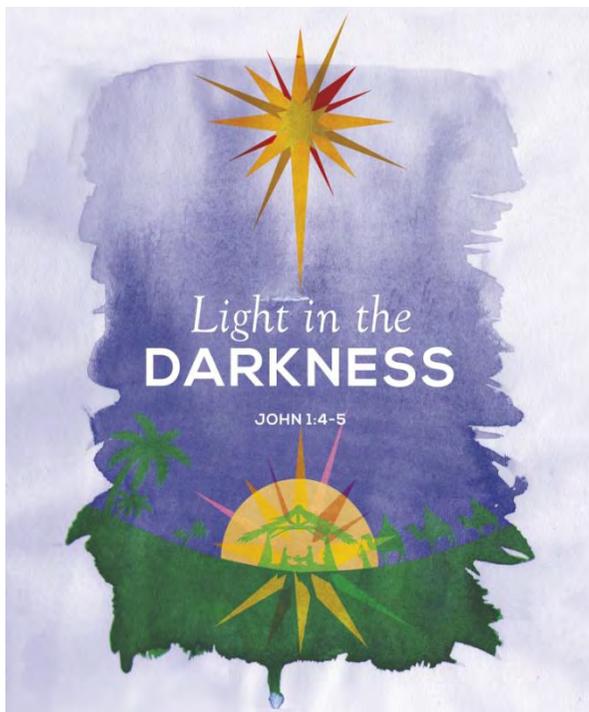




# Connected

## ***The Ryburn Benefice Magazine*** **December 2017 / January 2018**



**The Ryburn Benefice Churches:**  
**St Luke's Norland, St Mary's Cottonstones, St Peter's Sowerby**

# Church Contacts

	<u>Name</u>	<u>Telephone</u>	<u>Email</u>
<b><u>Vicar</u></b>	Revd Jeanette Roberts	01422 646 371	revdjeanetteroberts@gmail.com
Retired Priest & Magazine Editor	Revd Lesley Ennis		lesleyennis@hotmail.co.uk
Associate Priest	Revd Ian Sparks	01422 884421	priest@luddendenchurch.org.uk

## **St Mary's, Cottonstones**

Churchwardens	Jim Skelsey	01422822936	skelseyfamily@aol.com
	Miriam Asquith	01422 822534	miriam.asquith@hotmail.com
Verger	Contact Jim Skelsey		
Organist	Bill Ellis		

## **St Mary's Community Centre**

Bookings	Jim Skelsey	01422822936	skelseyfamily@aol.com
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## **St Luke's, Norland**

Churchwardens	Jen Hallos	01422 832700	jen@prospectplace.freeserve.co.uk
	Lynne Wheale	01422 823683	lynnewheale@hotmail.co.uk
Verger	Eleanor Mitchell	01422832560	
Organist	John Naylor	07977846285	john.r.naylor@live.com

## **St Peter's Sowerby**

Churchwarden	Ken Cuttle	01422 836487	kencuttle@aol.com
Verger	Contact Ken Cuttle		
Organist	Richard Barnes	01422 346215	

## **St Peter's Community Centre, Sowerby HX6 1HB**

Centre Manager	Fiona Butterworth	01422 836448	dfbutterworth@hotmail.com
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## **Revd Ian writes .....**

### The Perfect Gift.

As Christmas approaches the more organised amongst us will have present buying well in hand. One person sees something that is the perfect Christmas gift for a friend whilst on their summer holidays. On the other hand, apparently a large proportion of men buy their special one a gift at the last minute on Christmas Eve. It can be so difficult to find and deliver the perfect gift even in these days of online shopping. I have seen the desperate men floundering in the department store with dread in their eyes, for in truth I have been one of them.

There is one counter of a well-known store which always has a queue after Christmas. It's the one where you go if you want to return any item which is too big or too small, the wrong colour, the wrong style, or whatever. It's as much a part of Christmas as mince pies and carols, acknowledged in the way that gifts are often given with the words 'I hope you like it, but you can always change it if it's not right.' Many gifts this Christmas will be appreciated, enjoyed, worn, eaten or played with; but some will be unused, unwanted, and exchanged. Thank heavens for the 'Gift receipt' - the no quibble easy way to return the gift that turned out to be less than perfect for a refund or exchange. Some gifts must never be taken back. They must be worn and seen to be worn and never ever have the chance of appearing as prizes in a raffle within 50 miles of the giver.

Christmas is all about giving. We give gifts to one another but of course we need to remind ourselves that it's really about God's gift to us. God so loved the world that he gave his Son. The shepherds' gifts, the gifts of the wise men, our gifts, are reflections of that, responses to that first gift. We need to remember that it's not our birthday that we celebrate, unless of course you are one of those people whose birthday falls on Christmas day.

The gift delivered in the birth of Jesus, is unwrapped and lived out in the incarnation as God dwells in humanity. The gift grows and develops to experience joy and pain, life and death.

God coming as a living person is actually very affirming of humanity and of the goodness of life in the flesh. In this past year the dark side of humanity has been very visible, globally and closer to home. Terrorists who kill indiscriminately seem ever present in the news. Or too often people are killed or abused by someone known and trusted by them. It is easy to be down hearted at the persistence of evil in all its forms. As we look forward to the New Year we should hold onto what is good and recognise the gift that has been given. Wonderful as the Christmas story is, we can sometimes trip on the tinsel and become tangled in the trimmings. Yes, the incarnation is saying something profoundly important about God, but we can overlook the equally profound and important thing it is trying to say about being human here and now.

The most important gifts are not wrapped in Christmas paper. They are the gifts we have and the gifts we are. God's gift to us is Jesus Christ, but God's gift to us is also the life we have and the person we are. A woman has written 'I do not have gifts in music, or great oratory powers; I'm not very good at administration; I'm not quick thinking or very organised in my daily life. But I know what it is to laugh or cry; to love and to hate; to suffer pain and disappointment, grief and despair. I know what it is to sin and to know God's forgiveness; to feel bitter regret and then feel peace and hope in him. I know what it is to struggle with my faith. This is all I can offer, along with sincerity of nature and personality which does nothing half-heartedly and never gives up.'

The Christmas we will celebrate will turn into a Christmas left behind and packed away until next year. God is not just for Christmas but for life. The Christmas story tells the message that God came amongst us at a particular time and a particular place in a particular person who was Jesus. There is no 'gift receipt' for there can be no exchange for

this gift is unique – he is the perfect gift. As always we have the choice to make of the gift what we will but Jesus Christ is too special to be ignored or tidied away into a forgotten corner.

The message of Christmas may also be about God saying to each one of us: You too are very special. You are the gift. Let's not be unused this Christmas and in the year to come know God's blessing upon us all and be a blessing to others.

Ian



### **The name of God....**

A little boy arrived at the gate of heaven. There he met an angel. 'Before you come in, can you tell me God's name?' said the angel. 'Oh, that's easy,' the little boy replied, 'His name is Harold.' 'What make you think His name is Harold?' the angel asked incredulously. The little boy explained: 'Because at Christmas we sing "Hark while Harold's angels sing..." and also, when we pray, we say: "Our Father in Heaven, Harold be Thy Name..."'

## 6 December : What's in a (Christmas) Name?

What do your family call him, that funny old man in a red robe and floppy hat who pops up everywhere at Christmas?

Sometimes he's Father Christmas, sometimes Santa Claus, and in parts of Europe he's Saint Nicholas. That's his real name, abbreviated to 'Santa Claus' by Brits and Americans who don't like to follow the Europeans, and then turned into a more homely, cuddly kind of name for the children. Whatever he's called, his function is the same – delivering presents to children at Christmas.

The first St Nicholas was a real person, about whom a few more facts were discovered this Autumn. He was bishop of Myra, in the country we now call Turkey, in the fourth century. He was known as the friend of the poor, and especially poor or abused children. At (or just before) Christmas he went around handing out presents to them, as well as rescuing some from dreadful circumstances. The red robe our modern Santa Claus wears is a vague representation of a bishop's garment, and the floppy hat is his mitre!

The original good bishop from 1600 years ago is remembered by the Church on December 6th, and the lucky children in Belgium and the Netherlands get their presents then!

by David Winter

### **Christmas: Why does it begin at midnight with Holy Communion?**

The hour was first chosen at Rome in the fifth century to symbolise the idea that Christ was born at midnight – a mystical idea in no way hindered by historical evidence! No one knows the hour of his birth.

Certainly in recent times, Holy Communion at midnight on Christmas morning has proved popular with modern families. One British writer pointed out its "domestic convenience" in 1947: "for where there are children and no servants, husband and wife may be unable to communicate at any other time." (So things don't change, then!)

# Hello God....

## Gifts

Glory to God  
and thanks for His love-gift,  
Saviour in baby clothes.

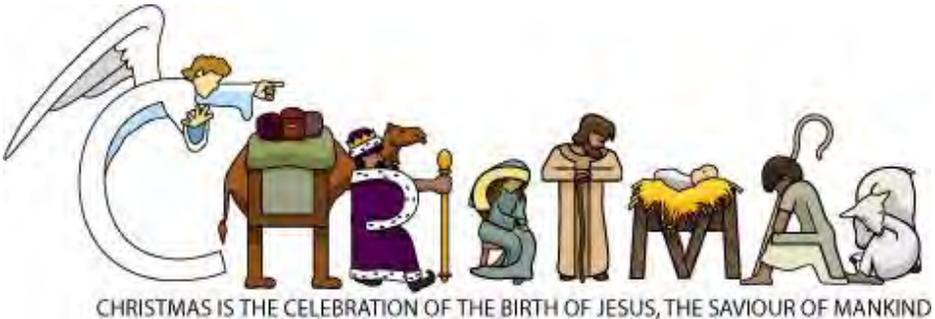
Glory to God  
and thanks for His light-gift,  
shining, living Way.

Glory to God  
and thanks for His life-gift,  
cross-shaped sure hope.

Glory to God  
and thanks for His Son-gift,  
Jesus,  
Precious and beautiful.

Glory and thanks to God  
And to His people -  
Holy Christmas Peace.

By Daphne Kitching



## Prayer at Christmas

Father of all good gifts,  
Thank you for the greatest gift of all – your precious Son, Jesus. Thank you  
that He chose to live with us so that all who trust Him will one day live with  
you in peace and wholeness.

Help us Father, this Christmas, to keep you at the centre of our celebrations  
and, in the midst of all the busy-ness and rush, to know your presence and  
the peace that only you can give. And Lord, may we reflect your love to those  
who don't yet know that you are real and alive and able to help, whatever  
their situation. In Jesus' name, Amen.

By Daphne Kitching



## CHRISTMAS CARDS

Time to write your Christmas cards again – what designs have you picked to send this year? Are they religious ones?

Look in the shops at all the different designs, traditional and modern. Traditional religious cards have usually included the nativity – Mary, Joseph and the baby Jesus. But what else would you count as religious? The Three Kings? The Bible doesn't say they were kings, or that there were three; just that they were Wise Men, who travelled far to bring special gifts for the baby Jesus.

Do you know why there are so many robins on Christmas cards? The first postmen in Victorian times wore red and were called robins, so robins were shown as delivering cards.



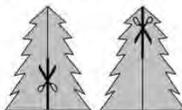
Whatever kind of card you send this year, be sure to include a kind message with love for your friends. Our love is a tiny echo of God's love for all the world.

## CARD or DECORATION

Here is a simple 3-D Christmas tree that you can use as a decoration or a card. You will need green card, crayons, glitter or paint, scissors and sticky tape.

Fold a piece of card in half, then cut it in half. Put the two pieces together and fold them in half again.

Draw half a Christmas tree opposite the fold. Cut along the line and you will have 2 identical trees. Fold the trees in half, very lightly, hardly creasing the centre line to mark the centre of the tree. Cut a slit along the bottom half of the centre of one tree and along the top half of the centre



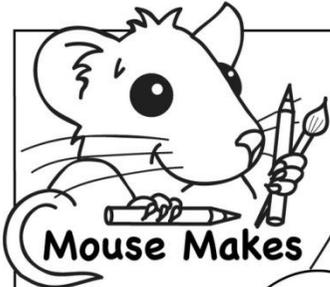
of the other tree. Slip the two trees together along the slits. To help the tree to stand firmly, use sticky tape to fasten the parts together where they meet.

Decorate the tree. If you are using it as a card then leave an area free of decorations so that you can write on it.



*What goes red white red white red white?*

*Santa rolling down a hill.*



Colour in one star a day as you countdown to Christmas



"I bring you **good news** that will bring great **joy** to all people. The **Saviour** has been born today! ...

Glory to God in the highest heaven, and peace on earth to those with whom God is pleased".

*from Luke 2 vs. 10,11,14*



**C H R I S T M A S**

**B A B Y T H O L Y J U D E A R T H**  
**B J P E A C E S O N O F L O C K P U S**  
**R O F I E L D E G A S H E P H E R D S**  
**I Y O N B O R N O Z E G M A R Y A A A**  
**N M R N A T O Z O A P A A L I R I V V**  
**G O D S C H I L D R H L N A S O S I I**  
**L J E S U S H O N E L I G H T O E D O**  
**O G U A R D I B E T H L E H E M Z S U**  
**R S L S H E E P W H Y E R L O R D O R**  
**Y N N A N G E L S B H E A V E N A M E**

MARY • JOSEPH • NAZARETH • GALILEE • JUDEA • BETHLEHEM • DAVID  
 HOLY • CHILD • BABY • SON • NAME • JESUS • MANGER • ROOM • INN  
 SHEPHERDS • FIELD • GUARD • FLOCK • SHEEP • ANGELS • SHONE • BRING  
 GOOD NEWS • JOY • SAVIOUR • BORN • CHRIST • LORD • LIGHT  
 PRAISE • GLORY • GOD • PEACE • EARTH • HEAVEN • CHRISTMAS

# The Regular Church Calendar

## Sunday

- 10.00am Holy Communion St Peter's  
In It Together Worship 2<sup>nd</sup> Sunday in the month
- 11.30am Holy Communion St Mary's ( 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month only)
- 3.30pm Holy Communion St Luke's  
In It Together Worship 4<sup>th</sup> Sunday in the month

## Monday

- 9.15am Morning Prayer St Luke's

## Tuesday

- 12 noon Lunch Club St Luke's, 1<sup>st</sup> Tuesday in the month

## Wednesday

- 9.15am Morning Prayer St Mary's

## Thursday

- 9.15am Morning Prayer St Peter's
- 10.15am Holy Communion White Windows, 2<sup>nd</sup> Thursday in the month
- 12 noon Lunch Club St Peter's Centre 1<sup>st</sup> & 3<sup>rd</sup> Thursday in the month

## Saturday

- 9.30am Prayer Breakfast St Peter's, 1<sup>st</sup> Saturday in the month

Don't forget to look us up on the web:

[www.ryburnbenefice.org](http://www.ryburnbenefice.org)



SaintPeter's Church Sowerby

For details of Baptisms, Weddings, Funerals, Home Communion,  
Holy Unction, and Confession, please contact the Vicar:  
Revd Jeanette Roberts tel 01422 646 371  
revdjanetteroberts@gmail.com

## Particular events to note in December & January

Fri 1 <sup>st</sup>	<b>St Nicholas Day Festival</b>	6.30pm St Peter's See below for details
Sun 3 <sup>rd</sup>	<b>Christingle &amp; Toy Service</b>	3.30pm St Luke's
Tues 5 <sup>th</sup>	<b>Lunch Club Xmas meal</b>	St Luke's
Thurs 7 <sup>th</sup>	<b>Lunch Club Xmas meal</b>	12pm St Peter's Community Centre
Sun 17 <sup>th</sup>	<b>Carol Service with the Melody Belles</b>	3.30pm St Luke's
Thursday 21 <sup>st</sup>	<b>Carol singing at Tesco's</b>	5pm – 7pm
<b>Christmas Eve</b>	<b>Joint Churches Parish Eucharist</b>	<b>10 am St Peter's</b>
	<b>Crib Services</b>	<b>3.30pm St Peter's</b> <b>5pm St Luke's</b> <b>6.30pm St Mary's</b>
	<b>Midnight Mass</b>	<b>11.30pm St Peter's</b>
<b>Christmas Day</b>	<b>Joint Churches Parish Eucharist</b>	<b>11.30am St Mary's</b>
<b>New Year's Eve</b>	<b>Joint Churches Parish Eucharist</b>	<b>3.30pm St Luke's</b>

### January 2018

Mon 8 <sup>th</sup>	Sowerby Scorcher meeting	7.30pm St Peter's Centre
Mon 15 <sup>th</sup>	St Peter's Centre Committee	7.30pm St Peter's Centre
Sun 21 <sup>st</sup>	Christian Unity Service	St Patrick's Bolton Brow
Mon 22 <sup>nd</sup>	Joint Core Group	7.30pm St Luke's
Mon 29 <sup>th</sup>	Sowerby PCC	7.30pm St Peter's Centre

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## From the Registers ....

*There are no baptisms or weddings in the Benefice this month*



"The vicar's still miffed that one of the parents got £250 from You've Been Framed for their video of last year's nativity play."

## Website

The website for the Ryburn Benefice is - <http://ryburnbenefice.org>, - from where you can access the websites for each of the three churches. Keep visiting over the coming months to stay connected with all that is happening in your local church community.

**St Nicholas' Day Festival**  
**Friday 1 December 2017**  
**Community Carols  
& Nativity Service**  
6.30pm St Peter's Church, Sowerby  
with collection in aid of The Children's Society  
Followed by  
**Switch on of the Sowerby Christmas Lights**  
**Christmas Fair**  
7.30pm St Peter's Community Centre & Church  
Tombola, Handmade & Gift Stalls, Refreshments, Raffle  
Free Admission  
Santa's Grotto £1.50 per child

Find us on  facebook.  
Or visit <http://st-peters-ryburnbenefice.org>



ST PETER'S CHURCH, SOWERBY

# CHRISTMAS GRAND PRIZE DRAW

FREE MOT AT JC YOUNG'S GARAGE  
FAMILY ROLLER SKATING AT THE YMCA  
£20 VOUCHER FROM SYHIBA  
TRINKETTE GIFT HAMPER  
£10 VOUCHER FROM METIME MASSAGE  
THERAPY  
GIFT FROM ALTERED IMAGES  
2 X GIFT HAMPERS  
VOUCHER FROM THE COMMUNITY CAFE  
VIX MIX GIFT SET  
2 X BOTTLE OF WINE FROM TESCO

TICKETS £1 EACH

Raffle to be drawn at 9pm on Friday 1 December, at the St Nicholas's Day Christmas Market, St Peter's Church Centre  
*Raising Funds to continue the work of the church in the Sowerby Parish community*



<http://st-peters.ryburnbenefice.org>

*Editor: The Rev Paul Hardingham looks back to the shepherds in the field....*

## **Let Jesus Show!**

The nativity scene with all its characters was in place, as the children (representing angels), gathered around the manger. They sang: 'Glory to God in the highest and on earth peace, good will among men'. Suddenly a small girl on the edge of the crowd, who couldn't see what was going on, shouted out, 'Let Jesus show!'

At Christmas time, we want to let Jesus show, in our churches, communities and lives. We have an amazing message to share: **'in the town of David a Saviour has been born to you; He is the Messiah, the Lord'** (Luke 2:10). It was to the shepherds, apart from his parents, that Jesus was first showed.

The filthy, hardworking shepherds, living in the fields with their flock of dirty animals, were unlikely candidates for this honour. By the nature of their work, they had the status of migrant workers. Yet this underlines for us that the good news of Christmas is for everyone, irrespective of social standing, background, race or gender.

No doubt these simple shepherds would have had no idea of what the names given to Jesus fully meant (ie Saviour, Messiah and Lord). All they needed to know, and all we need to know, is that God has done something unique in coming to earth as a human being. This is good news of great joy for everybody!

After worshipping the child, the shepherds returned to their normal routine. However, they would never be the same again! Even though their work and social standing were unchanged, they had a message to share and let Jesus show. Although we **don't normally see angels, we have the same good news to share! When Christmas is over and we're back to our normal routines, how will we let Jesus show in our lives?**

***Weekly Groups at St Peter's Community Centre which is just across the road from St. Peter's Church. Formerly the village school, therefore the entrance is via the old school yard.....***

**Community Café**

Monday – 9am-noon. Term time. Join us for inexpensive bacon butties, omelettes, home made cakes, treats, colouring/activity table for children. Free housing benefit advice available.

*Facebook: The Cafe St Peter's Community Centre Sowerby*

**Tai Chi**

Monday – 1pm-2pm

2.15pm – 3.15pm Beginners Class

**Ryburn Art Club**

Tuesday - 10am-12.30pm. Term time.

**Brownies and Guides**

Tuesday - 6.30pm-9pm - for girls aged between 7 and 14 years. Term time.

**Lunch Club**

Thursday – Noon-1.30pm - first and third Thursday of each month.

**Slimming World**

Thursday evenings from 7.30pm. Tracey is your Slimming World representative.

**Let's Get Creative**

Friday – 9am-10.30am - a free, messy play group for parents and toddlers. Sensible parenting advice given if asked for.

**Artsbarre**

Friday - 4.45-6.45pm - From January 12th 2018, Jennie will start the performing arts class.

Please contact Jennie for more details on 07976 901 058. Term time.



*Weekly Groups at St Peter's Community Centre continuing :*

### **Community Café**

Saturday – 9am-1pm. Join us for inexpensive bacon butties, soup, home made cakes, treats, colouring/activity table for children. Free housing benefit advice available.

*Facebook: The Cafe St Peter's Community Centre Sowerby*

If you are interested in coming to any of these groups, just turn up on the day to get more details.

### **Warning**

A local priest and a pastor stood by the side of the road holding up a sign that said, 'The End is Near! Turn yourself around now - before it's too late!' They held up the sign as a car approached.

'Leave us alone, you religious nuts!' yelled the driver as he sped by. A moment later, from around the curve, they heard a big splash. 'Do you think,' ventured the priest, 'we should just put up a sign that says "bridge down" instead?'

### **Turkey says**

What does a turkey say? 'Gobble, gobble, gobble,' right? Not always!

A jewellery-loving turkey? - 'Bauble bauble bauble'

A turkey in the shoe repair shop? – 'Cobble cobble cobble'

A turkey with a sore leg? - 'Hobble hobble hobble'

A rugby turkey? - 'Huddle, huddle, huddle'

A dieting turkey? - 'Nibble, nibble nibble'

A turkey who argues a lot? - 'Squabble squabble squabble'

Then there was the dizzy turkey who just went: 'Wobble wobble wobble'

### **Red**

What goes red white red white red white?

Santa rolling down a hill.

**Sowerby St  
Peters Cricket  
Club Christmas  
Fair**

Bar open

refreshments

Sunday 3rd December 11-3.30

Home Fragrances

make up

sweets

AND  
MUCH  
MUCH  
MORE

Ladies Fashion

Beauty Products

Christmas gifts

**Come along and get all  
your christmas gifts in one  
night**

HX6 1DF

(Opposite Ryburn School)



**Merry  
Christmas**

**Raffle**



# GOODBYE CHRISTOPHER ROBIN

**MOVIE  
MOMENTS**

Nick and Carol Pollard from EthosMedia.org share thought-provoking reflections on the latest films.

## Comfort in our troubles

‘His childhood was sacrificed to make other childhoods better’ says Will Tilston about the title character he plays in *Goodbye Christopher Robin*.

This is the latest film providing a surprising back-story to a popular children’s book. But unlike *Saving Mr. Banks*, *Miss Potter* and *Finding Neverland* (which primarily focus on the mind of the writer) *Goodbye Christopher Robin* also shows the impact on the story’s main character, who is a real person – the author’s eight-year-old son. This young boy has been experiencing the pain of living with emotionally disengaged parents. His father is shell-shocked from the First World War, and finds it difficult to express his feelings. His mother cannot properly attach to her son because she is convinced that another such war is inevitable and he will be called up to fight, so she showers him with affection one minute and ignores him the next.

Then, in a magical few days when Christopher is alone with his father in the woods surrounding their Sussex house, the two of them bond together through imaginary stories about a group of toy animals. Christopher’s father is A. A. Milne, who writes these down as the tales of Winnie-the-Pooh, and the whole family finds themselves swept up in the success of the books. But young Christopher Robin cannot stay little forever.

As he grows, these childhood stories make his adolescent life a misery.

We can’t detail the end of the film without spoilers but can highlight that, in the final scenes, we discover that the tales of Winnie-the-Pooh, which had comforted the young boy, became comforting to others in their own distress. Perhaps, as we watch this powerful and moving film, we might reflect on the biblical message that God ‘comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive.’



**ETHOS  
MEDIA.org**

EthosMedia.org provides free resources to help people explore spiritual, moral, social and cultural issues through the latest feature films.



## November Sudoku solution

5	2	6	1	3	4	9	8	7
1	3	9	7	8	5	6	2	4
4	8	7	6	2	9	1	5	3
7	5	3	2	9	6	8	4	1
9	6	1	4	5	8	3	7	2
8	4	2	3	7	1	5	6	9
3	9	4	5	6	2	7	1	8
2	7	5	8	1	3	4	9	6
6	1	8	9	4	7	2	3	5

## December Sudoku

9			6					
2	7			8				6
	8	6		4	3	1	9	2
	9			1	6	5		
		5				2		
		3	4	5			7	
7	5	9	1	6		4	8	
3				7			2	5
					5			9

# December 2017 Crossword

## Across

1 Provisional meeting place of God and the Jews (Exodus 25:9) (10)

7 David's third son, killed when his head got caught in a tree during a battle with his father (2 Samuel 18:14,15) (7)

8 They ruled much of the west coast of South America in the 15th and early 16th centuries (5)

10 Small deer of European and Asian extraction (4)

11 Seized control of (Numbers 21:25) (8)

13 Terror (Luke 24:5) (6)

15 First World War heroine shot by the Germans in Brussels, Nurse Edith .... (6)

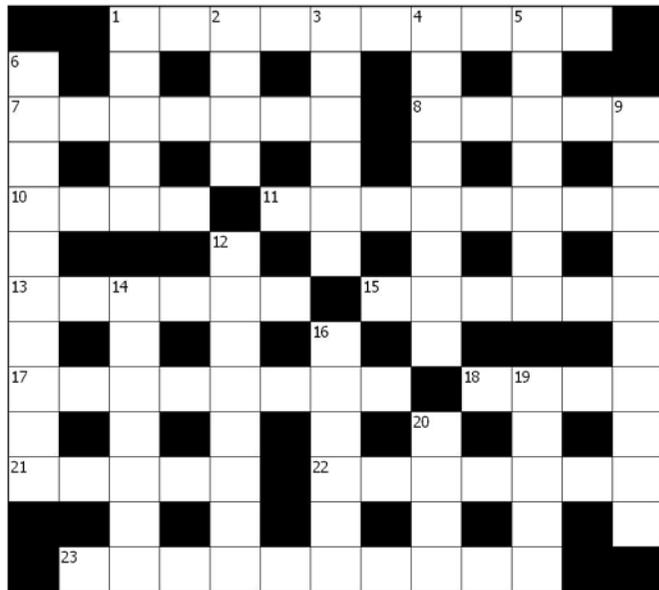
17 Stormy (8)

18 A bitter variety of this, together with lamb and unleavened bread, was the Passover menu for anyone unclean (Numbers 9:11) (4)

21 Arson (anag.) (5)

22 How John Newton described God's grace in his well-known hymn (7)

23 Habitation (Isaiah 27:10) (10)



## Down

1 .... and see that the Lord is good (Psalm 34:8) (5)

2 The wicked man flees though no one pursues, but the righteous

- are as ... as a lion (Proverbs 28:1) (4)
- 3 One of the exiles, a descendant of Parosh, who married a foreign woman (Ezra 10:25) (6)
- 4 He escaped from Nob when Saul killed the rest of his family and joined David (1 Samuel 22:19,20) (8)
- 5 City and lake in Central Switzerland (7)
- 6 Offer your bodies as living .... , holy and pleasing to God (Romans 12:1) (10)
- 9 Pouches carried by horses (Genesis 49:14) (10)
- 12 One who accepts government by God (8)
- 14 Aromatic substance commonly used in Jewish ritual (Exodus 30:1) (7)
- 16 He asked Jesus, 'What is truth?' (John 18:38) (6)
- 19 Are (Romans 13:1) (5)
- 20 You are to give him the name Jesus, because he will ... his people from their sins (Matthew 1:21) (4)

## Answers : November 2017 Crossword



## **Christmas pageant**

My three children were in the Christmas pageant. I was so proud. My daughter was playing Mary. One son was a shepherd. And my other son was a Wise Man. My shepherd son had practised his lines over and over, but when the time came, he was nervous and said, 'We found the babe wrapped in wrinkled clothes.'

To which Mary replied, 'That's not wrinkled clothes, that's dirty rotten clothes!' Giggles from the audience followed, but the play went on. Until my Wise Man son, wearing his father's bath robe and paper crown knelt by the manger and said, 'We are the three Wise Men and we are bringing gifts of gold, common sense and fur.'

## **Camels**

In a little girl's Christmas drawing, two of the camels were approaching the inn, over which was pictured a huge star. The third camel and its rider were going directly away from it. 'Why is the third man going in a different direction?' her mother asked. She replied, 'Oh, he's looking for a place to park.'

## **Wiped out**

Just got home and found all the windows and doors open and everything has gone.

What kind of sick twisted person does that to someone's Advent calendar?

## **Christmas turkey**

A gentleman walked into a restaurant and asked the maitre d', 'Can you please tell me how you prepare your Christmas turkeys?'

The maitre d' solemnly replied: 'Yes. Well, we let them know right up front they're not going to make it.'

## **More Turkey**

It was Christmas Eve in a supermarket and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one. In desperation, she called over a shop assistant and said 'Excuse me. Do these turkeys get any bigger?'

He patiently replied: 'No, sorry, they're all dead.'

## ***Children's Society responds to CQC review of children's mental health services***

The Children's Society has welcomed the recent CQC review findings that children's mental health is in a 'shocking state', with services fragmented and increasingly overstretched.

'Vulnerable children in desperate need of help are facing agonising waits for treatment, in many cases without anyone checking in on them to make sure their condition isn't deteriorating, leaving families at crisis point.

'Even worse, many children struggling with their mental health do not even make it onto the waiting list. The Children's Society's own research has found that 30,000 children are being turned away from mental health services every year, and not receiving any support or treatment whatsoever.'

The CQC found that two in five community services are inadequate to effectively respond to children's needs. The Children's Society's own analysis has found that children missed 157,000 mental health appointments last year, and that many missed appointments were NOT followed up by health professionals, to check that the children concerned were safe and well.

'Poor quality children's mental health services cannot be allowed to continue – there is too much at stake.'

## **The sound of music**

Got demanding work to do? Put on some classical music. Listening to upbeat classical music may well enhance your brain power, and is better than working in silence.

Such are the findings of a study at Radboud University in Holland. It found that a person's ability to come up with creative answers to complex problems is boosted by upbeat, happy classical music. On the other hand, avoid downbeat or anxious compositions, which will not inspire you to solve anything very much.

## And Finally.....



*...no I don't think you're the real Father Christmas!  
I think you're up there pinching lead off my roof!!*

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