other side seemed to hold me personally responsible for the Spanish Inquisition. Had I been, she would most definitely have been on my list for questioning.

As Rector, one has one's social responsibilities, but I confess, there were moments when I rather envied your own evening, with a meal on a tray in front of the television – in a warm house.

Your loving uncle,

Eustace

Fall of the Berlin Wall – 30 years ago

The Berlin Wall fell 30 years ago this month, on 9th November 1989. East Germany reopened its border with West Germany, allowing its citizens to pass freely through the checkpoints. Workers began demolishing the 28-year-old wall the next day.

Earlier that year serious unrest in Eastern Bloc countries such as Poland and Hungary had put pressure on the East German government, which had also been dealing with demands from its own citizens, led by a determined 'swords into ploughshares' church movement for peace.

The wall was relatively low but heavily fortified, separating the democratic Western countries and the Communist countries of Eastern Europe throughout the Cold War. East German border guards were authorised to shoot anyone attempting to escape into West Berlin. More than 100 people died in that way, but hundreds more were killed trying to cross at other border points.

German reunification took place formally on 3rd October 1990. One of the casualties of the building of the wall in 1961 was the Church of Reconciliation, which was separated from most of its parishioners and eventually demolished to make it easier for guards to shoot potential escapees. The same site now houses the clay-built Chapel of Reconciliation, consecrated in November 2000.



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SERVICES FOR THE MONTH

November 2019

Sunday 3rd November - All Saints - 8am - Holy Communion - Revd Guy Hewlett

10.30am - All Age Communion - Revd Guy Hewlett

6.30pm - All Souls Service

St Andrew - 9.30am - Family Worship - Canon Jan Humphries

St Peter - 10.30am - Revd Catherine Mitchell

Wednesday 6th November - 10am - St Peter - Revd Catherine Mitchell

Sunday 10th November - All Saints - 8am - Holy Communion - Revd Catherine Mitchell

10.30am - Remembrance Service - Revd Guy Hewlett

6.30pm - Book of Common Prayer - Holy Communion - Revd Guy Hewlett

St Andrew - 9.30am - Remembrance Service—Canon Jan Humphries

St Peter - 10.30am - Remembrance Service - Revd Catherine Mitchell

Wednesday 13th November - 10am - St Peter - Revd Catherine Mitchell

Sunday 17th November - All Saints - 8am - Holy Communion - Revd Guy Hewlett

10.30am - Holy Communion - Revd Guy Hewlett

6.30pm - Book of Common Prayer - Evensong - Canon Jan Humphries

St Andrew - 9.30am - Family Worship - Canon Jan Humphries

St Peter - 10.30am - Holy Communion - Revd Catherine Mitchell

Wednesday 20th November - 10am - St Peter - Revd Guy Hewlett

Sunday 24th November - All Saints - 8am - Holy Communion - Revd Catherine Mitchell

10.30am - Holy Communion - Revd Guy Hewlett

6.30pm - Book of Common Prayer - Evensong - Revd Catherine Mitchell

St Andrew 9.30am - Holy Communion - Revd Catherine Mitchell

St Peter - 10.30am - Worship for All - Suzanne Bradley

Wednesday 27th November - 10am - St Peter - Revd Guy Hewlett

Saturday 30th November - St Andrews Patronal - 2pm - Revd Guy Hewlett - Refreshments provided