



Ryburn
BENEFICE

Connected

Summer

The Churches of:
St Luke's Norland
St Peter's Sowerby
St Mary's Cottonstones



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Normal Sunday Worship times:

10am St Peter's Sowerby

11.30am 1st Sunday of the month, St Mary's Cottonstones

3,30pm St Luke's, Norland.

Social Events:

Hub Café St Luke's, Norland 10am-3pm Wednesdays

Lunch Club, St Luke's, Norland 12 noon, 1st Tuesday in the month

Don't forget to look us up on the web &
Facebook

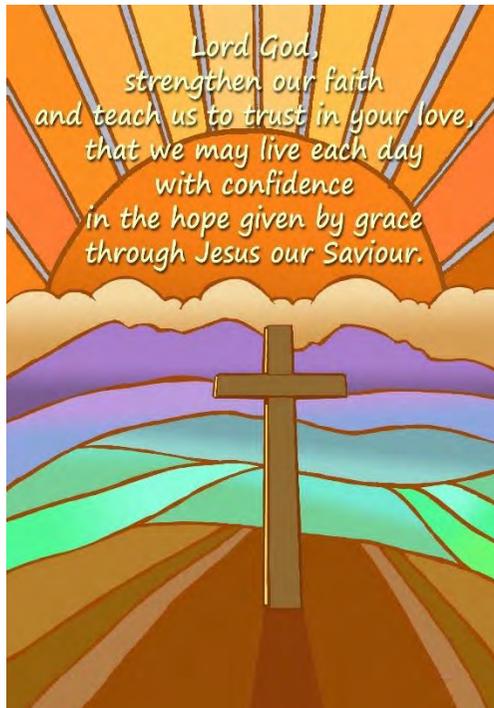
www.ryburnbenefice.org



SaintPeter's Church Sowerby

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From the Editors desktop:

We generally look forward to enjoying a break of some kind during the Summer, and Church life reflects that, as some regular activities are paused, and hopefully we can allow ourselves time to enjoy the weather and the surroundings around us wherever we are.

This Summer issue of Connected will try to bring you some interesting items to reflect on wherever you find yourself through the coming weeks. For those enjoying a staycation may you especially look forward to pleasant conversations and days of sunshine and wellbeing, and freedom from whatever you may fear.

Times of change will be upon us shortly as we say goodbye to the Revd Angela Dick retiring from her position at Christ Church Sowerby Bridge, and also look forward to a new Area Bishop being appointed at some point in Huddersfield. Changes in our national government with the election of a new Prime Minister will also bring about political change in the Autumn. Many dread the coming Winter months as the high cost of energy bills and cost of living increases impacts us all.

Well God never promises that we will have trouble-free lives, but He does promise to stay alongside us in it all and strengthen us. He is the One who never changes, and who is completely trustworthy, and holds the whole world in his hands, so let us not lose hope. Humanity's plans often fail, but nothing interferes with God's overall plan to redeem us and the world through His Son, Jesus Christ. May God most high, keep you safe and secure in all these times of upheaval at home and abroad. Wherever you are, whatever you do, and whoever you do it with, may God be with you through the Summer and bring you his daily blessings.
Lesley E.

Hello God ...

For anyone who is learning about trust in God...

The Slide

As I watch
She climbs the steps steadily,
Holding the handrail,
Her two-year-old feet following each other
Rhythmically, unhesitatingly
To the platform at the top
Where she sits down
And freezes.
Holding tight to the sides,
Knees up, feet flat
She judders down a little way
Then looks up.
Her eyes meet my smile, my outstretched arms –
And she takes her hands off the edge of the slide,
Shooting forward with a squeal of delight,
Trusting the love she knows.

Lord, I have climbed so steadily,
I have come so far, in my own strength,
Holding on, holding back,
Sometimes freezing.
But I am Your child,
Today I will lift my eyes
And meet Your smile, Your outstretched arms,
I will lift my juddering feet –
And take my hands off the edge of
the slide
Released to ride, by Your Spirit,
Into the freedom of Your will,
Trusting the Love I know.



Daphne Kitching

Editor: A summer break can be a time of reflection and peace – before the busy round begins once again...

A Blessing Comes

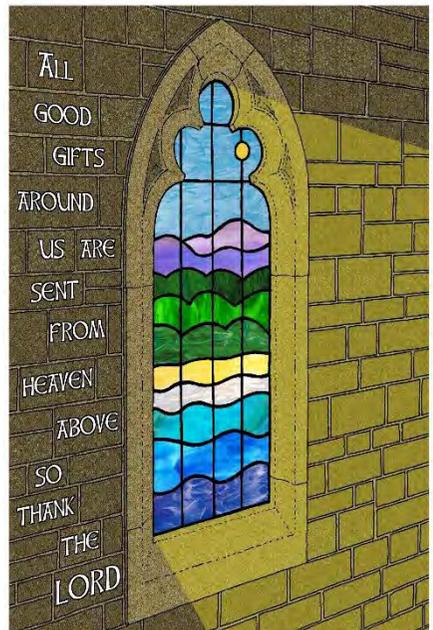
It's good to get away from noise
From chaos and from din,
To seek in solitude and peace
The beauty that's within

To go into a quiet place
Where all is fresh and green,
And contemplate in silent calm
Great truths and things unseen.

The mysteries of the universe
The wisdom of the sage,
Or take some old and lovely thought
From a bygone age,

And meditate upon the good
The honest and the true,
This calms the mind and you will find
A blessing comes to you.

By Kathleen Gillum





"Due to our failure to secure a holiday-relief organist, the next hymn will also be sung to the tune, *Chopsticks*."



**Weekly groups at St. Peter's Community Centre
(just across the road from church)**

St Peter's Community Centre is home to Grassroots Private Day Nursery for the majority of the week. Please visit their website, www.grassrootsdaynursery.com, or phone 01422 836280 for more details.

At other times, the Centre is available for hire for one-off meetings or regular groups.

Term-time Tuesdays 6-8pm

Brownies & Guides

Fun activities for girls aged between 7-14 years old

Wednesday 7.30-8.30pm (from 16 March)

Yoga Classes

Mixed ability suitable for beginners or those already practicing

Friday 9.30-11.30am

Halifax Little Movers

Dance, play and keep fit with your little ones from birth to pre-school

Friday 2.30-3.30pm (from 4 March)

Yoga Classes

Mixed ability suitable for beginners or those already practicing

Sunday 1.30-4pm

Woolly Art Club

Free craft drop-in sessions and pre-booked workshops

1st Saturday of the month 3.00-5.00pm (from 2 April)

Messy Church

Fun Bible based activities, games, make & do, for all the family

4th Saturday of the month 2.00-4.00pm (coming soon)

Sowerby Bricks Lego club

If you would like further information on any of these activities, or to join in these groups, please pop down to the Centre at the start or finish of any session and speak to the relevant group leaders.



SaintPeters Church Sowerby Or visit our website <http://st-peters.ryburnbenefice.org>

Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke chapter 2 verses 41 to 51

Every year Joseph and Mary went to Jerusalem
for the Passover festival with their family
and friends. This year Jesus was twelve.

The women and children went
in front to set the pace



Next year, Jesus, you'll be walking
at the back with the men.

The Passover feasting
lasted eight days...

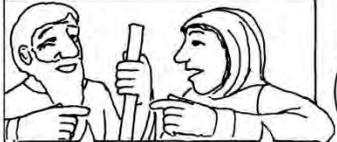


.. and then they set
off for home again



but without Jesus.

Mary and Joseph didn't find
out until the evening



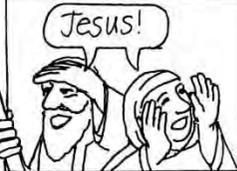
I thought he was with you!

So they walked back to
Jerusalem and started
searching for Jesus....



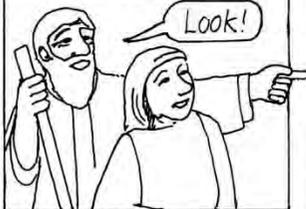
(Sorry, I haven't seen him.)

.. and the next day,



then on the third day

they went to the temple

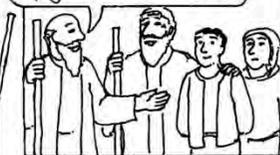


Look!

He was talking with the
teachers.



You must be very proud
of your clever son

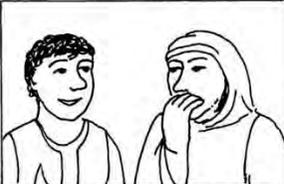


But Mary was not happy.

How could you treat your
father and I like this?



Didn't you know I'd be here?



I needed to be where my
birth father, God, is working.

Mary thought about
this all the way home



... and all her life.



The 1st Saturday of the Month

3-5pm

St Peter's Community Centre Sowerby

**Inclusive fun and worship for all people of every
generation ... not just for children!**

**Come along to spend time together;
get creative, offer worship and share a meal together
tel. 01422 646371 to confirm times over the Summer**

Colour in

The Lost Coin

Read Luke 15: 1-8

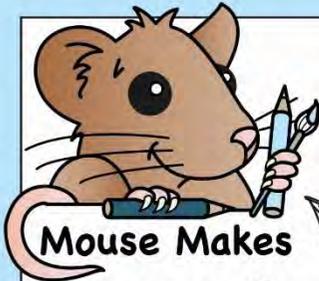


Can you find the lost coin?

Can you also see the lost sheep?

There is a mouse hiding in the picture too, can you find him?

What else can you see in the picture?



Mouse Makes

READ the full story
in the book of Jonah



What swallowed Jonah?

A big _____

How long was he there?

three _____ and

three _____

Jonah 1:17

JONAH'S JOURNEY

Which city did **God**
tell **Jonah** to go to?

JOPPA

and why?
Jonah 1:12

Where did Jonah
try to go instead?

What did he travel in?

Jonah 1:3



What did God send to stop him?

A great _____

What did Jonah tell the **sailors**
to do to make the sea **calm**?

him into the **sea**

Jonah 1:4-16



What did Jonah do?

then what did the fish do?
Jonah 2:1-10

DID YOU KNOW?

In Bible
times wearing itchy
sackcloth made from
goat's hair was a sign of
grief and repentance



When Jonah reached Nineveh
he proclaimed God's **message**...

_____ days

Jonah 2:1-10

What did the people do?

F _____

What did they put on?

Jonah 3:1-9

What did God do?

R _____

Jonah 3:10

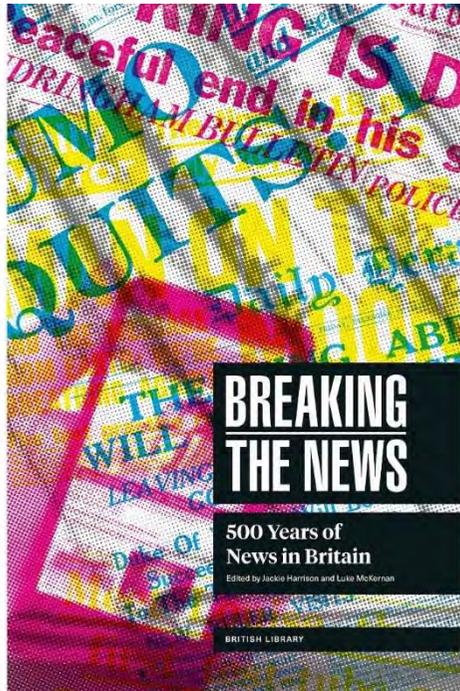
S W A L L O W E D H F
A D E M E S S A G E A
C R E L E N T E D S S
K D B V J G H B O A T
C A L M O O R N F I N
L Y W I N D O I I L G
O S P R A Y W G S O S
T A R S H I S H H R E
H T B N F O R T Y S A
N I N E V E H S H I P

Find the missing words. Look up the Bible references then
look for them and the words on this page in **bold** in the word search



A time to stand up for truth?

An important exhibition is running at the British Library in London until August 21st. It's an exhibition taking a timely look at the news and the role it plays in our society.



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As you enjoy your children during the holidays, remember ...

You spend the first two years of their life teaching them to walk and talk. Then you spend the next 16 telling them to sit down and be quiet.

Mothers of teens now know why some animals eat their young.

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said. The main purpose of holding children's parties is to remind yourself that there are children even more awful than your own.

Christian YouTube channel for primary school aged children

The team who distributed nearly half a million free storybooks to schools for the Platinum Jubilee with the Church of England have now released a series of cartoons and songs for primary school aged children, on the *Fruit of the Spirit*. Thousands of families have been using them during the summer holidays!

The *Cheeky Pandas* is an online cartoon series created by Christian charity Swell Revolution, which has previously featured contributions from people including Archbishop Justin Welby, and CBeebies' Gemma Hunt. With catchy pop songs and prayers, the stories are on love, joy, patience, faithfulness and kindness. *God Suit* is one of their most popular action songs. The episodes are all available with British Sign Language options too.

Songwriter Pete James says: "Cheeky Pandas is all about helping children have fun while they grow in their faith. The free storybook that went out before the Jubilee was on the theme of faithfulness, in honour of Her Majesty the Queen's 70 years of faithful service." Songs and episodes are created by the makers of CBBC's 'Andy and the Band' and CBeebies' 'The Baby Club', with voiceovers from Gemma Hunt. Previous guests on the free online show have included Nicky Gumbel, Guvna B and the Archbishop of Canterbury.

YouTube is used by 86% of children aged 3-7, according to Ofcom. They watch for an average of a few hours a day, but this may be more during the summer holidays. Parents are often concerned about what their children are watching. The charity behind *Cheeky Pandas* wanted to create something which children will enjoy, and parents can know is helping them discover the love of God for them. Churches also use the resource, so there are free assembly plans, Sunday school downloads and activity sheets too, with recipes, crafts and games. The Cheeky Pandas might be an answer to prayer for some young families this summer! Find out more at www.cheekypandas.com or find Cheeky Pandas TV on YouTube.

St Luke's Lunch Club

St Luke' Church
Norland



1st Tuesday of the month
12 noon

Further details:
phone Jenny on
01422 831300

Our Lunch Club is open for anyone who enjoys food, friendship and a good chat. We provide a 2 Course lunch followed by tea or coffee, for only £5.

We look forward to your company ~ do join us if you want to have an enjoyable lunch out and make some new friends.

The Hub Café at St Lukes

The Hub Cafe is open every Wednesday from 10am till 3pm. We serve freshly made sandwiches, hot sausage rolls, homemade caked and tray bakes. Most of the baking is done by our baking volunteers so it changes weekly, and we also have hot and cold drinks. It is all reasonably priced and all profit goes to St Luke's Church.

We are run by a group of volunteers and would love to see you at the cafe for a chat and a bite to eat.



Sign at a mountain holiday resort

Be careful not to fall here. It's dangerous. But if you do fall, remember to look to the left on your way down. You get a wonderful view on that side.

2nd July St John Francis Regis – patron saint for relief workers

Do you ever admire relief workers? Those hardy folk who regularly appear on our TV screens, actively seeking out the disease-ridden, starving, destitute people of the world, instead of avoiding them, as most of us try and do.

John Francis Regis (1597 – 1640) could be a patron saint of relief workers. It all began back in the early 1600s when he was ordained a Jesuit priest in Toulouse, a town raging with plague. Instead of fleeing for his life, John Regis decided to stay and minister to the plague victims.

Somehow he survived, and was then sent by his bishop to do mission work in Pamiers and Montpellier. For years John taught and preached Christ's love, and also put it into action: he collected food for the hungry, clothing for the poor, visited prisoners, and even set up some homes for desperate ex-prostitutes.

In mid-September of 1640 John had a premonition of his approaching death. He took a three-day retreat in order to calmly prepare himself for it – and then he went back to work. Over Christmas, while helping the poor, he caught a chill. By 31st December he was dying of pneumonia, but at peace: he had been granted a vision of heaven, and could not wait to get there. His was a life well lived – he was “a good and faithful servant”.

Heaven help me

One Sunday in church a little boy was ‘acting up’ during the morning worship. His parents did their best to maintain some sense of order in the pew, but it was a losing battle. Finally, an exasperated father picked up his son and strode sternly down the aisle. Just as the church doors closed behind them, the little boy cried loudly to the congregation: “Pray for me! Pray for me!”

Christian Basics: Prayer by Canon Paul Hardingham

Most of us identify with the disciples' request: *'Lord, teach us to pray'* (Luke 11:1); having seen Jesus pray, they wanted to know *how* to pray!

A Loving Relationship

Jesus begins with *father*: *'When you pray, say: Father'* (2). Prayer is like a child asking their parent for help. This reflects Jesus' own intimate relationship with His Father. He invites us to share this relationship using the Lord's Prayer, as way into His presence (2-4). Imagine using this prayer as a child sitting on your parent's lap. God delights to hear us!

A Loving Readiness

Jesus' parable makes the point that God is always ready to hear our prayer. When the man turns up at midnight asking for bread, his friend inside gives him whatever he needs because of his *'shameless boldness' (lit)'* (v.8). If the man answers despite all his family being asleep, *how much more* will our Father in heaven respond to our prayers. We should never give up!

A Loving Richness

Jesus concludes with a threefold promise: *'ask and it will be given to you; seek and you will find; knock and the door will be opened to you.'* (9). Does this mean that God will give us whatever we ask for? As earthly parents only give good things to their children, *how much more* is this true of our heavenly Father: *'Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion?'* (11,12). He doesn't give us everything we want, but what is best for us.

'If God were to say to me, 'I want to give you a special love gift, what would you like?' I would say: 'you choose'' (SD Gordon).

The Revd Tony Horsfall, a former missionary in East Malaysia and then retreat leader based in West Yorkshire, considers the slow and steady type of Christian.

Being brave?

Some time ago I was helping my grandson George into his car seat in the back of my car, when I accidentally banged his head. He started to cry. "Come on, George, be brave," I said.

"But I *don't want* to be brave!" he wailed.

I guess we all know that feeling. Sometimes life is hard, and we know we have a need for courage, but somehow, we just don't want to be brave. We would rather give in, surrender to the difficulties, and wallow in self-pity.

The Bible seems to constantly exhort us to be brave, to be strong, to take heart, to be courageous. And life during a pandemic and a war certainly calls for us to make a courageous response. But occasionally we may feel overwhelmed and ready to give in or give up.

Perhaps you are reading this at just such a moment. Maybe this comes as a message to you from God so that you do not lose heart. He knows you, and He sees your situation. And He speaks to encourage you, as He did to the church at Philadelphia: "I know that you have little strength (Revelation 3:8)."

He is the compassionate and understanding God who draws alongside us, to give strength to the weary and power to the weak (Isaiah 40:29). You don't have to do anything, simply turn to Him in your need and ask for help. You will discover, as the apostle Paul did, that when you are weak, then you are strong. His power will be demonstrated through your weakness. You can then do whatever is required of you, because He will give you strength.

Guardians for child asylum seekers

The Children's Society is backing a campaign for guardians to be given to help unaccompanied children asylum seekers.

As a spokesman explains, "After their long harrowing journeys to the UK, many children seeking safety arrive here alone. The only thing waiting for them is a difficult and draining immigration process. With nobody looking out for them, it's tough."

And so Children's Society is now supporting a group of young people known as the YLCSC (Youth Led Commission for Separated Children) who are campaigning to change this. Their aim is for all children who arrive in the UK alone to be given a legal guardian.



Group of Young people from YLCSC

This person would be "someone to take them to immigration interviews, make sure they're heard, help them adapt to life in a new country. Guardians give children seeking asylum hope for a brighter future." More at:

www.childrenssociety.org.uk

National Allotment Week - 9th to 15th August

What creepy crawlies are lurking in your allotment? This year, National Allotment Week has teamed up with the Big Bug Survey to try and find out.

The theme of the week is Bugs, Bees and Broccoli, and the aim is to acknowledge the importance of gardening with nature in mind.

As the National Allotment Society (NAS) says, allotments are “a complex web of plants, micro-organisms, fungi, insects and animals that not only produces food but also supports eco-system services such as pollination and offers a refuge for wildlife in urban areas.”

And Bugslife points out: “Bugs are so important to the healthy functioning of our allotments. We tend to focus on the ‘pests’ and ignore all the great work the other bugs are doing for us. They are pollinating our fruit and veg, controlling our pests and improving our soil.”

So if you have an allotment, why not take the survey, and so contribute to the monitoring of allotments and bugs? Go to:
<https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>





St Mary's Church Cottonstones



Join us for our regular Sunday Worship service
on the 1st Sunday of the month
At 11 am
All Welcome



Ryburn
BENEFICE

Vicar : Revd Jeanette Roberts

Contact details : tel 01422 646 37112 jeanette.roberts@leeds.anglican.org

God in the Arts ...

Editor: The Revd Michael Burgess continues his series on God in the Arts with a look at 'The Transfiguration' by Fra Angelico. It is found in the Dominican convent of San Marco in Florence.

We behold the glory



TQ – Tingle Quotient – is the name given to those things that can produce a tingle down the spine or a frisson of excitement. It could be a piece of music or the sight of an evening sunset at sea or a newborn babe. We look, we hear, and what we look at or hear evokes a sense of wonder and amazement that has an almost physical effect on us. Something sublime unfolds before us producing delight and

awe: a hint of glory that leads us to wonder and even to worship.

The monk who lived in cell no 6 at the Dominican convent of San Marco in Florence must have felt that when he entered his room and saw for the first time the fresco of the Transfiguration that Fra Angelico had painted. I am sure the sight would have stopped him in his tracks, just as Peter, James and John were stopped in their tracks as they beheld their Lord transfigured before them on the mount.

From 1436 Fra Angelico painted a whole series of frescoes for the convent from the High Altar to the Chapter House to the cells of the monks. Here in cell no 6 there is a restrained simplicity and directness about the Transfiguration. One of the three disciples looks out towards us, while the other two are caught up in wonder and awe as they look on Jesus with the faces of Moses and Elijah on either side.

Here Fra Angelico is not seeking to impress a wealthy patron: he is providing a focus for devotion and prayer for the monks of his community. The scene speaks to us of that sense of awe and reverence. On 6th August we celebrate the feast of the Transfiguration. The Gospel accounts relate that special moment of revelation to the inner group of disciples. The glory shown to them evoked a sense of wonder and marvel, but also a sense of loss. For the glory proved elusive and just out of human reach. The moment of revelation passed, and the disciples had to go down the mount again to meet the crying needs of the world, all but forgotten when they were with their Lord on the mountain top.

The monk in his cell would ponder the glory of Fra Angelico's fresco, knowing that he would be called from his cell to take up his monastic duties. But the painting would go with him to sustain and nurture his life. It is the same with us: we have moments of glory. But they pass, and we must return to our daily lives. As we look on this month's painting, we sense that glory and wonder which can sustain us through life. As Thomas Jones says in his poem on this episode:

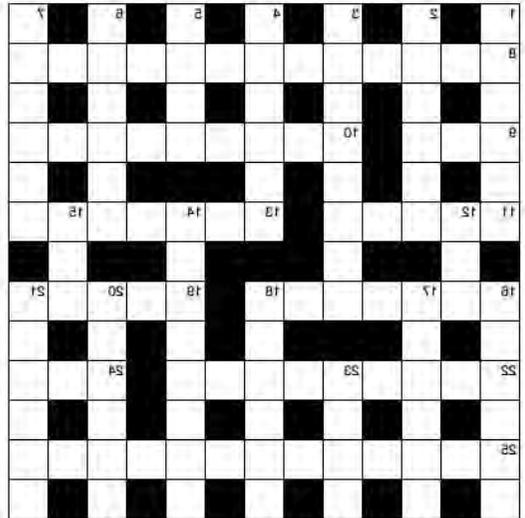
*Like a pearl we hold
Close to our hearts
what we have heard and seen.*

Summer Crossword

soln. on P. 29

Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
- 9 International Nepal Fellowship (1,1,1)
- 10 Single (1 Corinthians 7:27) (9)
- 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
- 13 Treachery (2 Kings 11:14) (7)
- 16 Of India (anag.) (2,3,2)
- 19 'God has put us apostles on display at the end of the procession, like men condemned to die in the — ' (1 Corinthians 4:9) (5)
- 22 Follower of a theological system characterized by a strong belief in predestination (9)
- 24 'Put these old rags and worn-out clothes under your arms to — the ropes' (Jeremiah 38:12) (3)
- 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)



Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
- 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a — man' (Luke 5:8) (6)
- 3 Beaten with whips (1 Kings 12:11) (8)
- 4 'You shall not — adultery' (Exodus 20:14) (6)
- 5 Encourage (Hebrews 10:24) (4)
- 6 Service of morning prayer in the Church of England (6)

- 7 'Take and eat this in remembrance that Christ died for you, and — — him in your heart by faith with thanksgiving' (4,2)
- 12 Run(anag.)(3)
- 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
- 15 'We will triumph with our tongues; we—our lips'(Psalm12:4) (3)
- 16 Earnings(1Corinthians16:2)(6)
- 17 'I rejoice greatly in the Lord that——you have renewed your concern for me' (Philippians 4:10) (2,4)
- 18 How Paul described Philemon (Philemon 1)(6)
- 20 Multiple territories under the rule of a single state(Daniel11:4)(6)
- 21 'You have been unfaithful; you have married foreign women,—to Israel's guilt' (Ezra 10:10) (6)
- 23 This month(abbrev.)(4)

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Edinburgh Festival - 5th – 28th August

This year marks 75 years of the Edinburgh International Festival.

It was in 1947 that the first Edinburgh Festival was held. It was the idea of the then General Manager of Glyndebourne Opera, Henry Harvey Wood, as well as the Head of the British Council in Scotland and leaders from the City of Edinburgh. Their aim was to establish “a world class cultural event” that would bring together audiences and artistes from around the world. Over the past 70 years, it has done just that, featuring performers from the worlds of dance, opera, music and theatre.

If you would like to see this year's programme, please go to:
<https://www.eif.co.uk/>

God in the Sciences ...

Editor: Dr Ruth Banciewicz is based at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

Keeping Calm in the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can

be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made. When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long.

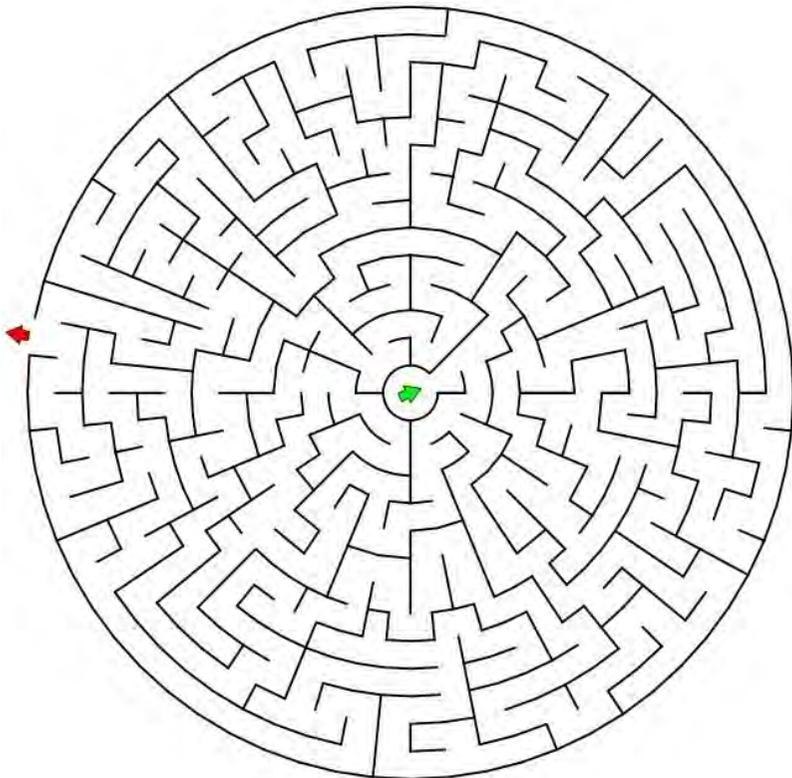
Time (and my closest friends) will tell!



Summer Crossword Solution

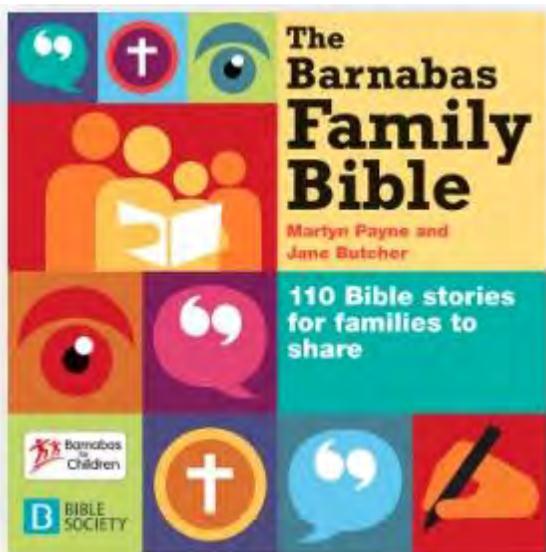
S	S	S	S	C	S	M	F					
P	R	I	N	C	E	O	F	P	E	A	C	E
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M	O	S	E	S	A	N	D	A	A	R	O	N
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A Maze



Books for our times ...

The Barnabas Family Bible



By Martyn Payne and Jane Butcher, BRF, £9.99

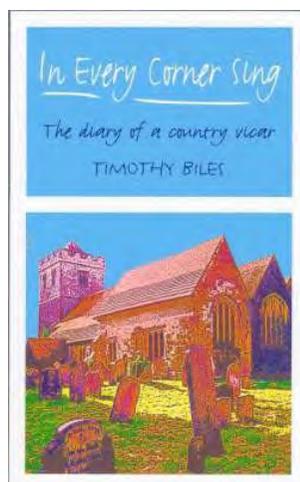
How was the Christian faith passed on to you? Did you read Bible stories together at home? How did your parents encourage you to pray? If faith isn't nurtured in the home, we can't reasonably expect children and grandchildren to catch it.

This book equips parents and carers to look at key Bible passages with their children. It aims to help parents nurture a deep and real encounter with God for their children. Unless children learn to experience God's presence in the everyday, their faith is highly likely to remain sheltered, shallow and vulnerable.

In Every Corner Sing – the Diary of a Country Vicar

By Timothy Biles, Canterbury Press, £9.99

In the literary tradition of Parson Woodforde and Georges Bernanos, here is the moving, wise and funny diary of a country vicar. It raises profound questions about the nature of ministry and the

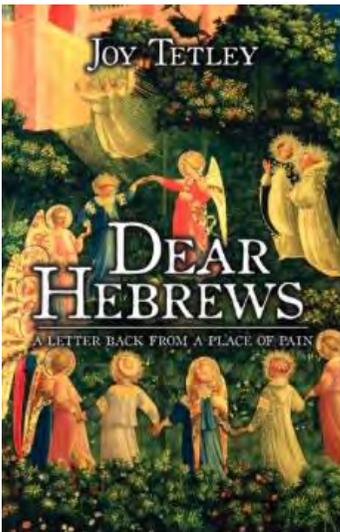
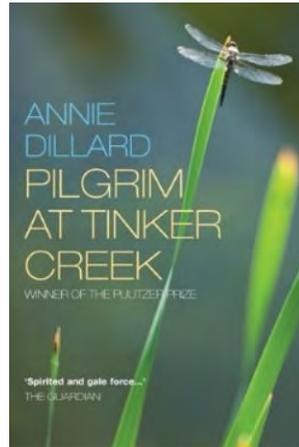


future of the church through its gentle yet acutely observed portraits and stories. A good summer read.

Pilgrim at Tinker Creek

By Annie Dillard, Canterbury Press, £12.99

This much-loved classic won the Pulitzer Prize for Literature in 1975. It is a passionate and poetic reflection on the mystery of creation, with its beauty on the one hand and cruelty on the other. It has become a modern American literary classic in the tradition of Thoreau. Living in solitude in the Blue Ridge Mountains near Roanoke, Virginia, and observing the changing seasons, the flora and fauna, the author reflects on the nature of creation and of the God who set it in motion. The language is memorably beautiful and poetic, and insistently celebratory. Just pay attention, Dillard urges throughout, and you will find yourself 'sailing headlong and breathless under the gale force of the spirit'.



Dear Hebrews – a letter back from a place of pain

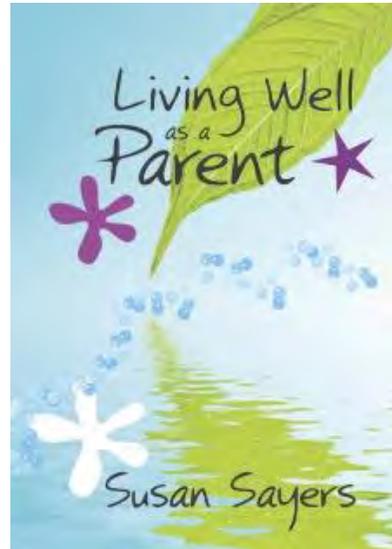
By Joy Tetley, Kevin Mayhew, £10.99

Joy Tetley nursed her husband through years of dementia and terminal illness. During that time, she found the book of Hebrews to be of great support. In this book she writes a letter of her own back to the unknown author. She says: "Hebrews urges us to be bold and direct in our relationship with God. In my letter back, I have tried to be just that."

Living Well as a Parent

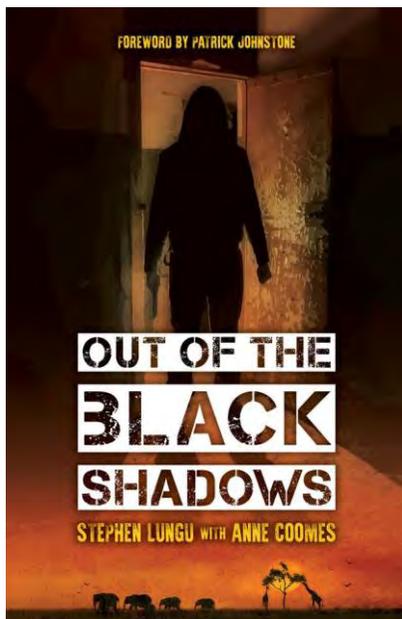
By Susan Sayers, Kevin Mayhew, £6.99

Parenting is a great honour, but it is never easy! This book offers encouragement, reassurance, and support to help parents cope with the daily ups and downs of parenting and to remind them that God's love surrounds them.



Out of the Black Shadows

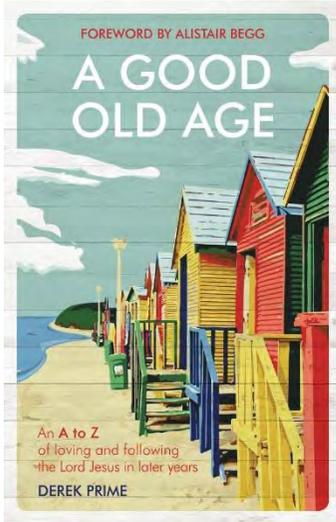
By Stephen Lungu and Anne Coomes, 10 Publishing, £7.99



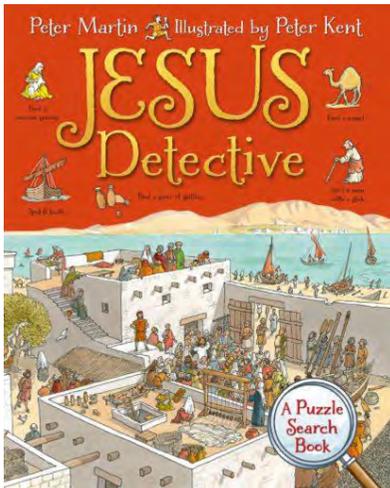
Stephen Lungu was abandoned by his parents and grew up in a black township near Salisbury, Zimbabwe. To survive, he slept under bridges and scavenged food from white folks' dustbins. As a teenager he was recruited into one of the urban gangs, called the Black Shadows. When a travelling evangelist came to town, Stephen decided to firebomb the event, carrying his bag of bombs and mingling with the crowd. Instead of throwing bombs he stayed to listen ... what followed was better than fiction.

A Good Old Age – an A to Z of Loving and Following the Lord Jesus in Later Years

By Derek Prime, 10Publishing, £5.99



Old age is often associated with grumpiness, aches and pains, loneliness, and isolation. Pastor and Bible teacher, Derek Prime shows us that there is another way to view old age. He guides us through 26 Christian priorities that we should hold to in later life. With biblical wisdom and practical advice, he helps us to navigate the unique challenges and joys that old age can bring. This is a book to dip into, meditate on and read prayerfully as you let the truths it contains gently transform the way you live your old age.



Jesus Detective – a puzzle search book
By Peter Martin and Peter Kent, Lion Children, £6.99

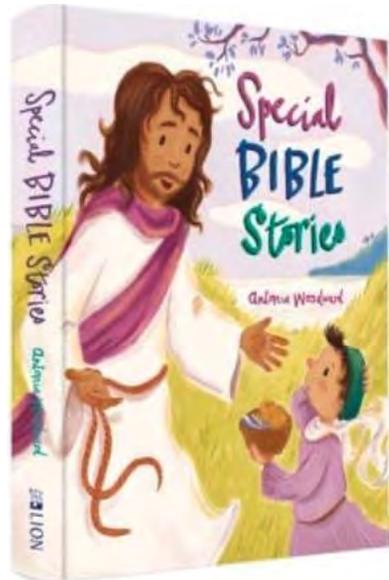
Children will enjoy searching the 17 cleverly illustrated scenes of events from the life of Jesus to find the answers to the questions posed on each page. Some puzzles involve looking for details of everyday life, others highlight things that happened in the Bible stories. The book is particularly good for reluctant readers and visual learners, helping all children

gain key insights into the life of Jesus as they super-sleuth their way through the book.

Special Bible Stories

**By Antonia Woodward, Lion Children,
£12.99**

Ten illustrated Bible stories to share with your children. Each story is a good length for reading at bedtime or to a group of children. The stories range include Adam and Eve, Noah, Baby Moses, Jonah, and stories about Jesus from His birth, calming the storm, feeding the 5,000, the parables of the lost sheep and the good Samaritan to His raising from the dead.



Louisa Freya, Dragon Slayer



**By Amy Scott
Robinson, SPCK £7.99**

These 12 folk-tales from all over the world have been specially selected, as they feature strong, adventurous heroines.

Meet Louisa Freya, the brave dragon slayer, funny and clever Sigrun, and honest and humble Scarface as well as other heroines from Serbia, Norway, China, Japan, South Africa, and Indonesia.

Amy Scott Robinson's experience as a performance storyteller makes this a unique and fascinating collection, aimed at readers aged 7-9 years. At the end of each story, Amy shares where the story comes from, how she has retold it, and what the tale makes her think about when she is hearing or telling it, including Bible verses.

Walnuts

A handful of walnuts may help reduce your feelings of hunger. Walnuts are unique among nuts in that they are mainly comprised of polyunsaturated fats, which help decrease ghrelin, a hormone that increases hunger.



They also seem to increase peptide YY (PYY), a hormone that increases fullness or satiety.

As appetite hormones play an important part in regulating how much you eat, this could be good news. As one scientist says, walnuts “may favourably change appetite hormones so that we can feel fuller for longer.”

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A daily serving of wholegrains can help slow down your middle-aged spread.

Recent research has found that the wholegrains found in oats, as well as brown bread and brown rice, are the key to midlife weight control and loss. Wholegrains are usually low in fat, rich in fibre and starchy carbohydrate and often have a low glycaemic index. They also provide a range of nutrients, vitamins, and fats.

One scientist explained that “the data suggests that people who eat more wholegrains are better able to maintain their blood sugar and blood pressure over time. Managing these risk factors as we age may help to protect against heart disease.”

So, eating porridge for breakfast could be an easy way to improve your health.

And Finally....

Labels

As part of the admission procedure in the hospital where I work, I ask the patients if they are allergic to anything. If they are, I print it on an allergy band placed on the patient's wrists.

Once when I asked an elderly woman if she had any allergies, she said she couldn't eat bananas. Imagine my surprise when several hours later a very irate son came out to the nurses' station demanding, "Who's responsible for labelling my mother 'bananas'?"

Quick route

Tourist: Officer, what is the quickest way to the hospital?
Officer: Close your eyes, try to cross this street, and you'll be there in 15 minutes.

If you have enjoyed reading our magazine, and would like to advertise the activities of your group or business in our next edition, please contact the editor, Revd. Lesley Ennis tel 01422 832747, or email your request to lesleyennis@hotmail.co.uk

All articles are accepted subject to Sowerby PCC editorial policy.

Cutoff date for items for the next issue is 30th of September. Anything submitted later may be held for the next magazine.

Grateful acknowledgement is given to all our magazine contributors, and also to the contributors of the website Parishpump.co.uk, for kindly allowing us to use some of their material.