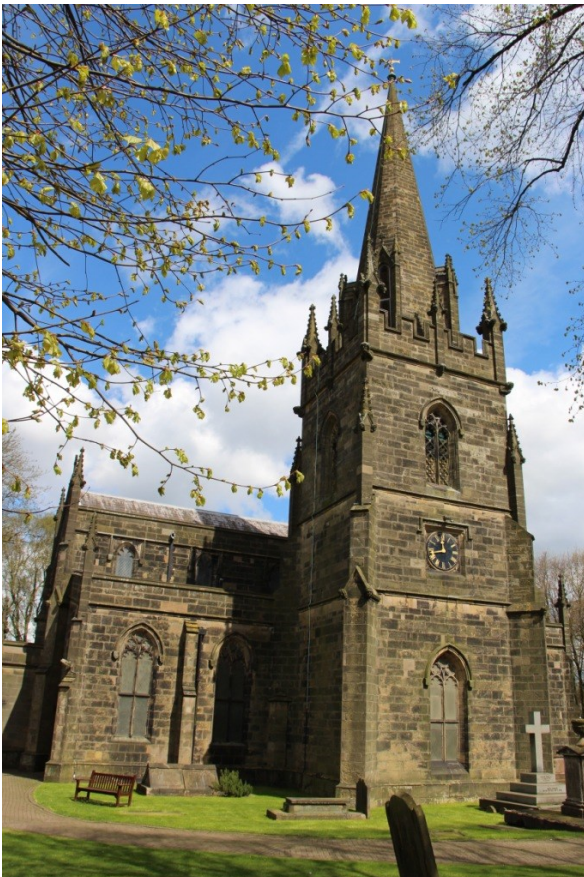


THE BEACON

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

Registered Charity Number 1179471



Worshipping God
Welcoming All
Serving our Community

50p

February 2025

PARISH WIDE WHO'S WHO

Vicar	Rev Catherine Mitchell	01902 677897
Licensed Lay Minister	Canon Jan Humphries	01902 661275
Parish Safeguarding Officer	Barbara Baker	01902 882847
Pastoral ALM	Tracey Bate	01902 880727
	Kath Apperley	01902 663253
	Joan Sullivan	01902 661094
Worship ALM	Suzanne Bradley	01902 880055
Youth ALM	Laura Robinson	01902 678572
PCC Secretary	Stuart Hutchinson	
PCC Treasurer	Sheila Moss	01902 893570
Parish Office	Gail Griffiths	01902 540289

St Peters

Who's Who

Parish Warden	VACANT	
Treasurer	Sheila Moss	01902 893570
Children's Advocate	Suzanne Bradley	
DCC Secretary	John Powell	01902 880055

St Andrew's

Who's Who

Warden	Canon Jan Humphries	01902 661275
Treasurer	Alan Turner	01902 670938
DCC Secretary	Rosemary Reed	01902 679007

All Saints Who's Who

Parish Wardens	Keith Tomlinson	01902 673366
	Steve Castle	07971 899072
Treasurer	John Anderson	01902 677666
DCC Secretary	John Anderson	01902 677666
Bell Ringer	Mary Zielonka	01902 672541
Youth Leader	Laura Robinson	01902 678572
Ladies' Society	Geraldine Baker	01902 674608
Mothers' Union	Liz Williams	01902 672880
Server/Verger	Steve Castle	07971 899072
Noah's Ark		
Parent & Toddler Group	Linda Edwards	01902 672556

SAFEGUARDING

The Parish of Gornal and Sedgley is committed to the safeguarding of children, young people and adults. We follow the House of Bishops guidance. If you or someone you know feels unsafe, please contact the Parish Safeguarding Officer:

Barbara Baker, Tel 01902 882847, safeguarding@allsaintssedgley.co.uk

or Acting Team Rector Rev Catherine Mitchell

Tel 01902 677 897, vicargornalandsedgley@allsaintssedgley.co.uk

(other contacts available on our website www.gornalandsedgley.org.uk)

Funerals in December/January

FUNERALS IN DECEMBER

2ND HAZEL SHARE ALL SAINTS

11th ANDREW BARFOOT GORNAL WOOD

16TH JEAN HODGE GORNAL WOOD

18TH MARY WRIGHT ALL SAINTS

19TH CHRISTINE WILLIAMS GORNAL WOOD

23RD CHARLIE DAVENPORT GORNAL WOOD

FUNERALS IN JANUARY

3RD MARY EDNA PEARCE GORNAL WOOD

9TH ALAN MOSS ALL SAINTS

13TH MARGARET HARKINS STOURBRIDGE CREMATORIUM

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 October magazine need to be sent to:

admin@allsaintssedgley.co.uk

by

Friday 22nd February

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.

St Peter's District Church magazine

St Peter's also publishes a magazine which is more particular to Upper Gornal. If you would like to receive that magazine (which is not available electronically), in the first instance please contact a St Peter's Church warden details on page 2 of this magazine.

**If you wish to enquire about a wedding or baptism
please contact**

Gail Griffiths

At the Parish Office - tel 01902 540289

email admin@allsaintssedgley.co.uk

Vicars Ponderings - February 2025

Dear friends,

I don't know about you, but I can't believe that we have not only moved into another year, 2025, but we are now in the second month of the year!

Where did last year go?!

As we venture further into 2025, there is so much to look forward to and changes within the parish that for some will be challenging, with feelings of anxiety; others may be excited for these changes.

It is hoped that during this year we will welcome new members of the team, with a new Team Rector/Renewal Leader, and a Children and family's worker as part of the Renewal Project. This is an exciting project that hopes to see an increase in engagement with families and children at All Saints, and the hope is that over time, will expand to St Peter's and St Andrews.

Midway through January, I announced that I intend to step down from full time ministry, i.e. early retirement, later this year, in June. This has been a difficult personal decision for me, but I feel that with my health difficulties last year, and an awareness that I do not have the energy and capacity that this demanding role takes, I need to step down, reassess and discern what God might be calling me to in the next phase of my life.

As I said in my announcement notice, by the time I "retire" I will have been with you just over 8 years, during this time the parish has been through a lot, not least the Covid pandemic, the retirement of Guy as Team Rector in Feb 2022, and the necessary changes in the service rota. Although there have been challenges, there have also been many blessings, particularly in the past three years.

I feel that we, as a parish, have grown together, and are looking forward to what God might do here in the future.

I am excited for the introduction of the renewals project at All Saints, and believe that as this project develops and grows, it will have a positive effect across the parish.

We have introduced the new family service at All Saints, which has become a popular service, for current church members and those attending for baptism welcomes.

The new Renewal Project team hopefully will develop the service further.

With our Mission Accompanier we have worked hard to develop our Vision Statement, Worshipping God, Welcoming All, Serving our Community. It is hoped that we will use this statement to inform all the decisions we make as a parish. We have also increased the number of social events in the parish, enabling people to gather to share fellowship together. One of the most popular events was the parish lunch in January with 80 people from across the parish, with their families enjoying a meal together.

Change is always difficult, as I've said many times before! But I hope that these few months before I leave will be positive and we can reflect and remember our time together.

Although in our lives there is always change, many of you will have experienced many types of change throughout your lives, on a personal level, but also the effects of technological and global events, there is one thing that doesn't change and that is God's love for you in Jesus Christ, who is the same yesterday, today and forever.

In the ups and downs of life, the anxieties of change, one thing I have learned, is to keep my eyes fixed on Jesus.

Remember, Jesus was not the only person to walk on water. Peter also walked on the water, when he asked Jesus to invite him to join him on the water, he got out of the boat and walked towards Jesus. As he noticed the wind and the waves, he took his eyes off Jesus and began to sink. (Matthew 14:27-30).

If you want to walk on water and do the things you never thought you could do, remember to keep your eyes fixed on Jesus!

Blessings

Rev Catherine

MESSAGE FROM CANON JAN

I came across this article in The Friendship book 2014.

When a ticket collector stopped beside Albert Einstein, the embarrassed scientist, preoccupied with his work, rummaged through his pockets, and his briefcase without finding his ticket. The conductor said "we know who you are Dr Einstein, I'm sure you have a ticket, so don't worry about it."

Just as the conductor was about to move on into the next carriage, he turned round Dr Einstein was on his hands and knees looking underneath his seat.

He walked up to him and said quietly " Dr Einstein, please don't worry about the ticket I know who you are."

He looked up and replied, " I too know who I am. What I don't know is where am I going."

So often we live life at a frantic pace and sometimes we don't know exactly where we should be going and need someone to show us the way.

This reminds me of the passage from St John's gospel chapter 14 verses 1~6.

Jesus is trying to reassure & comfort his disciples, telling them that he is going to prepare a place for them.

I go now to prepare a place for you, so that where I am there you maybe also, and you know the place where I am going.

They didn't know, brave Thomas said Lord we do not know where you are going, so how can we know the way. Jesus replied, I am the way , and the truth and the life no one comes to the Father except through me. Jesus assures us that he goes to prepare a place for us, in My Father's house there are many rooms, I often use this passage at funeral services.

I personally like to think of the Father's house as a five star hotel, where all needs are catered for.

In God's hotel there are no more tears, no pain, no fear, there is peace there is Love.

We are reunited with all who've gone before us.

As a Parish we lost quite a few of our treasured members during November, December and beginning of January ~~~ we grieve along side their families. But we know that they are not lost , just lost from our sight , they have gone on before us to the wonderful five star hotel.

If you are feeling lost , or just unsure which route to take, please know that you are not alone the Lord is always there in front , behind and at your side.

Regards,

Canon Jan



OVER 60'S TUESDAY CLUB
MEETING AT: ALL SAINTS COMMUNITY ROOM,
LADIES WALK
(OPPOSITE SEDGLEY LIBRARY)
12.30PM TILL 3.15PM
BINGO, RAFFLE, COFFEE, TEAS, CAKES, DAY TRIPS
AND HOLIDAYS

WE ARE A FRIENDLY CROWD, PLEASE COME
ALONG AND JOIN US
YOU WILL BE MADE MOST WELCOME

ANYONE INTERESTED AND WOULD LIKE MORE
INFORMATION PLEASE CONTACT
07725 689596, OR JUST COME ALONG

MOTHERS' UNION

I received the note below thanking all those who donated gifts for the Women's Refuge at Christmas.

Dear All Saints & St Andrews MU & Friends

Thank you so much for your very kind donation of gifts for the families in refuge this year and for your continued support.

Your generosity has made such a difference.

Wishing you all the very best for 2025.

New Beginnings

~~~~~

On Saturday 1<sup>st</sup> March we have been invited to St Peter's, Cradley, Centenary Festival. This will be our Archdeaconry Festival as well. It would be good to support St Peter's Mothers' Union at this service and I hope as many as are able will attend.

~~~~~

Our Wave of Prayer service will be on Friday 14th March in church. If you are unable to get to church copies of the service will be available beforehand so you will be able to do the service at home.

~~~~~

It seems to have been a long, cold winter but as I look out on the garden, I can see clumps of snowdrops appearing. Such a tiny, delicate flower, yet strong enough to withstand the cold. It reminds me of a quote from Lady Bird Johnson,

*'Where flowers bloom so does hope'*

## Dates:

|                          |           |                                         |            |
|--------------------------|-----------|-----------------------------------------|------------|
| 4 <sup>th</sup> February | 2.00pm    | AGM & 'Bedazzle', <u>in church</u>      | Di Spencer |
| 1 <sup>st</sup> March    | 2.30pm    | St Peter's, Cradley, Centenary Festival |            |
| 4 <sup>th</sup> March    | 12.00noon | Communion & Lunch, <u>in church</u>     |            |

Rev. Catherine

14<sup>th</sup> March 11.00am Wave of Prayer in church

**Liz Williams**

## **C of E facing an ‘existential crisis’**

The C of E is facing “one of the biggest existential crises ... since the Reformation,” following the Makin review of abuse perpetrated by John Smyth. That is the view of the Bishop of Rochester, Dr Jonathan Gibbs.

He was speaking recently after his diocesan synod had voted in favour of a motion that expressed no confidence in the Archbishops’ Council’s past oversight of safeguarding.

Dr Gibbs said: “In many people’s views, and I think I would share it, this is one of the biggest existential crises that the C of E has faced since the Reformation. There is a real need for what I would call a pastoral response, acknowledging that hurt and pain, particularly of victims and survivors, that so many people are feeling.”

The bishop said there should also be “a call to prayer and repentance across the Church, leading to a period of deep reflection on the kind of cultural change that is needed at all levels.”

---

## **No news**

A traveller was marooned in a small town because of a landslide caused by heavy rain. It fell in torrents for three days. Looking out of the window of the restaurant, he finally remarked to the waitress: “This is like the flood.”

“The what?”

“The flood. Surely you have heard about the great flood and Noah and the Ark?”

“Sorry, sir,” she replied. “The internet’s been down for three days.”

## Ladies Society – December 2024

Our December meeting welcomed the ever-popular Anne Clarke, who can always be relied upon to deliver an entertaining and enjoyable talk. This year she focused her talk on chocolate and we started with a quiz about the various marketing slogans that have been used to advertise the wide variety of chocolate products that we have purchased over the last 100 years – needless to say that our knowledge would benefit from some improvement!

Anne then talked to us about the history of the products that we now regard as commonplace. The Mayans and Aztecs were making dark chocolate products in 1900 BC whilst in Mexico and Guatemala it was drunk unsweetened and sometimes spices such as pepper and chilli were added. They liked the drink to be hot and frothy. In the 16<sup>th</sup> century Hernando Cortez brought cocoa to Europe and the King of Spain added sugar to the recipe – this is more like the chocolate that we recognise today. The biggest cocoa producers are now Ghana, Indonesia, Ivory Coast and Cameroon.

The history of chocolate production includes many well-known names. Mary Tuke, a Quaker, was born in York in 1695 and in 1725 she opened a grocery shop that sold cakes of rock cocoa. Her employee was Henry Isaac Rowntree and his family eventually bought her out. Joseph Rowntree was a grocer and John Cadbury was his apprentice. Both had a philosophy of looking after their employees.

The Rowntree company in York was famous for its fruit pastilles. They then developed the Rowntree Chocolate Crisp which was rebranded in 1937 as the Kit Kat. In 1882 they began to sell Smarties by weight from jars but in 1939 they were put into tubes and in 1980s the Smarties Prize for Children's Literature was established. The Aero bar was launched in 1935 and in 1976 a solid version was developed so that it had masculine appeal – remember the Yorkie Bar?

One of the best-known products must be Black Magic which was developed in 1934 as an affordable courtship gift. By the 1970s it was being promoted with the strapline “who knows the secret of the Black Magic box?”

Rowntrees merged with John Mackintosh and Co. in 1969 to become Rowntree Mackintosh. This business had started in Halifax in 1834 and Violet Mackintosh, a trained confectioner, understood the power of advertising – running advertisements and competitions and giving away vouchers. The company developed Rolo in 1937 and later they produced Toffee Crisp. Quality Street, marketed as an affordable treat, was invented by Harold Mackintosh and it was named after a play by JM Barrie. Rowntree Mackintosh was taken over by Nestle in 1987.

Another York company was Terrys of York. This was opened in 1767 and its owner was an apothecary. In the 1850s his son built a new factory to take advantage of the railway links to York. In 1932 Terrys developed the Chocolate Orange, as well as a chocolate lemon and apple. The company has changed hands many times since then and the chocolate orange is currently made in France with 44 million oranges being produced each year!

Frys of Bristol opened in the 1760s and this was another family of Quakers. In 1847 the company introduced the first chocolate bar for mass production and this was followed in 1866 by the Chocolate Cream and in 1873 by Easter eggs. The company was later sold to Cadbury who were subsequently bought by Kraft and the chocolates are now made in Poland.

So, finally, we come to the local chocolate producer – Cadbury. They located in Bournville in 1868 because of its rail and canal links and bought the land to build Bournville village in 1893, supporting the strategy of providing housing and care for their employees. The company's brands are well-known: Milk Tray (1915), Flake (1920), Fruit and Nut (1928), Crunchie (1929) and Whole Nut (1933) to name a few.

Thank you, Anne; once again this was a lovely, entertaining way to spend an hour.

Our next meeting is on Monday 5<sup>th</sup> February at 11.30am when our speaker will be Kathryn Osborne who will talk about Compston Brothers Bakery. Everyone is most welcome, including new members.

**Karen Evans**

## **Church service**

An auntie took her very young niece to church. When they returned home, her parents asked how it had gone. The little girl replied: "Well, the minister prayed, and I prayed. The minister sang, and I sang. The minister spoke, and auntie brought me home."

## **Thoughts on bereavement being a caring, compassionate church**

This winter has been a difficult one, with the sad loss of so many precious church family members. There will, inevitably, be personal losses too – family and friends who have been a huge part of our lives for many years, not to mention those painful anniversaries of death. So how do we sustain faith and seek to heal the scars of grief in a way which recognises both the reality of loss and the hope we have in Christ our Redeemer? The bereavement hub team are currently running a seven-week course in the community – 'The Bereavement Journey' which is a nationally recognised course. It has high quality video material, discussion groups and work booklets to support guests in beginning to process their loss. The first six sessions are purposefully secular to make our offering open to people of all faiths and none. The seventh session which is faith based is optional.

It MAY be possible for others to join the faith-based session. So, if you would like to find out more about the questions bereaved people often ask about faith and one person's response to these, then do speak to one of the Hub team to express an interest. Everyone must come to their own conclusions, but if we are going to be a better more caring church for bereaved families, we can all benefit from thinking about how WE feel about faith and loss.

Session seven will be held on:

Tuesday February 25<sup>th</sup> at 10:00a.m. in All Saints Community Room

If you wish to join us, please let Joan Sullivan, Sheila Moss, Canon Jan or Kath Apperley know, so we have sufficient resources to share.

## The Master Weaver's Plan

My life is but a weaving  
Between the Lord and me;  
I may not choose the colours—  
He knows what they should be.

For He can view the pattern  
Upon the upper side  
While I can see it only  
On this, the underside.

Sometimes He weaves in sorrow,  
Which seems so strange to me;  
But I will trust His judgment  
And work on faithfully.

'Tis He who fills the shuttle,  
And He knows what is best;  
So I shall weave in earnest,  
And leave to Him the rest.

Not 'til the loom is silent  
And the shuttles cease to fly  
Shall God unroll the canvas  
And explain the reason why.

The dark threads are as needed  
In the Weaver's skilful hand  
As the threads of gold and silver  
In the pattern, He has planned.

*Author Unknown*

## **Times Past**

**ARIS'S BIRMINGHAM GAZETTE, Thursday, February 8, 1748  
To Be Sold**

Several parcels of land lying in an enclosed Field called Sedgley Field, of the yearly Rent of 10 l. Also a cottage or dwelling house and land, situate at Cotwall-End of the yearly Rent of 6 l. 10s. Enquire Bradley Keeling, Attorney in Sedgley.

**WOLVERHAMPTON CHRONICLE & STAFFORDSHIRE ADVERTISER,  
Wednesday, February 7, 1838**

### **COMMUTATION of TITHES, SEDGLEY, STAFFORDSHIRE.**

We, the undersigned landowners or duly authorised agents of landowners within the parish of Sedgley, whose interest is not less than one fourth of the value of the land subject to tithes within the said parish, do hereby call a PAROCHIAL MEETING of LANDOWNERS and TITHE OWNERS within the limits of the said parish, for the purpose of making an Agreement for the general Commutation of Tithes within the limits of the said parish, pursuant to the provisions of an Act passed in the sixth and seventh years of the reign of his late Majesty King William the Fourth, intituled "An Act for the Commutation of Tithes in England and Wales" : and we do further give notice that such Meeting will be held at the VESTRY SCHOOL ROOM, in Sedgley aforesaid, within the said parish, on Friday, the sixteenth day of February next, at eleven o' clock in the forenoon.

**NOTTINGHAM GUARDIAN, Friday, February 28, 1958  
Film Shows must have 'sermon'**

Sedgley (Staffs.), one of the few areas in the industrial Black Country without Sunday cinemas, is to have them – providing proprietors of the town's three cinemas give a number of assurances.

The Urban Council has granted permission if facilities are made available for local clergy to address cinema audiences briefly at a pre-arranged time “on matters of interest to the churches”.

No “H” or “X” certificate films are to be shown, the only ones allowed being “A” or “U” certificate films which have been vetted by the Birmingham district Committee of the local trade. Cinemas must be opened at a time agreed with local churches, and not earlier than 5pm.

The Vicar of Sedgley, the Rev. G.S. Lloyd, said that he would have little or no time to address a cinema audience on Sundays, and he did not think the occasion would be particularly appropriate.

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## **The new trend of clapping in church**

Some people are beginning to clap in church, if they are pleased with something.

For tired vicars and timid curates, having a sermon greeted with warm clapping might be an encouragement, if also a complete surprise.

But the applauding of sermons, or applause at the end of services, also reveals a dark side: churchgoing has now declined to such a degree in the UK, that even the knowledge of ‘how to behave’ in church is fading.

That leaves some people unaware that in the UK, aside from a few ‘mega churches’ where American style singing, dancing and clapping is the norm, applause is not something we ‘do’ in church.

As one vicar puts it: “I think it has to do with cultural expectations. People are less and less familiar with acts of worship directed to God. Instead, they have a sense of a performance.”

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## **Chocolate**

A lovely heart-shaped box of chocolates was received on Valentine’s Day by a young student from her new boyfriend. On the enclosed card was the inscription: ‘To Helen, with all my allowance.’



## How do you keep your life going in the right direction?

*‘Do not let this Book of the Law depart from your mouth; meditate on it day and night, be careful to do everything written in it. Then you will be ... successful.’ Joshua 1.8*

Any flying instructor will tell you that periodically all aeroplanes need to be ‘trimmed’ or ‘balanced in flight’. After flying through storms and hitting air pockets, the plane’s instruments need to be readjusted. That’s true of our attitudes too. The air currents of life can ‘knock you out of line’ and keep you from reaching your destiny. ‘Unexpected weather’ like sickness, unemployment, divorce, death and disappointment can drive you off course.

In other words, your attitude needs to be constantly checked and adjusted. Have you checked yours lately? What are you encountering that calls for an attitude change? How are you handling it? Are you adjusting or resisting? So long as you live, you’ll always need to be ‘trimmed and balanced’.

The most important thing that affects your attitude in life is your faith, and that grows only as you live in God’s Word. That’s why God told Joshua to read the Word, speak the Word and obey the Word if he wanted to succeed.

Try the 3 x 5 Technique! Each week, write out one faith building scripture on a 3 x 5 card. Carry it with you wherever you go and memorise it. In one year, you’ll know 52 new scriptures, and more importantly, your attitudes will be in line with God’s Word, your faith will be strengthened, and your life will keep moving in the right direction.

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### **Daddy**

Policeman to the vicar, found pacing outside the vicarage at three o’clock in the morning: “What are you doing here?”

Man: “I forgot my key, officer, and I’m waiting for my children to come home and let me in.”

## Taste

A woman wasn't feeling well and went to A&E. The nurse asked her: "Have you experienced a sudden loss of taste?"

"No," admitted the woman sadly. "I've always dressed this way."

## More than cheese

Our choir had worked hard to raise money for new gowns. To celebrate our achievement, we decided to hold a special concert. The invites went out, and we were surprised at the amused reaction of our church members. Then we reread the invitation. We had invited them to a 'Concert with Cheese and Wince.'



New business owner Tracy took over the salon almost two years ago.

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## You can count on me

*“Where two or three gather in my name, there am I with them.” (Matthew 18:19-21)*

I cannot count in church. I do not know why, but I cannot. I mean that, when I am at the front and leading a service, I try to add up how many people there are in the congregation. We are supposed to do this and enter the figures in the church register, but I find it difficult. I usually give up and hope a warden has counted them. Do you include the leader and the organist? Well, yes, to increase the figures!

I am not sure why counting in church is a problem, as people do not move around. Yes, it is sometimes difficult to see heads in pews, but it should be easy. I start on one side and go to the back and then up the other side but then I get lost and have to start again. Sometimes the congregation see me looking from one to another and nodding gently to myself.

Numbers are important of course, but I am in two minds. Sometimes there are only a few and I think the pressure is off me, but it is disappointing, working hard to prepare a service and then not have many there. Often it seems that the congregation try a trick on me – and wait until the very last minute to rush in!

Numbers are important, but the most important figures are two and three. The most important relationships are between partners or a child and their parents. There is the same idea in the Bible.

The Church of England’s Order for Evening Prayer puts it like this:

*“Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests”.*

I always like to pause between saying out loud the words two and three, which is good because I can just about count up to three!

## **Love the children**

The original St Valentine gave love in the form of compassion for some needy children.

That sort of love is still needed today, as UNICEF says that about 1 billion children worldwide are currently facing ‘multidimensional poverty.’ That means they lack necessities like food, water, shelter, education and health care.

No one can get their minds around the needs of one billion children, but most of us could do something to help at least one child in need.

With World Vision’s Sponsor a Child campaign, you can choose how much to give. It could be as little as £5 a month. It could be as much as £26.

Whatever you can give, you will be joining an “incredible community” of child sponsors who, like you, simply want to give the most vulnerable children a brighter future.

To learn more, visit: <https://www.worldvision.org.uk/sponsor-a-child/>

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## **Bishop**

A vicar was expecting his Bishop to come for lunch. He told his small son to be very polite to the visitor, and to address him as ‘My Lord.’ As they all sat down, the bishop smiled at the little boy and asked him how old he was. The little boy gulped and said: “My God, I’m seven.”

## **Cow and choir**

From a Cambridgeshire local newspaper in January 1900: “WANTED – a steady respectable man who is able to look after a garden, milk a cow, and sing in the church choir.”

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Tuesdays  
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Pop in for a cuppa and a chat to help tackle loneliness one Talkin' Table at a time.



### Blue Light Breakfast

Last Wednesday of each month  
10am - 11.30am

Join us each month for delicious breakfast treats and drinks. It's our way of saying thank you!



### Stay and Play\*

Wednesdays (Starts 6th Sept)  
11am - 12pm

Bring along your little ones for fun and games with our residents and make new friends.



### Dementia Café

Last Friday of each month  
10.30am - 12pm

We'll have delicious homemade refreshments and a variety of entertainment and activities.

\*Please call our friendly team to confirm your space.

# 01384 928 404

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# THE SEDGLEY EDUCATIONAL TRUST

The Sedgley Educational Trust is established to advance education, including religious education, in accordance with the doctrines of the Church of England in the area of benefit: that being the ecclesiastical parishes of All Saints', Sedgley, St Mary the Virgin, Sedgley and St Chad's, Coseley.

Application for grants are invited from individuals or organisations resident in the area of benefit. Application forms are available from the incumbent of any of the parishes mentioned above, or alternatively from:

**The Secretary to the Trustees: 12 Larkswood Drive,  
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## **How many minutes of walking might help you avoid a heart attack?**

It seems that keeping your heart reasonably healthy may not take a lot of time.

Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.

Sedentary women who did just 3.4 minutes of “vigorous intermittent” exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

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## **Tearfund in action in the Middle East**

As conflict in the Middle East continues, millions of people across Gaza, Lebanon and the wider region are still in urgent need of food, shelter and medical care.

One British Christian charity in the region is Tearfund, working through a variety of local churches and partners.

In Gaza, Tearfund International Health Partners provide medicine and healthcare. In Lebanon, Tearfund provides food, mattresses and other essentials through local churches. In the West Bank, Tearfund works with the Diocese of Jerusalem in healthcare and education.

But Tearfund says: “This is only possible with your support. Please, join us in prayer and give if you can, to help us respond to the growing need.”

<https://www.tearfund.org/campaigns/middle-east-emergency-appeal>



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Romans 1:20



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BEREAVEMENT GROUP  
OVER 60S GROUP**

**WEDNESDAY  
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YOGA  
COMMUNITY CATCH UP  
PENSIONERS GROUP**

**HALL AND COMMUNITY GROUPS AT ALL SAINTS**

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**FOR MORE INFORMATION PLEASE  
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**OR EMAIL**

**[admin@allsaintssedgley.co.uk](mailto:admin@allsaintssedgley.co.uk)**

**Thank you**



The Rectory  
St James the Least



My dear Nephew Darren

I was quite happy to see the young person from your church whom you are encouraging to get ordained – even though we did not entirely see eye to eye.

When I answered the door to someone dressed in T-shirt, jeans and trainers, I naturally assumed he was the gardener; it was only after I had given him the wheelbarrow and shown him where the spades were, that I found out who he really was. His assurance that this is how Jesus would dress, were He to visit in person again, jarred somewhat. I think that a three-piece suit and stout pair of brogues would be far more likely. We agreed to differ.

I was interested to hear that he was a church musician. Wanting to know if he sang tenor or bass, or even played the organ, he told me that he was the drummer in the worship band and provided backing vocals. I felt obliged to comment that I was not sure how that would fit in with Mattins, but he told me that he had never heard of that Service, and only attended Mega Rock Praise. Since I suspected it would not have been written by Cranmer, we moved on.

I had hoped we may have been on safer ground when I asked him whether he preferred early perpendicular or Victorian gothic, but as he had apparently only ever worshipped in your converted cinema, he was unable to offer any opinion. His reaction to my offer to show him round our late Norman church, prompted him to tell me that he believed all churches should be closed and people should gather in each other's homes, like the early Christians.

In a last despairing attempt to find common ground I asked him if he had ever preached. He was slightly apologetic to admit that he had done so very rarely, as he found it took such a long time to write an hour-long sermon. When I mentioned that I did not think I had ever exceeded eight minutes in my entire life, he gave me such a look of withering astonishment that with heroic Christian charity, I did not beat him over the head with the Bible he was carrying.

Your loving uncle,

**Eustace**

---

## **In praise of the humble egg**

We love eggs. On average, we eat at least two of them each week, which makes eggs one of Britain's most popular foods.

Eggs are exceptionally good for you – high in protein, containing all the essential amino acids, rich in the B vitamins, vitamin D and A, and choline, and a source of healthy fats.

Eggs are also filling, and with 7.5g of protein in less than 80 calories per egg, there are few other foods that can match them for so much protein per gram. They are also inexpensive and easy to cook.

Experts recommend eating one or two eggs a day, and choosing a low-fat way of cooking them, by boiling or poaching. Cooking them in butter is a bit lower in fat than frying them in olive oil. Free-range eggs generally contain more vitamin D.

---

## **Visit**

The new vicar was doing the rounds to meet his parishioners. At one house where he knocked, a woman inside called out: "Is that you, Angel?"

The vicar hesitated, and then replied: "No, but I'm from the same department."

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# **SERVICES FOR THE MONTH - FEBRUARY**

## **2ND**

9.30AM HOLY COMMUNION ST ANDREWS  
11AM HOLY COMMUNION ALL SAINTS  
6.30PM EVENSONG ALL SAINTS

## **WEDNESDAY 5TH**

10AM HOLY COMMUNION ST PETERS

## **SUNDAY 9TH**

8AM HOLY COMMUNION ALL SAINTS  
9.30AM WORSHIP FOR ALL ST ANDREWS  
10AM WORSHIP FOR ALL ST PETERS  
11AM HOLY COMMUNION ALL SAINTS

## **WEDNESDAY 12TH**

10AM HOLY COMMUNION ST PETERS

## **SUNDAY 16TH**

9.30AM WORSHIP FOR ALL ST ANDREWS  
11AM FAMILY SERVICE ALL SAINTS

## **WEDNESDAY 19TH**

10AM HOLY COMMUNION ST PETERS

## **SUNDAY 23RD**

8AM HOLY COMMUNION ALL SAINTS  
9.30AM WORSHIP FOR ALL ST ANDREWS  
10AM HOLY COMMUNION ST PETERS

## **WEDNESDAY 26TH**

10AM HOLY COMMUNION ST PETERS