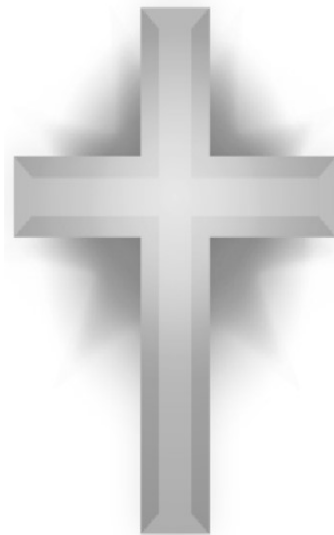
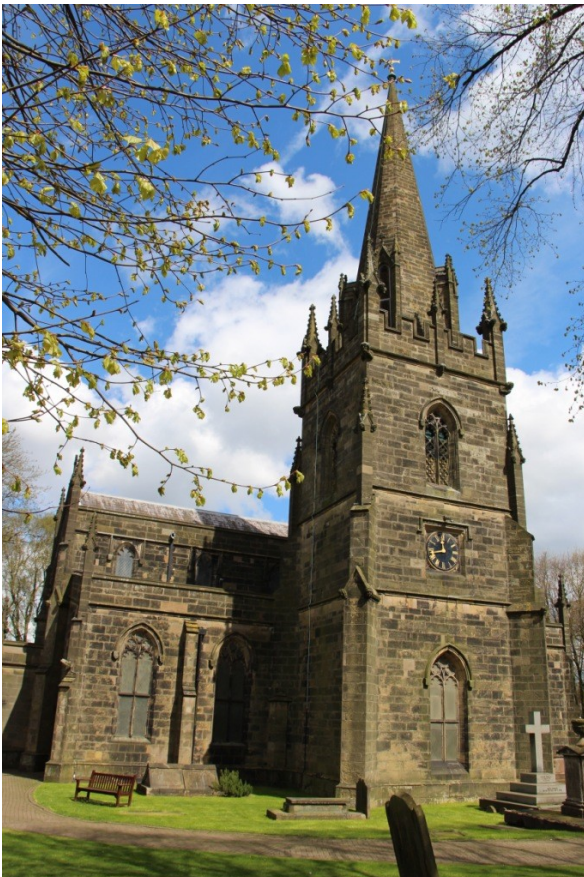


# THE BEACON

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

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50p

June 2021

# PARISH WIDE 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 |
| Ordinand and ALM             | Claire Cox             | 07812 010108 |
| Parish Safeguarding Officer  | Barbara Baker          | 01902 882847 |
| Pastoral Care                | Tracey Bate            | 01902 880727 |
|                              | Jackie Hewlett         | 01902 295164 |
|                              | Sarah Parker           | 01902 885570 |
| Worship Leader               | Suzanne Bradley        | 01902 880055 |
| Youth Leader and Youth Group | Laura Robinson         | 01902 678572 |
| Singing Angels               |                        | 07812 010108 |
|                              | Claire Cox             |              |
| PCC Secretary                | Kath Apperley          | 01902 663253 |
| PCC Treasurer                | Sheila Moss            | 01902 893570 |
| Parish Office                | Gail Griffiths         | 01902 540289 |
| Web Editor                   | Martin Jones           | 01902 884461 |

## St Peters

## Who's Who

|                         |                           |              |
|-------------------------|---------------------------|--------------|
| Parish Warden           | David Moss                | 01902 893570 |
| Parish Warden           | Edward Grist              | 01902 682786 |
| Treasurer               | Sheila Moss               | 01902 893570 |
| Children's Advocate     | Suzanne Bradley           | 01902 880055 |
| DCC Secretary           | John Powell               |              |
| Uniformed Organisations | Please Contact David Moss | 01902 893570 |

## St Andrew's

## Who's Who

|                                    |                     |              |
|------------------------------------|---------------------|--------------|
| Warden                             | Canon Jan Humphries | 01902 661275 |
| Children's Advocate                | Carol Haynes        |              |
| Treasurer                          | Alan Turner         | 01902 670938 |
| DCC Secretary                      | Rosemary Reed       | 01902 679007 |
| Little Angels Baby & Toddler Group | Canon Jan Humphries | 01902 661275 |
| Singing Angels                     | Claire Cox          | 07812 010108 |

## **All Saints Who's Who**

|                           |                 |              |
|---------------------------|-----------------|--------------|
| Vestry Clerk              | Chris Williams  | 01902 672880 |
| Parish Wardens            | Keith Tomlinson | 01902 673366 |
|                           | John Anderson   | 01902 677666 |
| Treasurer                 | John Anderson   | 01902 677666 |
| DCC Secretary             | John Anderson   | 01902 677666 |
| Caretaker                 | Pam Pugh        | 07860 256535 |
| Junior Church             | Barbara Price   | 01902 676591 |
| Bell Ringer               | Keith Williams  | 01902 672585 |
| Organist                  | Martin Platts   | 07941 173252 |
| Youth Leader              | Laura Robinson  | 01902 678572 |
| Brownies                  | Heather Churm   | 01902 674709 |
| Ladies' Society           | Geraldine Baker | 01902 674608 |
| Men's Society             | Roger Berry     | 01902 881374 |
| Mothers' Union            | Liz Williams    | 01902 672880 |
| Rainbows                  | Liz Naylor      | 07827 629648 |
| Web Editor                | Martin Jones    | 01902 884461 |
| Server/Verger             | Len Millard     | 01902 676339 |
|                           | Steve Castle    | 07971 899072 |
| Noah's Ark                |                 |              |
| Parent &<br>Toddler Group | Linda Edwards   | 01902 672556 |

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## **Funerals**

Funerals in MAY

13<sup>TH</sup> MAY – IRIS MURIEL BYFIELD – ALL SAINTS

19<sup>TH</sup> MAY – DAVID JAMES SCREEN – ALL SAINTS

19<sup>TH</sup> MAY – MARGARET BUTLER – GORNAL WOOD

# **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 July magazine need to be sent to:

admin@allsaintssedgley.co.uk

by

**Friday 25th June**

and needs to be in Arial typeface, size 18.

Do not send files in pdf format

WEBSITE: **www.gornalandsedgley.org.uk**

## **To Magazine Deliverers**

Could you please get email addresses for all the people that you deliver to and let either Gail Griffiths or Karen Evans know .

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## **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.

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If you wish to enquire about a wedding for 2021 or 2022, please contact

**Chris Williams chriswilliams550@btinternet.com.**

# **Pentecost Sermon by Bishop Martin**

Come Holy Spirit be our guest, and may this time by you be blessed. I like that prayer. It's simple and easy to remember. I like it too because it is a prayer that does something. It says, Come Holy Spirit. It invites God the Holy Spirit to come amongst us with all the Spirit's power and all the Spirit's gentleness. Come Holy Spirit be our guest.

We invite God the Holy Spirit to do what guests do: disrupt our lives, share our table, open our minds to new possibilities and touch our hearts. Come Holy Spirit be our guest, and may this time, this prayer service, this meal, this bible study... by you be blessed.

50 Days after Easter is the Feast of Pentecost or Whit Sunday, Spirit Sunday. That was the day the Spirit came upon the first disciples in Jerusalem. They had been told by Jesus to wait, and this was what they had been waiting for.

Its sometimes called the birthday of the church, because that's when this ramshackle group were clothed with power from on high. The Holy Spirit had come and the first sign of this was their speaking in tongues, in languages that spoke direct to the heart of passing people, who were amazed that they understood what was being said.

That's just one of the many gifts the Spirit brings. The gift of true communication, when heart speaks to heart. As people hear that God is real, that God loves them. That Jesus is alive and here with us now, and the promise that everyone who calls upon his name will be saved... can be made one with him.

A simple prayer you may want to use this Pentecost, if you dare!  
Come Holy Spirit be my guest, and may my life by you be blessed. Amen.

Questions:

- We are told the Spirit of truth will lead us into all truth. Before you read a bible passage, ask the Holy Spirit to open your mind and your heart to the mystery of his Word. Ask the Holy Spirit to reveal the word that is good news (gospel) for you.
- Have you ever experienced God the Holy Spirit? How did it feel?
- Have you ever prayed a prayer like this? If not, why not give it a try?

## Jesus Stills the Storm (Matthew 8. 23-27)

From Guy Hewlett

*<sup>23</sup> And when he got into the boat, his disciples followed him. <sup>24</sup> A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. <sup>25</sup> And they went and woke him up, saying, 'Lord, save us! We are perishing!' <sup>26</sup> And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm. <sup>27</sup> They were amazed, saying, 'What sort of man is this, that even the winds and the sea obey him?'*

Last year at this time I wrote that we were 'in a very real storm created by the Coronavirus and the illness it leads to, Covid-19'.

Although the vaccine has given us a renewed hope for the future in the UK, India and other countries are really struggling – struggling in ways that we were afraid might happen to us in the UK last year. Though some countries are in a much stronger position than last year, the real risk of the virus is still with us in the world.

And for many of us there is still a horrible anxiety and even fear. Many of us have felt a real impact on our mental health. Our cry may be the same as the disciples in the boat, 'Lord, save us! We are perishing!'

As you read the scripture above again notice that Jesus was always in the boat with the disciples and he is with you and me now, whatever our own situation.

The disciples called on Jesus and woke him up. Jesus knew that they were not perishing, not least of all because he was with them. But he responded to them and rebuked the winds and the sea; and there was a dead calm.

In the quiet of your heart continue to hold onto Jesus and call on His name and know he is with you and hears your prayers. Let Him calm your fears.

From the feast day of Mother Julian of Norwich: “In his love God wraps us and holds us. He enfolds us for love and will never let us go.

” Remember His love is in the midst of life and know that all will be well; all manner of things will be well.

When I want to still myself and be calm and quiet, I often use a very ancient and simple prayer, the Jesus Prayer, repeated over and over:

**Lord Jesus Christ, Son of God, have mercy on me a sinner.**

May God bless you and give you his peace in the challenges we face as we slowly unlock the lockdown. Remember we are not alone. Please be assured of my prayers for you and please remember those nations of the world currently in the midst a Covid-19 storm.

Do not hesitate to call me if you want a chat or to pray.

With my love and prayers in Christ,

**Guy**

---

## **Neighbourhood Watch**

In one small rural village the local vet also led the local Neighbourhood Watch group. Late one night the phone rang, and his wife answered. An agitated voice inquired, “Is your husband there?”

“He is, but tell me, do you need him as the vet or the Neighbourhood Watch?” the wife asked.

“Both!” was the reply. “We can’t get our dog’s mouth open, and there’s a burglar in it!”



# **Living in Love and Faith**

“There is no fear in Love, but perfect love casts out fear”- *1 John 4:18*

In February 2017, General Synod of the Church of England debated the report “Marriage and Same Sex Relationships after the Shared Conversations (GS2055)”. The report was debated but not voted on. Later, the Archbishops of Canterbury and York agreed that “we need a radical new Christian inclusion in the Church. Founded on Scripture, reason, tradition, theology, and Christian faith as the CofE has received it; it must be based on good and flourishing relationships, in a proper twenty-first century understanding of being human and of being sexual”.

As a consequence of this quest, a team of people including theologians, church ministers, Bishops, lay people, people of differing sexual orientations, differing church traditions and theological convictions and life experiences came together to look at the differing aspects of human identity, relationships, sexuality and marriage.

The fruit of their labour is the Living in Love and Faith (LLF) resources. As church communities, we are being asked to engage with the material; and there are a lot of resources to engage with!! From 6 week courses, a beefy book to read (which is also available on line to read so you don't have to buy a copy!), there are films, podcast, interviews etc.

The material has been produced in a way that we can all engage with the material well, with humility, grace, learning, repentance and healing. Sadly the “Church” has caused damage and hurt too many, especially the LBGTI+ community.



Engaging with the process will be a journey of understanding for all of us, in many different ways, we will all have own views and convictions, but learning together, may help us to a new understanding of what it means to be human and a follower of Jesus. We hope to be able to offer engagement, for the parish community, with the material during the year, so watch this space!

In the mean-time, if you would like to find out about the Living in Love and Faith initiative it is available on the Church of England website: [www.churchofengland.org](http://www.churchofengland.org)

**Blessings Catherine**

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## **Calling Young Disciples Activities 2021**

2020 was a year when we were going to build on the successful CYD activities of 2019. Sadly, all these plans had to be put in hold due to Covid-19.

The CYD bub team have been meeting and discerning what we might be able to offer children and families connected with the parish in the coming year.

The plans are still in the early stages, and will hopefully include a Teddy Bears Picnic in July, a new family orientated service called Back2gather, and a Light Party in November. These are in addition to our usual family orientated services at Harvest and Christingles.

Many of the activities planned will include crafts, games, food etc.

If you feel you are able to help in anyway, making crafts, preparing food, helping at any of these activities please contact Rev Catherine or Rev Guy for more information.

## Mothers' Union

As I write this Covid restrictions are gradually being lifted, more people are getting their vaccinations and we are beginning to return to some form of normality, albeit cautiously. It is hard to believe we are in June already, halfway through the year.

I was looking up special days in June 2021 and thought you may like to hear some of them.

**5<sup>th</sup> June – World Environment Day**, encouraging worldwide awareness and action for the protection of our environment.

**5<sup>th</sup> – 13<sup>th</sup> June – Bike Week**, promoting cycling in everyday life.

**8<sup>th</sup> - World Oceans Day**, raising awareness of the oceans and its living creatures.

**17<sup>th</sup> – Cupcake Day**, Alzheimer's Society raising money and awareness.

**20<sup>th</sup> - Father's Day**

**21<sup>st</sup> - World Giraffe Day**, Annual event to raise support, create awareness and shed light on the challenges giraffes face in the wild.

**21<sup>st</sup> – Make a Music Day**, Celebrate music in all its forms and the impact it has on the world and the human spirit.

**21<sup>st</sup> – British Summer Time**

**28<sup>th</sup> – Wimbledon**, start of the championships.

Last month Joan, Anne and myself had a Zoom meeting with Debbie Huxton who is a Modern Day Slavery Campaigner working in the Lichfield Diocese. The Mothers' Union are committed to highlighting Modern Day Slavery and raising people's awareness of this terrible crime, which is not restricted to adults but also targets children. There are four main forms of Modern Slavery – Labour Exploitation, Sexual Exploitation, Domestic Servitude and Organ Harvesting. You all had the small card produced by Mothers' Union that gives information about Modern Day Slavery and I hope to acquire some more of these to place in church as well as doctors' surgeries, libraries, etc. We may feel unable to get involved in this initiative, but we can pray about it, and as we know prayer is powerful.

Congratulations to Barbara and Bill Baker, who celebrated their Ruby Wedding Anniversary in May, and to Mary and Charlie Davenport, who celebrated their Diamond Wedding Anniversary, also in May.

Barbara and Mary send their thanks for the cards and clematises I took to them from Mothers' Union. Mary said she had put our card next to the one they had received from the Queen.

At Iris Byfield's funeral, Revd Guy read the following poem she had written, entitled 'Have Faith'.

*'Have Faith'*

Pursue your dreams and find success,  
Then you'll find you will be blessed.  
Be firm in strength and stand your ground,  
Let people know that you're around.

*Have faith*

Don't be sad, go on your way,  
Get down on your knees and pray,  
That guidance, happiness and love,  
Come from God in Heaven above.

*Have faith*

And when the end of the road is in sight,  
Let your heart sing out with all your might,  
Then true love will come to you,  
So binding, strong and deep and true.

*Have faith*

When eyelids close in death this night,  
Still thank God with all your might,  
He will guide you through the storm,  
And rest your soul on that sad morn.

*Have faith*

**Iris Byfield**

## Mothers' Union Date

We intend to meet on Tuesday 6<sup>th</sup> July for a short service and AGM. This will be an opportunity to meet up with members many of us have not seen for 15 months. The meeting will be in the Church Hall and will comply with current Covid 19 advice.

Take care

Liz

---

## The Parable of the Great Banquet

One thing that we've probably missed over the past year is parties. Well, this month should enable us to party again! Lots of Jesus' parables focus on parties, as they are a picture of the joy, hope and life of the kingdom of God. The parable of the Great Banquet (Luke 14: 15-24) challenges us not to miss out on this.

In Jesus' day, when people accepted an *invitation* to a banquet, they were only told the actual time on the day: '*Come, for everything is now ready*' (17). Jesus' invites each one of us to share in the life of His kingdom.

However, the guests made excuses for not coming. At the time, this would have been extremely insulting to the host. They said: '*I have just bought a field; I must try out my new team of oxen; I have just got married*' (18-20). These are all good things in themselves, however they reveal their priorities were elsewhere.

We too can be pre-occupied with our own routines of work, family, retirement, holidays, friends, home, social media, that we forget God's priorities for our lives. Jesus calls for total commitment from His disciples. *What priority in my life is holding me back from accepting His invitation? How did the host respond?* He ordered His servants to '*Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.*' (21). He invited the unexpected and unacceptable people to His banquet. Jesus makes the point that *God's kingdom is open to all!* Thinking about our family, friends, colleagues and neighbours, even if they're not like us or show little interest in God: *Are we willing to offer them God's invitation to share His love and life?*

# MEMORIES ARE MADE OF THIS

To celebrate the marriage of  
Brenda Georgina Amos  
To  
Mr Keith Henry Tomlinson  
At the Parish Church of St. Thomas  
High Street, Wednesfield  
On Saturday 19<sup>th</sup> June 1971 at 2.30pm.



## IN CELEBRATION OF OUR GOLDEN WEDDING ANNIVERSARY

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### God's Care

How brief is our span of life compared with the time since You created the universe. How tiny we are compared with the enormity of Your universe. ...yet during every minute and ever second of our lives You are present, within and around us. You give your whole and undivided attention to each and every one of us. Our concerns are Your concerns. And You are infinitely patient with our stupidity. I thank you with all my heart....

# Where are our birds?

British birds are in big trouble. 80 per cent of our most popular species are in severe decline, according to recent data from the RSPB's annual Big Garden Birdwatch.

The world's largest wildlife survey has found that 16 out of the 20 most spotted garden birds have been in decline since 2020. There are now concerns about the greenfinch and chaffinch, which were seen in their lowest ever numbers this year.

The top five birds seen in people's gardens were: house sparrows, blue tits, starlings, blackbirds and wood pigeons. Only robins, blackbirds, carrion crows and the song thrush grew in number in 2020.

## Talking

Bishop Douglas Feaver, the notoriously outspoken former Bishop of Peterborough, was presiding at his first Diocesan Synod and a man at the back had been droning on and on for some length of time.

Finally, a lady called out to protest that she could not hear what he was saying. Bishop Douglas replied: "You should thank God and sit down."



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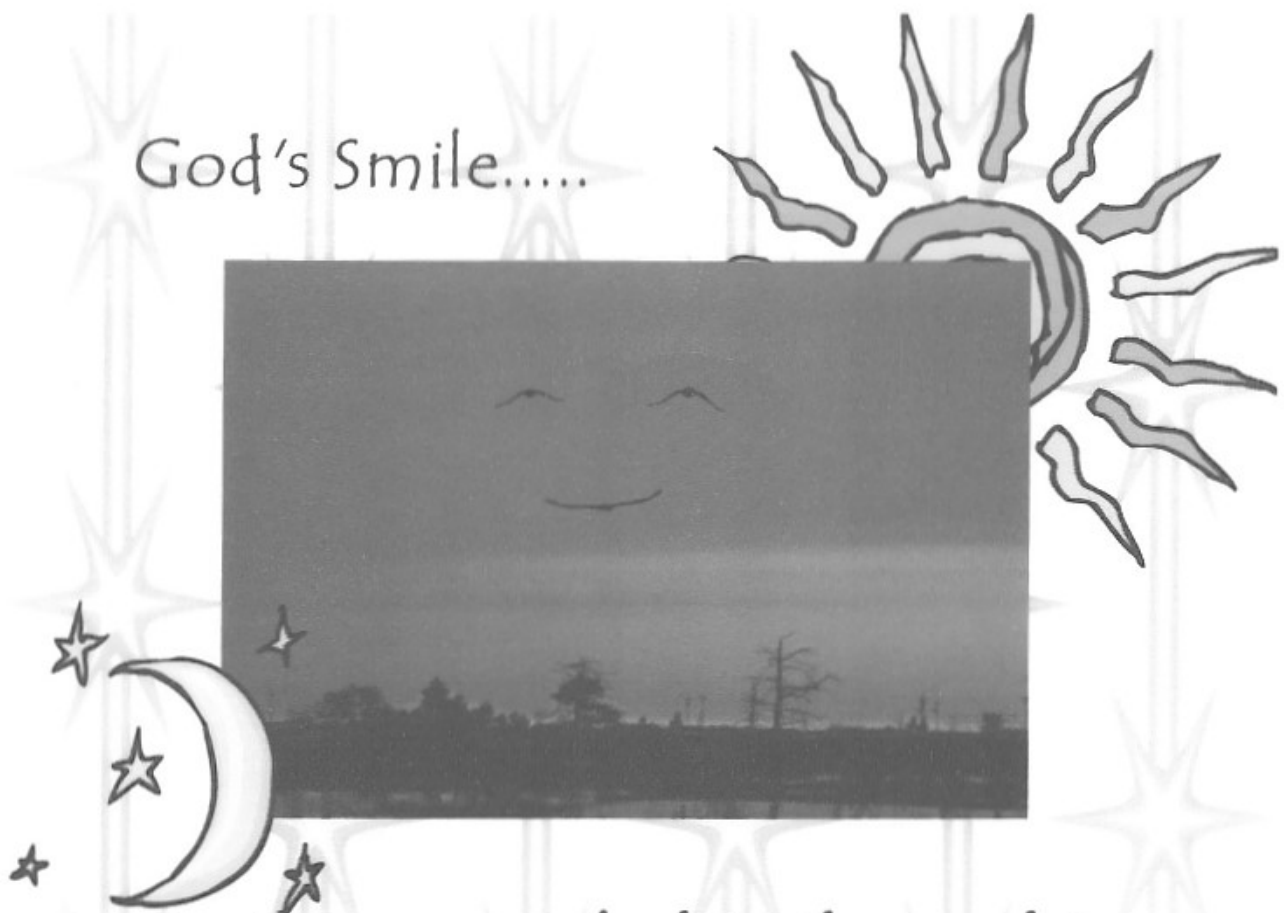
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God's Smile.....



As the moon lights the night,  
To shine across the world,  
The stars come out to twinkle,  
As night is unfurled.  
The sun comes in the morning,  
To stay around a while,  
Just in the between times,  
You can see God's smile.

M. Kilvington.

## Finger/Ink

The moving finger write; and, having writ, Moves on: nor all your or piety  
or Wit shall lure it back to cancel half a line, Nor all your Tears wash out  
a Word of it.

From my book, Verse 71, from the Rubaiyat of Omar Khayyam.

It's meaning from translation represents the passage of time; once a  
moment happens it is now the past. All cleverness or prayers are unable  
to pull it back to the present and history is fixed. So do good in word  
and deed always, it can't be undone.

Question....Where does the ink come from. "*From this writing*"  
In the 12<sup>th</sup> Century black ink was made from lamp black (Soot) and  
mixed with oil, other colours from compounds of the period table.  
Artist and scribes made up their own.

Lamp black is made from residue of candle of oil lamps and collected  
from the items around them. Channel black is collected from the  
underneath of long channels, with oil lamps beneath. *From my years in the  
rubber industry.*

Illustrated works like Bibles and Holy book had gold dust sprinkled on  
the written word.

This information is from book fore mentioned. Omar Khayyam was born  
in 1048 and died in 1131 aged 83.

**Rob Lavender**



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# **ALTAR FLOWERS**

Thank you to all who donate towards flowers for church in memory of loved ones. We have fresh flowers every month arranged by Becky Hill. Your contributions also pay for the silk flowers each side of the altar.

New arrangements have now been displayed for the summer months. Our thanks to Becky and Margaret Hall for their lovely displays.

**Linda Watkins**

# **All Saints Snapshots of History – Part One**

## **The East Window**

How often do you take for granted the East Window – the dominant and magnificent feature as you enter church, particularly on a sunny morning as the rising sun illuminates the stained glass?

Reference to a report in the Wolverhampton Chronicle, 6<sup>th</sup> July 1831, gives an interesting description of the window:

‘The East Window was installed in 1831 (the Church was rebuilt 1826 – 1829). The upper part contains the armorial bearings of the Earl of Dudley and those of the Vicar and other families connected with the parish; the lower representations are of Christ and some of the Apostles and Evangelists. The window was executed in Nuremberg by J Helmle. The colours are brilliant and the figures perfect and the disposition of the drapery produces the best effect.’

In 1866 the window was “restored to its original beauty”.

And so it remained until 1969 when part of the window was replaced – the tracery and armorials remaining. This work being undertaken by D Brooke. The plaque adjacent to the southern end of the altar rail indicates in memoriam of those involved.

The window was re-dedicated on November 7<sup>th</sup> 1971.

**John Anderson**

---

## **Jump**

A minister invited to preach at a local prison regretfully chose the text: ‘With the help of my God, I will leap over the wall.’

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\* Sedgley  
\* DY3 3UA

\* Look forward to hearing from you.

\* **Gail**  
\*

\*\*\*\*\*  
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Bank **on Mondays 10am to 12 noon at:** SPRINGS, Upper Gornal  
Methodist Church, Kent Street, Upper Gornal, DY3 1YB.

**PLEASE NOTE** – You can leave donations of food in the box on  
the table outside All Saints Rectory each day.

If you would like to make a cash donation you can do so on the  
Black Country Food Bank web site at:

<https://www.blackcountryfoodbank.org.uk> or you could put a cash  
donation clearly marked through the All Saints Rectory door.





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*From the creation of the world, God's invisible  
 qualities, his eternal power and divine nature  
 have been clearly observed in what he made.*

*Romans 1:20*

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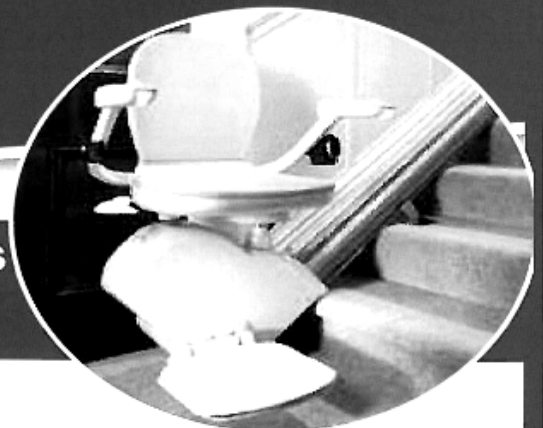
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## **A Pembrokeshire Spring**

After the winter that has seemed so hard and so long, what a joy it has been to escape to our little haven of peace in Pembrokeshire! At home there is such a temptation to either be doing jobs or feeling guilty about not doing them. Here there are fewer jobs, and somehow it's easier to ignore some of them in favour of cutting out paper dolls with the little ones.

The sunny weather has been an absolute joy, painting the world in beautiful spring greens, filtering the light in such a way that the leaves glow between the branches. Hedgerows are full. Dandelions and daisies may be humble little plants, but they nestle amongst the grass with their bright colours beautiful amongst the green. Throw in the subtler tones of primrose and primula, tiny violets and forget me nots, set them against a soundtrack of birdsong, and you find yourself humming "All things bright and beautiful" We only spotted one clump of anemones, but we were once told that these were the flowers referred to in one of our favourite biblical quotations "Consider the lilies of the field, how they grow. They toil not, neither do they spin, but yet I say unto you that even Solomon in all his glory was not arrayed like one of these."

So does that mean we shouldn't always be worrying about the jobs we haven't done? We think it does, don't you?

---

### **Friend?**

Arriving at church to attend a wedding, a formidable looking lady in a large hat was greeted by the usher. "Are you a friend of the groom?" he ventured.

"Certainly not," she said indignantly. "I'm the bride's mother."

## Making changes

*They also failed to show any loyalty to the family of Jerub-Baal (that is, Gideon) in spite of all the good things he had done for them. Judges 8:35*

There are some things we change often and others rarely. All businesses want customers and clients who return again and again, without making a fuss and who do not 'shop around'. Do you 'shop around' or are you steadfastly loyal, whether you are valued or not?

Take a minute to think about how loyal you are to your supermarket, bank, doctor, insurer or energy supplier. Some of these we change often without a thought, and some not so. Many of us are skilled at getting the best deal and haggling. There is nothing wrong with that, and we should certainly be good stewards of what we have. This applies to both our home and church. We should shop around to get the best offer for our families or the congregation. When was the last time your church got several quotes for electricity or insurance?

If you think about the list above, there are some things we would rarely change. We tend to keep the same bank, and the same usually applies to doctors and other professionals. Some of these are simply not easy to change! Banks are supposed to make it easy to change accounts, but it rarely is. We would not give a second thought to doing the week's shop somewhere different, but business likes customers who are loyal, so they introduce reward schemes to encourage us to always buy things from them. All businesses depend on reputation and loyalty is to be valued. If we get a good experience, we should cherish it. If not, then tell them. What should we look for when shopping around? How about asking yourself the following questions: 'Is it *really* a good deal?' 'Are there hidden extra charges?' 'How long are you tied into the deal for?' 'How difficult will it be to change supplier?'

If you want to renew a contract or if you are a new customer, it is usually easy. But try to cancel and they make it difficult; you often have to telephone to explain why. If you say you do not want to renew because you have a better quotation elsewhere, then you may suddenly get a better deal.

We do not usually have loyalty cards or reward points in church, do we! We could probably learn something about welcoming new customers and keeping existing ones loyal.

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# **FAIRTRADE BANANA BREAD**

**by television chef Michael Barry**

Makes one loaf

225g self raising flour

100g butter

150g castor sugar

450g bananas – over ripe

½ teaspoon salt

2 eggs

175g mixed dried fruit

Preheat oven to 180 degrees

Peel and mash bananas and mix all ingredients except dried fruit together, this can be done in a food processor or by hand.

When all mixed up add the dried fruit.

Spoon the mixture into a 1kg non stick loaf tin, spread out evenly and bake for 1.5 hours.

The loaf is cooked when a skewer pushed into the middle comes out clean.

Cool before serving

---

## **Belief**

Our elderly vicar was very devout, but sometimes lost his place during the service. One Sunday as we reached the Creed there was a long silence, so the curate went across to him and gently touched his arm. “I believe in God,” she whispered.

The vicar smiled back happily. “Oh so do I, so do I!”

# How healthy is your church leader – and your church?

When was the last time you heard a church leader preach about sleep? Or about eating well, exercise, coping with stress or living a life rich with relationships?

How far do your church leaders model good health and wellbeing in the way the church is run and the example they set for the congregation? And how often do they teach about living well?

These questions are posed by experienced general practitioner and Christian, Dr Richard Pile, in a newly-published book that aims to bridge the gap between health and faith.

In *Fit for Purpose*, (HarperInspire), he declares: “I believe for us to feel truly well, to fulfil our potential and live satisfying and meaningful lives, there should not be an artificial divide between physical and mental and spiritual wellbeing.”

He calls on church leaders to take seriously the health of their congregations and the people they seek to serve. They should create a culture where living well – “life in all its fulness” – is encouraged and modelled.

“If someone tells me that they have lots of spiritual gifts – such as prophecy, discernment or speaking in tongues – but their physical and mental health, their relationships, their career or finances are a disaster, I would question whether they truly understand what wellbeing really means, and whether they’ve got the balance right.”

Richard Pile sets out what the Bible says about sleep, food, exercise, coping with stress, having strong social connections and living with meaning, and then challenges the Church to take these teachings seriously. He believes this could have a positive impact on a church’s influence in its community.



He says, “Crowds followed Jesus because they were hungry, physically and spiritually. He didn’t have to drum up trade. They saw in Him someone who could offer them hope and meet their needs. If one of the purposes of your church is to serve your community, how is this best done where you live?”

Based on more than 20 years of general practice, Dr Pile also challenges health professionals to recognise the benefits of good ‘spiritual health’, often derived from belonging to churches or other faith communities. These health benefits frequently arise from living a life with purpose and being connected to a wide-ranging group of people.

He explains: “As a society we have never had so much advantage and yet been so disadvantaged by this very same society which we have built for ourselves. We are ignoring our basic needs when it comes to sleep, nutrition, movement, relaxation, relationships and purpose in life.

“We face a rising tide of physical health problems, such as obesity and diabetes, and mental health issues such as loneliness and depression. Our medical model is a broken, disease-based one which is not fit to meet our needs, particularly when it comes to preventing health and wellbeing problems.”

Using his experience of medicine, behavioural change and the Christian faith, Richard Pile responds to these challenges with real-life case studies and practical recommendations for change for individuals, churches, and wider society.

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## **The Lord’s work**

On leaving the local Churches Together lunch, the Catholic priest was heard to say to the Methodist minister: “Well, at the end of the day, we’re all doing the Lord’s work: you in your way, and I in His.”

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# **The beginnings of Boots the Chemist**

Jesse Boot, the British pharmacist and philanthropist, died 90 years ago, on 13<sup>th</sup> June 1931. He turned the Boots Company started by his father John – a former agricultural worker – into a chain of chemists branded ‘Chemists to the Nation’.

The 1<sup>st</sup> Baron Trent, as Jesse became in 1929, sold his controlling interest to American investors in 1920, but Boots continues to be a familiar name to all Britons. Ironically John Boot had offered his close friend and business associate John Harston the opportunity of going into business with him, but Harston had felt it was not a good investment.

Jesse Boot was a great benefactor to the City of Nottingham. He gave land for what is now the University of Nottingham and was presented with the Freedom of the City of Nottingham in 1920.

He met his wife, Florence Rowe, in a Wesleyan Chapel in Jersey while he was recuperating from illness. She was also an astute businesswoman, who helped to develop the Boots business, and her home island of Jersey benefited from the couple’s generosity. After her husband’s death she commissioned the glass artist René Lalique to refit the Anglican church of St Matthew there as a memorial to him

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## **Out to graze**

A group of elderly British tourists were touring Holland by bus. They stopped at a cheese farm where a young guide led them through the process of making cheese from goat’s milk. She showed the group a lovely hillside where many goats were grazing.

“These,” she explained, “are the older goats put out to pasture when they no longer produce.” She then asked, “What do you do in Britain with your old goats?”

A spry old gentleman answered: “They send us on bus tours!”

## **THE CURRENT PATTERN FOR REGULAR SERVICES IS:**

- Monthly 8am Sunday Holy Communion at All Saints on the first Sunday
- Monthly 10am Holy Communion service on a Wednesday at St. Peter's, on the second Wednesday

### **From Sunday 4th July, if allowed**

#### **All Saints**

8.00am Holy Communion each Sunday

10.30am Holy Communion service each Sunday (also on Zoom and Facebook)

6.30pm service of Night Prayer (Compline) on Zoom for 3 Sundays a month and a monthly service of Evensong.

#### **St Andrew**

9.30am service of Worship Together or Holy Communion.

#### **St Peter**

10.30am Holy Communion or Worship for All each Sunday

10am Holy Communion service on each Wednesday

## **THIS LINK WILL TAKE YOU TO THE CHURCH OF ENGLAND ONLINE RESOURCES INCLUDING SUNDAY SERVICES:**

<https://www.churchofengland.org/news-and-media/church-online>

## **DAILY HOPE PHONE LINE**

You can continue to access services at Daily Hope, which is a free national telephone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone: 0800 804 8044.

# **Sarah Powell**

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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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The Rectory  
St James the Least of All



My dear Nephew Darren

Since your parishioners mostly live in an area of half a square mile, where their only concern in getting to church is whether to take the underpass, or to risk a dash across the ring road, you may have little understanding of the problems our folk have in travelling our long country lanes to church, especially as we are keeping our social distance from each other.

Several parishioners have decided that they can't possibly share cars even with their own spouses, as in their 15-room homes they have successfully (and in some cases, happily) avoided each other for months. So the lane outside the church has filled up each week with Mercedes nudging Audis, and Land Rovers easing in between Bentleys.

Others arrive on horseback. But they are careless about leaving their horses to graze in the churchyard, and I have had to remind them twice that flowers in memorial vases are not fodder. The horses do help to keep the grass down, but unfortunately our verger now objects to standing outside during Mattins, holding the reins of half a dozen horses. He says it is not part of his job description, which only confirms my view that there is entirely too much fuss these days about having job descriptions at all.

Major Crompton's devotion to his new sit-on lawnmower has inspired him to travel to church on it. Since he is unable to uncouple the mowing apparatus, the tarmac on his two-mile drive is acquiring interesting

patterns. His drive at two miles per hour along narrow lanes means he arrives leading a procession of cars with drivers given the opportunity to exercise the Christian virtue of patience.

Mrs Pendleton, on the other hand, leads a small but select group from the Mothers' Union who are all keen cyclists. They all arrive on a whoosh of fresh air, their hair in total disarray, but with pink cheeks glowing with health. Nobody in church minds sitting near them, as anyone who can manage to peddle an old three-gear bicycle up the hill to our church is most unlikely to be sickening for anything.

Finally, of course, the majority arrive on foot, having negotiated fields, stiles and assorted cattle on the way. The countryside may well praise God, but one does wish they wouldn't bring quite so much of it into church.

Your loving uncle,

**Eustace**

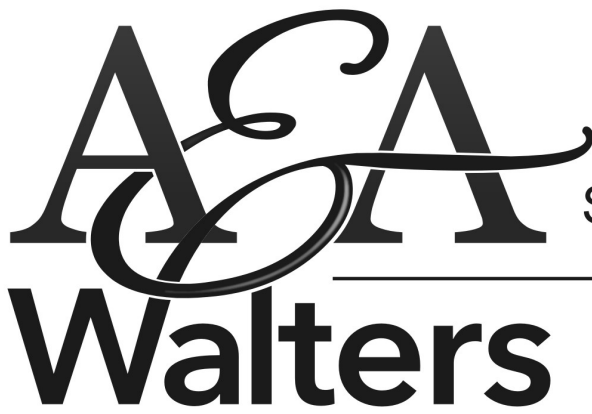
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## **“It is like driving on the moon”**

Some of our British roads are beginning to resemble “the surface of the moon”, according to the RAC. It has recently reported that an average of 52 drivers a day are breaking their cars on potholes and needing to be rescued.

More than 4,000 drivers have needed assistance since January, despite the fact that lockdown has meant many fewer cars on the road.

After years of underfunding and patch-up repair jobs, and despite the fact that councils are currently filling a pothole every 19 seconds, the RAC says that the Government and local councils face an ‘enormous task’ to get our roads “anything like reasonable” again. Potholes are nasty to cars. They can break your suspension springs, distort your wheels, and damage your shock absorbers, among other woes.



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# **SERVICES FOR THE MONTH**

## **PLEASE BOOK IN FOR THE FOLLOWING SERVICES WITH GAIL.**

### **Services in June 2021**

#### **6<sup>th</sup> June**

8am Communion All Saints

9.30am Communion By Extension St Andrews

10.30am Worship Together St Peters

10.30am Communion All Saints also on zoom and facebook

11.45am Zoom Coffee

6.30pm Compline Zoom

#### **Wednesday 9<sup>th</sup> June 10am Communion St Peters**

#### **13<sup>th</sup> June**

9.30am Worship Together St Andrews

10.30am Worship Together St Peters

10.30am Communion All Saints

11.45am Zoom Coffee

6.30pm Compline Zoom

#### **20<sup>th</sup> June**

9.30am Worship Together St Andrews

10.30am Worship for All St Peters

10.30am Communion All Saints also on zoom and facebook

11.45am Zoom Coffee

6.30pm Compline Zoom

#### **27<sup>th</sup> June**

9.30am Worship Together St Andrews

10.30am Communion St Peters

10.30am Communion All Saints also on zoom and facebook

11.45am Zoom Coffee

6.30pm Compline Zoom