

# News & Views From St Mary's Church Ecclesfield



Church Magazine April 2020

[www.stmarysecclesfield.com](http://www.stmarysecclesfield.com)

*Price 60p*

# First words

In these very strange times I have spent a lot of time cancelling and re-arranging meetings, weddings and events that were booked in for April and May.

This month there will be no PCC Meeting; the Church's AGM has been postponed; none of the PCC Sub-committees will be meeting until further notice.

But, although the building is closed, Church is still here, because, as I say to every school that visit's St Mary's, Church is not a building; Church is people. And we are still here, we are still worshipping, but in our homes and gardens and on our allotted daily walk. We still pray for our families, our parish and city and nation. We hold the sick and suffering and those who are bereaved before God in prayer. We hold in our hearts those who have passed from time to eternity.

Those who are able are helping our neighbours in practical terms: shopping, fetching prescriptions etc. We keep in touch by phone and email and Facetime.

Things are different, but Jesus' Church is still here.

Every week there is a broadcast on Facebook with Bible readings, prayers and a reflection. I will be putting something out on the church's Facebook page for every day in Holy Week.

So, in your homes and prayers, do keep Holy week as a week of prayer for our nation and as a time to worship God:

Holy Week 2020

Sunday 5th April Palm Sunday - Jesus enters Jerusalem.

Monday 6th April: Monday in Holy Week.

Tuesday 7th April: Tuesday in Holy Week.

Wednesday 8th April: Wednesday in Holy Week.

Thursday 9th April: Maundy Thursday - Jesus' Last Supper.

Friday 10th April: Good Friday - The Cross.

Saturday 11th April: Holy Saturday - Jesus in the tomb.

Sunday 12th April: Easter Day - Alleluia! Jesus is risen!

God bless you all, Tim



**Front Cover** – Decorated Easter Eggs from the Ukraine (Ukrainian pysanka, plural: pysanky) see page 20 for more information

**Back Cover** – View through St. Mary's lych gate

# Andrew Jones

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# Thought for the Month

On Sunday 12th April we will celebrate Easter. This year though, our celebrations will be very different from usual! We won't be able to gather together in Church. We won't be able to celebrate the Eucharist together, and, although we will have an Easter Candle, it won't be lit until we are able to do it as one Body, meeting in St Mary's.

It is important, possibly even more important than usual, that we do celebrate the Easter feast this year.

The first Easter came as a shock to the disciples. They had seen Jesus betrayed and arrested. They themselves had deserted Him in His hour of greatest need. After Jesus' arrest on the Thursday evening, the disciples had gone into hiding, waiting for the Roman soldiers or the Temple police to come looking for them. They remained hidden during Good Friday. They would have received reports of what was happening to their friend and master: His trial in front of Caiaphas and then Pilate; the death sentence and then the six long hours as Jesus hung dying on the Cross.

Finally, they would have heard the report of the women who had accompanied Nicodemus and Joseph of Arimathea as they laid Jesus' broken body in the tomb.

Their hopes and dreams had ended on Good Friday. The victory of evil over Jesus seemed complete and irreversible. When the disciples woke in the early hours of the first Easter Day, their thoughts would have been how to pick up the threads of their old lives, their lives before they had met Jesus.

Then came the first strange reports of the empty tomb. The disciples had no expectation that Jesus would rise from the grip of death. they didn't know what to make of the stories, until Jesus himself stood among them.

In that moment defeat was swallowed up by victory and hope put an end to despair. And for the past two thousand years the Church has proclaimed the victory of Christ. We have proclaimed the good news that in Jesus life and love have triumphed once and for all.

We still live in a world where evil and despair have great power. We still live in a world where violence and death reign. But the resurrection of Jesus on that first Easter day is God's promise that their time and their power is limited.

Our world is still broken and fallen. It is not the world that God created it to be, but in the resurrection of Jesus we have the promise that one day our world and we ourselves will be healed, that every broken heart will be mended and every tear will be wiped away. Easter is the promise of the victory of life and love and hope and joy. It seems to me more important than ever that this year, in the face of the crisis that is gripping our world, we celebrate and proclaim this victory.

May the risen Christ fill you with hope and joy this Easter and for ever,  
**Amen**

# Coronavirus update - What the Archbishops say:

Since 17<sup>th</sup> March, when the Archbishops of Canterbury and York had to put the public worship of the Church of England on hold, they have called on Christians to become “a radically different kind of church, rooted in prayer and serving others.”

They have also urged congregations to be in the forefront of providing practical care and support for the most poor, and the most vulnerable, during the crisis.

“We may not be able to pray *with* people, but we can certainly pray *for* people.

“And please do carry on supporting the local foodbank and buy extra provisions for it. Ensure also that the night shelters, wherever possible, are kept open.

“Then by our service, and by our love, Jesus Christ will be made known, and the hope of the gospel – a hope that can counter fear and isolation - will spread across our land.”

They add: “This is a defining moment for the Church of England. Are we truly a church for all, or just the church for ourselves?”

“We urge you sisters and brothers to become a different sort of church in these coming months: hopeful and rooted in the offering of prayer and praise and overflowing in service to the world.”

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# God and The Arts

*Editor: The Rev Michael Burgess begins a series on animals and birds as seen in art and scripture... this will run throughout 2020.*

## **‘He gave us eyes to see them’: Murillo’s ‘St John the Baptist with the Lamb’**

The nursery rhymes we learnt as children often focused on lambs: Mary had a little lamb, Baa baa black sheep, Little Bo-Peep and Little Boy Blue. They come to mind in springtime when we see lambs in the field jumping for joy or bleating as they run to the ewes for warmth and safety.

Murillo, a 17th century artist from Seville, had that world of childhood in mind when he painted ‘St John the Baptist with the Lamb.’ He looks back to the little child of Isaiah 11 leading the animals, but also we are called to think of the adult John the Baptist, who sees Jesus walking by and exclaims, “Look, here is the Lamb of God.”

In the painting, St John is a child with his arms around the lamb. He stands on rocky ground with a reed cross at his feet that has the words ‘Behold the Lamb of God’ on the ribbon.



The painting hangs in the National Gallery, and it certainly lacks the strength and brilliance of other Spanish artists. But Murillo is telling us how the drama of salvation is played out by children and lambs. He is inviting us to look from that world of childhood to another part of Isaiah’s prophecy, where he talks of the Messiah led like a lamb to the slaughter. We enter that drama of salvation in Holy Week this month. On Good Friday Jesus was led to His crucifixion, just as the lambs were being killed for the Passover.

We think of the world of Old Testament sacrifice, where the high priest on the day of Atonement would enter the Holy of Holies and sacrifice a ram. And we focus on Jesus who is for us both priest and sacrifice, and realise that there is a divine chemistry at work that leads us from Good Friday to Easter Day.

The writer of Hebrews meditates on this theme and proclaims that in Jesus we have a high priest of the good things that have come - eternal redemption. We are invited to appropriate that great gift for ourselves in this Holy Week of our salvation. So, we journey from the childhood days of Murillo’s painting to Calvary and the Easter garden. And we can also journey beyond to the heavenly city, where Revelation tells us that all the nations walk by the light of that Lamb - the Lamb of God.

# St James the Least of All

## On how to run your notice board

The Rectory  
St. James the Least

My dear Nephew Darren.

Your decision to place a notice board outside your church seems a good one – and its design in blue plastic with luminous red detachable letters seems entirely in keeping with the aesthetics of your building. Make sure that it is lockable, however, as an innocent notice saying ‘all are welcome’ may be modified by a devotee of anagrams to say something far less polite by the following day.

We recently replaced ours, which had disappeared shortly before last bonfire night. That the Scouts’ bonfire had a board which closely resembled our old one in its centre was, I am sure, a complete coincidence. The Venture Scouts’ collective smirk during the following week’s Parade Service did give one pause for thought, and the Cubs’ collapse into helpless laughter at the chorus ‘So light up the fire and let the flames burn’ only increased suspicion.

On reflection, you may not have been wise to use your notice board to tell everyone your holiday dates. Certainly, various local burglars were tripping over each other inside the vicarage while you were away. However, the note the last one left you, saying that next time he broke in, he would bring you something, since you had so little left, was quite touching.

Inevitably, now that your church has a notice board, there will be open warfare over who is allowed to display notices on it. Will the Slimmers Club be seen as biblical? Why is the Ladies Guild notice twice as large as all the others? And do remember that while everyone will want space to display their notices, no one will ever remove them once the event is over. Plaintive announcements of Christmas parties in April or of Summer Fetes in November only serve to take people down memory lane.

Here’s the best way to manage a notice board: create that panacea for all problems: a sub-committee. These poor people only ever exist in order to get the clergy out of tight corners and to make sure that matters are discussed at such inordinate length that every issue eventually dies a natural death. And if even that fails, you could have a quiet word with our Scouts before next year’s bonfire night.

Your loving uncle,  
Eustace

# Mother's Union Meeting - 4<sup>th</sup> March

We began today's meeting by singing the hymn, "Father We Love You" then Norma continued our service referring to today's Daylight Bible reading notes taken from Genesis 20, "Healing and Wholeness" The first recorded example in scripture of healing and showing God's grace .

Judith Nichols came to speak to us today about her job as a pharmacist. Judith is a valued member of our congregation here at St. Mary's.

She began by telling us that 50 – 70 years ago pharmacists made their own medication which had to be pure. When Judith was training, she had hundreds of pots at home which she had to identify. Judith passed us dishes with herbs etc., for us to identify them - not so easy. Judith's day to day job is in the hospital visiting patients gathering information from them about the tablets they take at home and how they take them. With the patient's permission she contacts their GP if appropriate. She explains to them what the medication is, why they are taking it and if they have any questions.

The pharmacists in the community need to know not to deliver whilst the patient is in hospital and what they will be taking on discharge. Also, to take any medication you have to AE or on admittance to hospital as not all the wards have all the medications, Judith explained how different medications affect different parts of the brain and body. Many of us had brought with us lists of tablets which we were taking and now put lots of questions to Judith. Using a diagram, she patiently and smilingly showed us how the different medications work on the body. We appreciated the effort and preparation Judith had put in to make it an interesting and enlightening afternoon.

Thank you. Judith

*Editor:* Pharmacists, also known as **chemists** (Commonwealth English) or **druggists** (North American), are health professionals who practice in pharmacy, the field of chemical sciences and health sciences focusing on safe and effective medication use. Pharmacists undergo university or graduate-level education to understand the biochemical mechanisms and actions of drugs, drug uses, therapeutic roles, side effects, potential drug interactions, and monitoring parameters. This is mated to anatomy, physiology, and pathophysiology. Pharmacists interpret and communicate this specialized knowledge to patients, physicians, and other health care providers. Today, the Bowl of Hygeia is the most widely recognized international symbol for the pharmacy profession and considered one of the profession's most prestigious awards. The bowl represents a medicinal potion and the snake represents healing.



# Help needed in the church garden

If you can, mow, weed, strim, sweep, pickup sticks, rake leaves or drive a sit on mower, we need you. If you can spare just one or two hours a week it would be a great help. Not only will the church look good, but you might even feel your spiritual and physical well-being improve and in our small way help the environment. We come to the churchyard every Tuesday and Friday afternoon (weather permitting) followed by a drinks and biscuits, sometimes even a cake.  
Any help most welcome. Thank you. Pat Wood

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# A strong immune system helps to keep you healthy

**Can specific foods boost the immune system?** - The immune system consists of organs, cells, tissues, and proteins. Together, these carry out bodily processes that fight off pathogens, which are the viruses, bacteria, and foreign bodies that cause infection or disease. When the immune system encounters a pathogen, it triggers an immune response. The immune system releases antibodies, which attach to antigens on the pathogens and kill them. Incorporating specific foods into the diet may strengthen a person's immune response. A healthful, balanced diet plays a vital role in staying well, as does being well rested. The following foods **may** help to boost the immune system:

**Almonds** - Almonds are an excellent source of vitamin E. They also contain manganese, magnesium, and fibre. A small handful of almonds is a healthful snack that may benefit the immune system.

**Blueberries** - Blueberries have antioxidant properties that may boost the immune system. Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person's immune system. A 2016 study noted that flavonoids play an essential role in the respiratory tract's immune defence system. Researchers found that people who ate foods rich in flavonoids were less likely to get an upper respiratory tract infection, or common cold, than those who did not.

**Broccoli:** Broccoli is another source of vitamin C. It also contains potent antioxidants, such as sulforaphane. For these reasons, it is a good choice of vegetable to eat regularly to support immune system health.

**Dark Chocolate** - Dark chocolate contains an antioxidant called theobromine, which may help to boost the immune system by protecting the body's cells from free radicals. Free radicals are molecules that the body produces when it breaks down food or encounters pollutants. Free radicals can damage the body's cells and may contribute to disease. Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is important to eat it in moderation.

**Garlic** - Garlic may help to prevent colds. Garlic is a common home remedy for the prevention of colds and other illness. One review looked at whether taking garlic supplements containing allicin reduced the risk of getting a cold. The group of participants taking a placebo had more than double the number of colds between them than those taking the garlic supplements. However, the researchers concluded that more research is necessary to determine whether garlic can help to prevent colds.

**Ginger** - People use ginger in a variety of dishes and desserts, as well as in teas. According to a review, ginger has anti-inflammatory and antioxidative properties and is likely to offer health benefits. However, more research is necessary to confirm whether it can effectively prevent illness.

**Green Tea** - Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system. As with blueberries, green tea contains flavonoids, which may reduce the risk of a cold.

*Continues on page 24*

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# Prayer for the Month

This month's prayer is from the [Church of England website](#). I recommend the site - there are links to a weekly act of worship for each Sunday as well as resources for daily prayer.

A prayer for all those affected by Coronavirus:

***Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. Amen.***

I have been using this prayer daily since it appeared on the website. Prayer continues unbroken in all circumstances and situations. We pray and worship in times of distress and confusion no less than in times of peace and prosperity.

In prayer we look not at the problems that we face but at God whose love for us in Christ Jesus is greater than any problem or adversity that we face. When we pray in times such as these we are reminded that we are pilgrims here on earth but are citizens of heaven.

As we journey through this world, what matters most is not the adversities that we face in life, but how we face the adversities of life. We have seen how many people have, in this time of crisis, responded with generosity of spirit, have looked out not just for themselves but for their neighbours. The same crisis has caused others to turn in on themselves and away from neighbours in need.

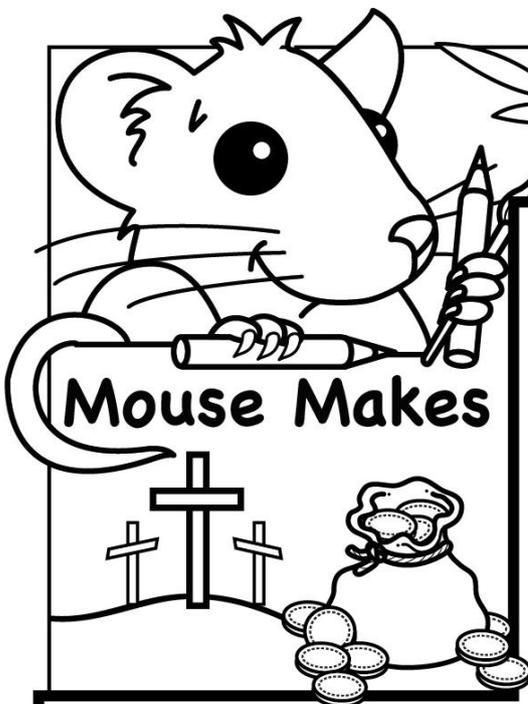
As Followers of Jesus our response to good fortune and ill fortune, to times of joy and times of crisis, is exactly the same: we turn to God in prayer and worship; we look for and serve Christ in our neighbour. We respond to life, all of life, as Christians which means as children of the Father.

God bless you and all those you love,

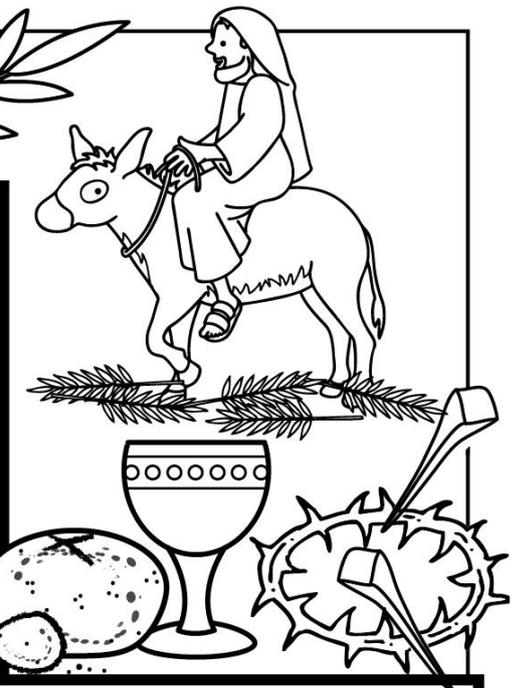
Tim



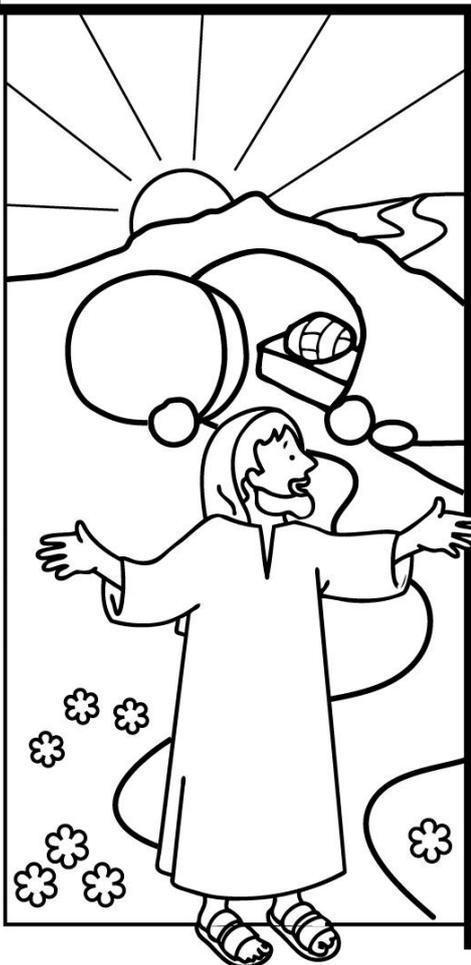
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# All services are suspended and The Church is closed until further notice

We will continue to post items to the website and will also be publishing the parish magazine as an online edition free of charge

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## **St. Mary's Corona virus Pastoral Care Plan**

**Lay Pastors**, please suspend home visits but still keep in touch with those you visit by phone

**Please take responsibility for each other:** if you are a lay pastor please phone those on your list regularly (at least once a week), especially those who live alone.  
If you have any concerns, please let  
Tim on 0114 257 0002 or Pat Wood on 0114 246 5086 know

**All members of the Church:** we do not need permission or authorisation to care for each other.  
Use the phone and keep in touch with those who are self-isolating

**We are not medical practitioners;** if someone asks for more than you know or more than you can help with, point them to:  
the **NHS phonenumber 111** or online to [111.nhs.uk](https://111.nhs.uk)  
It is in everyone's interests to set good boundaries all round

**If you are unwell or isolated** or just in need of prayer,  
contact Tim on 0114 2570002

**Details about what is happening** with Church will be on [Facebook](#)  
and here in the magazine and also on the [Church website](#)

### **Food Banks**

We are no longer able to accept donations however you can help to support the local foodbank by donating money at this link [S6 Foodbank](#) or by visiting their main website at the link below for other giving options  
<https://sheffields6.foodbank.org.uk/>

**Do not hesitate to contact** Tim with any concerns if he can help in any way at all:  
Tele: 0114 257 0002 - Email: [ttimgill@aol.com](mailto:ttimgill@aol.com)

# From the Registers

## Baptisms

8th March Zachary Bradley Fraser Booker  
8th March Tilly Florence Makepeace

*May they know the love of God in their life and may all things of the Spirit live and grow in them.*

## Weddings

6th March Neil Whitham & Anne Bean

*May each be to the other strength in need a comfort in sorrow and a companion in joy*

## Funerals

5th March Scott Terence Weaver 51  
10th March Irene Kitson 91  
17th March Maureen De Vall 78  
24th March Amy May Roper

*Grant them, O Lord, refreshment, light and peace.*



# Coronavirus - What we should do in this crisis

*Editor: Danny Webster, who oversees public policy for the Evangelical Alliance, writes:*

Crises bring out the best in people. What has become immediately apparent over the last few weeks is that the reserves of kindness, generosity and love for each other are often far deeper than we could have imagined.

One of the challenges of this specific crisis is how inactive and intangible our help and selflessness must be. We can't lean in, lend a hand and be present in the ways we would normally try to. Distance is a form of kindness and yet feels very unnatural. We have huge admiration for those in the NHS or other critical services who are on the physical frontline treating patients and at greater risk of exposure to the virus, but for most of us there is a sense of helplessness as the most beneficial thing we can do is wash our hands and sit on the sofa.

And we must pray. Pray for medical professionals, and government decision makers. Pray for those who are already isolated and concerned about cutting off vital connections. Pray for people who are at greater risk of more significant consequences of becoming infected. Pray for miracles. And pray for the witness of the church of Jesus Christ.

This is from the EA website at: <https://www.eauk.org>

# God in the Sciences

*This series is written by Dr Ruth M. Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.*

## **How Can a Christian be a Scientist?**

I used to ask this question as a student. I wondered, who could make it in the world of science and still hold onto their faith? Soon enough I met a good number of successful scientists who were sincere Christians, some of whom were at my own university. So what do people like this make of the opportunities and challenges that a life in science holds for a Christian?

Science is an exercise in observing and measuring things in the world, and coming up with general principles about the way things are. Exploring the world is a great thing to do to express our gratitude to the Creator. There is a sense of awe and wonder that comes when we expand our minds and our horizons by discovering things about the universe can feed into our worship.

Of course, there may be things in science that some Christians don't want to get involved in because of what they believe. But there should also be ethical issues that make them want to get stuck into new research that will help people, protect creation, or tackle injustices. I am glad to see that many senior scientists do their best to find appropriate ways to make their own faith visible, so that people like my younger self can find role models and mentors.

Another helpful thing about science is that although our beliefs may at times affect what we notice about the world and how we interpret our data, they shouldn't affect the outcome of experiments themselves. This means that a scientist can be respected by her colleagues for doing good work, regardless of what she believes and what her colleagues think of that worldview.

In my work at The Faraday Institute for Science and Religion, and my involvement with Christians in Science, I have the privilege of meeting a great number of scientists who are also Christians. One of the most famous living biologists is Francis Collins, who was Director of the project to decode the whole of human DNA. He wrote that it is "possible for the scientist-believer to be intellectually fulfilled and spiritually alive, both worshipping God and using the tools of science to uncover some of the awesome mysteries of His creation." (Francis Collins, *The Language of God: A Scientist Presents Evidence for Belief* (Simon and Schuster, 2007))

# Grenoside Singers - A Typical Monday Evening Practice

**This article was written before the recent restrictions due to the virus Pandemic. Choir is currently suspended but stay safe and look forward to joining when we are able to resume.**

You might be wondering what to expect if you decide to come and join us on one of our Monday evening practice sessions which begin at 7.30pm. Well, first of all you will certainly be given a very warm welcome by all the choir members. After that you might be enticed into buying a raffle ticket to help boost choir funds and if you are lucky, you could win the weekly £10 prize!

Music for all the pieces we are singing will be provided as well as a stylish carrying bag bearing our logo. If you know what section of the choir you would like to join that's fine – just grab a seat, but if you're not sure you can get advice from Christian, our Musical Director. After that you will join in practising the pieces we are preparing for any upcoming concerts or weddings. If you don't know any of them don't worry because Christian likes to do lots of "note bashing" until everyone feels confident!

Halfway through the practice we have a break for a hot drink and cakes or biscuits to keep up the energy levels then it's back to the note bashing. When we've finished the piece if we're lucky Christian might concede that it was, "not bad", followed by his absolute favourite phrase, "It just needs a bit of polishing" (We love him really!). The practice draws to a close at around 9.20pm and that's it until the next Monday. It's great fun to sing with a large group of people and if you would like to be part of our group just come along and give it a try.

We are currently working on a range of pieces for our concerts this year with the theme of "Around the World". The numbers include "Speed Your Journey" (Verdi), "Sound of Silence" (Paul Simon), "California Dreaming" (Mamas and Papas), "Something Inside So Strong" (Labi Siffre) together with excerpts from "Gloria" (Vivaldi) and "Requiem" (Faure).

If you are interested in joining the choir, you would be very welcome to come along to any of our rehearsals which are held in St Mark's Church Hall on Monday evenings at 7.30pm, or contact the Secretary, Judith Gill for more information. (Details on the inside back page of this edition.)

# The Gardening Year – April 2020

**Flowers:** sweet pea blooms show well in the garden if plants are grown in groups, six or eight of a single colour in each group supported on hazel branches, wire netting or pea nets, For cut flowers sweet peas are best grown in rows for ease of cutting pea or beans net are the simplest supports. Exhibition flowers can only be grown where plants are carefully trained. Single 7ft canes one for each stem is the simplest method tie each stem separately removing tendrils which may cling to the leaves or stems and distort them. Pinch out unwanted side growths and pinch out the tops when 6ft high. Lift and replant snowdrops where too crowded, divide kniphofias if necessary. Preparation should be made for summer bedding and bulbs should be lifted. Lift and divide the large white border daisies –chrysanthemum maximum.

**Fruit:** hoe all the ground around fruit trees to keep weeds down. Feed each tree with 4oz of fish blood and bone for 4oz of Growmore fertilizer. Pears growing in grassland are often affected by pear midge, this pest eats out the centre of tiny new fruits and makes them appear swelled or 'bottled'. Spray with insecticide and fungicide all fruits coming into bloom, to check apple blossom weevil, codling moth and march moth. Never spray when the blossoms are open you may kill bees spray in late evening.

**Vegetables:** a part of the vegetable plot is nearly always the ideal place for the herb garden, make this now. Herbs need full sunshine to develop a good flavour, herbs grown from seed should be sown this month, these include-borage, sorrel, pot marjoram, thyme, angelica, sage, chervil, summer savoury. Mulch early peas and strawberries. Prepare ground for the reception of brussels sprouts, cauliflowers, lettuce etc. grown in frames. The ground should also be ready for runner beans. There is still a danger of frosts and provision should be made for this, clothes, fleece, straw and newspaper all make useful protection material. Young plants should also receive protection from birds, pea and bean nets or black cotton is best.

**Under glass:** bring out plants from the greenhouse or frames on sunny days and put back in the evening. Keep the windows open whenever the days are warm to prevent seedlings and cuttings from becoming drawn. Early strawberries are obtained by potting up plants now and forcing them, keep pots in the greenhouse or cold frame until planting out next month. Seedlings under glass must receive careful attention, keep moist, do not let them dry out of they will damp off. Give ventilation daily to all seedlings and cuttings. As the planting out season approaches give more air to produce sturdy plants, watch for greenfly and spray with insecticide as often as necessary.

*Colin Williams*

## Eat the Seasons – April

**Vegetables** - Asparagus, Broccoli, Jersey Royal New Potatoes, Lettuce & Salad Leaves, Purple Sprouting Broccoli, Radishes, Rocket, Samphire, Spinach, Spring Onions, Watercress, Wild Nettles

**Fruit** - Bananas (Windward), Kiwi Fruit, Rhubarb

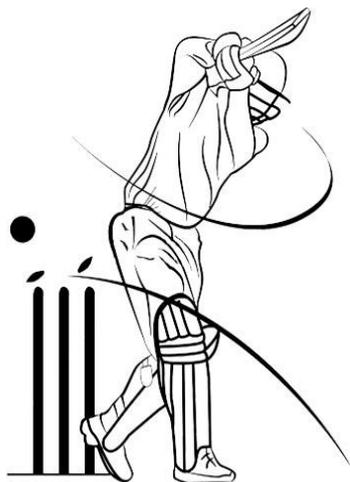
**Herbs** - Basil, Chives, Dill, Sorrel

**Meat** – Lamb, Wood Pigeon

**Fish** - Cockles, Crab, Langoustine, Lobster, Plaice, Prawns, Salmon, Sea Trout, Shrimp, Whitebait

Visit - [www.eattheseasons.co.uk](http://www.eattheseasons.co.uk)

# Whitley Hall Cricket Club



This article was written before the recent restrictions due to the virus Pandemic. The start of the season has now been suspended as has the ECB All Stars but the cricket kit for children is still available. Stay safe and look forward to joining us when we are able to resume. The Cricket season is upon us and, with ample rain in the autumn and winter, we are hoping that the weather will be kind this year. Games at Baxter Field, Cinder Hill Lane, start on Saturday 18<sup>th</sup> April. Existing cricketers wishing to play for Whitley or new players wishing to learn should contact Steve Fletcher. The club is again involved in the ECB All Stars and Dynamos schemes which have been an amazing success for young people wishing to learn and play the game. At Whitley, this will take

place on Thursday evenings at 5.00pm starting on 23<sup>rd</sup> May and running until 16<sup>th</sup> July. Registration is available now on the Whitley Hall Cricket Club page on Facebook or via Alex Fletcher on 07811 949536 or via the link below.

<https://ecb.clubspark.uk/AllStars/Course/c5ae8b50-0cef-40ae-a9bc-d4955c5dc8a6>

All visitors are warmly welcomed and are invited to use the facilities in the pavilion.

## Scheduled Home Games at Cinder Hill Lane (start at 12 noon)

Sat 18 <sup>th</sup> April	2 <sup>nd</sup> XI	V	Shiregreen 1 <sup>st</sup> XI
Sat 25 <sup>th</sup> April	1 <sup>st</sup> XI	V	Cawthorne 1 <sup>st</sup> XI
Sat 2 <sup>nd</sup> May	2 <sup>nd</sup> XI	V	Darfield 1 <sup>st</sup> XI
Sun 3 <sup>rd</sup> May	1 <sup>st</sup> XI	V	Cup Match Hallam 1 <sup>st</sup> XI
Sat 9 <sup>th</sup> May	1 <sup>st</sup> XI	V	Wickersley 1 <sup>st</sup> XI
Sat 16 <sup>th</sup> May	2 <sup>nd</sup> XI	V	South Kirkby 1 <sup>st</sup> XI
Sun 17 <sup>th</sup> May	3 <sup>rd</sup> XI	V	Sprotbrough 3 <sup>rd</sup> XI
Sat 23 <sup>rd</sup> May	2 <sup>nd</sup> XI	V	Tickhill 2 <sup>nd</sup> XI
Mon 25 <sup>th</sup> May	1 <sup>st</sup> XI	V	Tickhill 1 <sup>st</sup> XI

**Contact:** Steve Fletcher, Secretary: 0114 245 2406

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# Pysanka – see also the front cover

A pysanka (Ukrainian: писанка, plural: pysanky) is a Ukrainian Easter egg, decorated with traditional Ukrainian folk designs using a wax-resist method. The word pysanka comes from the verb pysaty, "to write" or "to inscribe", as the designs are not painted on, but written (inscribed) with beeswax.



Each region, each village, and almost every family in Ukraine had its own special ritual, its own symbols, meanings and secret formulas for dyeing eggs. These customs were preserved faithfully and passed down from mother to daughter through generations. The custom of decorating pysanky was observed with greatest care, and a pysanka, after receiving the Easter blessing, was held to have great powers as a talisman.

Pysanky were traditionally made during the last week of Lent, Holy Week in the Orthodox and Greek (Uniate) Catholic calendars. (Both faiths are represented in Ukraine, and both still celebrate Easter by the Julian calendar.) They were made by the women of the family. During the middle of the Lenten season, women began putting aside eggs, those that were most perfectly shaped and smooth, and ideally, the first laid eggs of young hens. There had to be a rooster, as only fertilized eggs could be used. (If non-fertile eggs were used, there would be no fertility in the home.) The pysanky were made at night, when the children were asleep. The women in the family gathered together, said the appropriate prayers, and went to work. It was done in secret and the patterns and colour combinations were handed down from mother to daughter and carefully guarded.

Many other Central and Eastern European ethnic groups decorate eggs using wax resist for Easter. <https://en.wikipedia.org/wiki/Pysanka>

See also, [Easter egg decorating for children](#)

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## Crossword Puzzle - Solution is here

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# ERIC EYRE

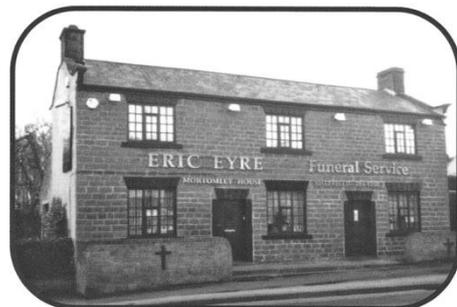
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# Easter Day: the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for Good Friday: Friday 7 April 30 AD or Friday 3 April, 33 AD, with Easter Day falling two days later. Modern scholars continue to think these the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22 March, which last fell in 1818. The latest is 25 April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month' but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

## Notice of closure of Sheffield City Council Libraries and Archives

In response to the Coronavirus pandemic, Sheffield City Council will close all library and archive service points to the public from Friday 20<sup>th</sup> March.

This relates to all libraries in the city run by the council and our archives at Shoreham Street.

We have extended return dates for books and no fines will be incurred during this period of closure. Customers with reservations will not be able to collect them at this time.

We continue to provide online library services via our e-library and a simple registration process to become a member visit:

[www.sheffield.gov.uk/home/libraries-archives/the-elibrary](http://www.sheffield.gov.uk/home/libraries-archives/the-elibrary)

Additional titles to the e-book catalogue will continue to be updated and you can download to read on your devices for free. We also have a large range of e-audio books, e-comics and a good selection of current e-magazines, also accessible free of charge.

How we provide library services during this time will be constantly reviewed.

For updates to library services including the Home Library Service check our website, our [shefflibraries.blogspot.com](http://shefflibraries.blogspot.com) and our social media channels on Facebook: [www.facebook.com/shefflibraries](http://www.facebook.com/shefflibraries) and Twitter: [www.twitter.com/SheffLibraries](http://www.twitter.com/SheffLibraries)

For our online book club visit [www.goodreads.com](http://www.goodreads.com)

We are sorry that we are having to close our doors and look forward to welcoming you back to our libraries and Archives as soon as we can.

Best Wishes  
Sheffield Libraries and Archives

# A strong immune system helps to keep you healthy

*Continued*

**Oily fish:** Mackerel, Salmon, tuna, pilchards, and other oily fish are a rich source of omega-3 fatty acids. According to a 2014 report, long-term intake of omega-3 fatty acids may reduce the risk of rheumatoid arthritis - a chronic autoimmune condition that occurs when the immune system mistakenly attacks a healthy part of the body.

**Oranges or Kiwifruit** - Oranges and kiwis are an excellent source of vitamin C, which is the vitamin that many people turn to when they feel a cold developing. While scientists are still not sure exactly how it helps, vitamin C may reduce the duration of common cold symptoms and improve the function of the human immune system.

**Red Bell Pepper** - For people trying to avoid the sugar in fruit, red bell peppers are an excellent alternative source of vitamin C. Stir-frying and roasting both preserve the nutrient content of red bell peppers better than steaming or boiling, according to a study on cooking methods.

**Spinach:** Spinach may boost the immune system, as it contains many essential nutrients and antioxidants, including: - flavonoids, carotenoids, vitamin C & vitamin E. Vitamins C and E can help support the immune system. Research also indicates that flavonoids may help to prevent the common cold in otherwise healthy people.

**Sunflower Seeds** - Sunflower seeds can make a tasty addition to salads or breakfast bowls. They are a rich source of vitamin E, an antioxidant. In the same way as other antioxidants, vitamin E improves immune function. It does this by fighting off free radicals, which can damage cells.

**Sweet Potatoes:** Sweet potatoes are rich in beta carotene, a type of antioxidant that gives the skin of the potatoes its orange colour. Beta carotene is a source of vitamin A. It helps to make skin healthy and may even provide some protection against skin damage from ultraviolet (UV) rays.

**Turmeric:** Turmeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response. This is due to the qualities of curcumin, a compound in turmeric. According to a 2017 review, curcumin has antioxidant and anti-inflammatory effects.

## **Other ways to boost the immune system**

Washing hands properly may help make the immune system stronger.

The following lifestyle strategies may make a person's immune system stronger: avoiding smoking, drinking plenty of water, exercising regularly, maintaining a healthy weight, avoiding alcohol or drinking in moderation, getting enough sleep, minimizing stress, practicing correct hand-washing and oral hygiene

Editor: **Anyone who gets frequent colds or other illnesses and is concerned about their immune system should speak to a doctor.**

# Crossword Puzzle

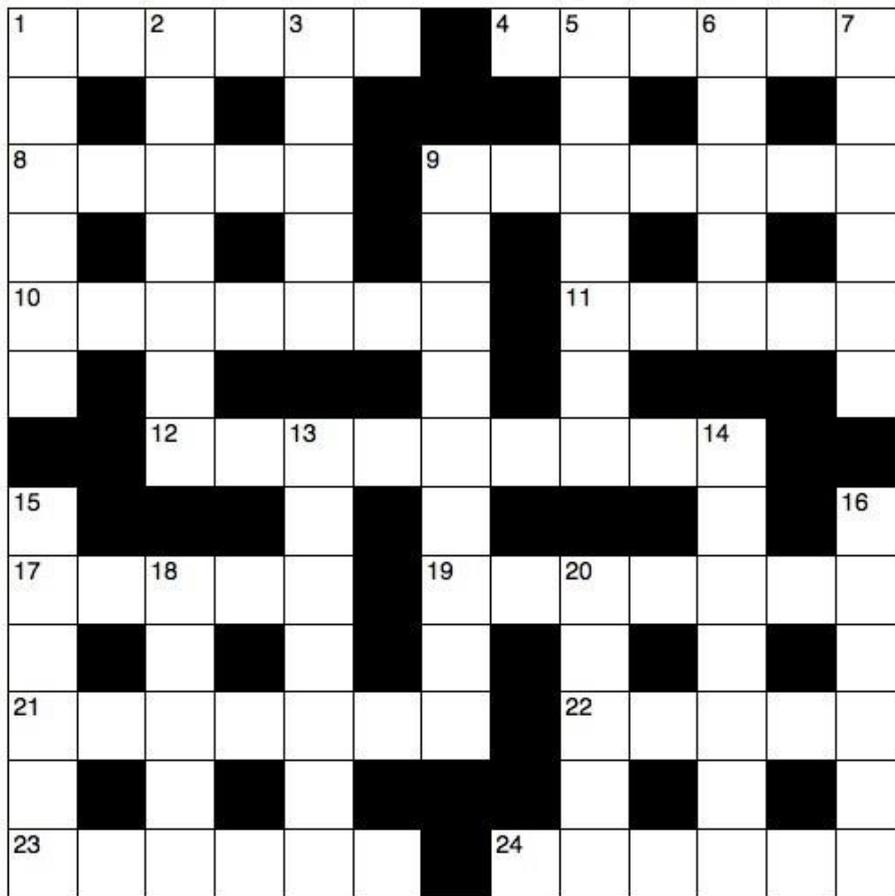
## Clues Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

## Clues Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)

Solution is on Page 20



*Helen went to church three weeks running,  
so she was co-opted to the P.C.C.*



*"The organist isn't too sure about it,  
he says he can't play that fast."*

# Prayers and Poems Page

## **The Changing**

*Reflections of Mary (Mark 16:1-8)*

Our eyes seeing the same mountains,  
The gentle touching of our hands,  
Simply breathing the same air,  
Pleasures unrecognised till now,  
Gone....  
In the changing.

In the certainty of our grieving,  
You surprise us, Lord,  
You are not where we know that you should be.  
In the moving of the stone, Lord,  
You surprise us,  
In our sorrow, we don't see your victory.

But you told us, Lord,  
Prepared us for the changing,  
In your grace, foretold the triumph of your death.  
In the changing from despair to resurrection  
You surprise us and transform us  
By rebirth.

Our opened eyes can see beyond the mountains,  
Now we're held forever in your arms,  
The air we breathe is your life-giving Spirit,  
Gloriously given.....  
In the changing.

*By Daphne Kitching*

---

## **Intercession**

Pray for your neighbours – lift them to the Lord!  
Thank Him for all that they have done for you!  
Claim for your friends the promise of His Word;  
In intercession we find strength anew.

Ask of the Lord, and surely you'll receive  
Seek now His will, and surely you will find  
Knock at His door, and truly we believe  
In intercession we see God is kind.

Come to the Lord, for He is always there!  
Our worries, cares, and our concerns we bring;  
O waste no time, just come to Him in prayer  
In intercession we find God the King!

*By Nigel Beeton*

## **The Mirror**

A Good Friday poem

Three 't's on the scrubby hill, neatly crossed the Roman way,  
The naked 'i's, skewered like worms, dotted burgundy with blood,  
As clear to the passing eye as three billboards by a roadside:

Death to the thief. Death to the rebel. Death to the author of life,  
Not even important enough to murder on His own, He,  
Just one in three, the uprooted vine stretched out on a barren tree:

The anointed poured out, the gift scorned  
The able disabled, the healer torn,  
The way barred, the truth buried,  
The life killed, the door bouldered,  
The King mocked, the reconciler, reviled,

Grace, beauty, glory in spited spittle defiled,  
The light snuffed out... Darkness at noon,  
The world dancing to its self-enthroning tune,  
The shepherd like a lamb to such slaughter.  
The teacher taught his final lesson. In torture.

I know, I know on this Good Friday, that Sunday is but a blink away.  
But this Friday is each and every year our 'why' day.

I look up from the water eddying out of the bathroom sink,  
And see the billboard on the wall in front of me:  
Whose rebellion required such grim reparations?  
For whom would love submit to such savage butchery?  
And the face on the billboard mouths slowly back,  
"Me".

*By Mark Greene*

---

## **God's Word is Nourishment!**

Ezekiel thought it quite droll  
When God said to eat up a scroll!  
But, though this sounds funny  
It tasted like honey!  
He swallowed that old scroll down whole!

Amazing, isn't it, how often the Good Book makes us smile?

*By Nigel Beeton*

# The Churchyard – Issue 14

The name of Green is frequently found on gravestones in the Churchyard. The earliest is dated 1786 but this is by no means the earliest burial, as, being one of the wealthier families, the principal members were usually buried within the walls of the Church. The family forms an interesting link with the past and over the years has occupied the- more important houses of Eccles-field.

The first of the name to come to the Parish was James, son of Thomas Greene of Cawthorne, who on 28th August, 1604 married Anne the daughter of Nicholas Shiercliffe of Ecclesfield Hall, grand daughter of Thomas Wombwell of Thundercliffe Grange, and great grand daughter of a daughter of Thomas Wentworth of Wentworth. Anne thus was descended from a combination of the most influential families of South Yorkshire. By the marriage James Greene secured Thundercliffe Grange which had been owned by his wife's ancestors since 1537 when, at the dissolution of the monasteries, it had been granted to Thomas Rokeby. At that time the Grange was just within the Ecclesfield Parish boundary. It was six generations later, after being sold by a member of the family and subsequently acquired by the Earl of Effingham that it was pulled down and a new mansion built in the same grounds but on the Rotherham side of the boundary.

Robert Green, son of the first James, became involved with the Royalist and Parliamentary clashes of the seventeenth century when in 1645-6. He incurred the displeasure of the Parliament as he went to live in York at a time when it was opposed W, and besieged by, the forces of Parliament. For his troubles he was heavily fined. Two generations later William Greene married Alice who was of the- family of the Duke of Northumberland.

The Greens continued to provide some of the leading citizens of Ecclesfield down to the present day when we find the Hall again occupied by members of the family almost 360 years after the arrival of the first of the name. An epitaph on the stone of William Carleill who married into the family, lived at the Hall, and died in 1779 gives food for thought.

*'Our life is like a winter's day,  
Some only breakfast and away;  
Others to dinner stay and are full fed,  
The oldest man but sups and goes to bed;  
Large is his debt who lingers ye day,  
Who goes ye soonest has ye least to pay'.*

F. S. Hague

## Contact Numbers for Local Groups ☎

### Ecclesfield Rainbows

Gatty Hall  
Tuesday 5.00 pm to 6.15 pm  
Leader - Debbie  
Tel: 07860 471793

### Ecclesfield Brownies

Gatty Hall  
Monday 5.30 pm to 6.45 pm  
Leader - Mrs J Hutchinson  
Tel: 0114 257 8609

### Ecclesfield Brownies

Gatty Hall  
Tuesday 6.15 pm to 7.45 pm  
Leader - Mrs A. Kendall  
Tel: 0114 246 8866

### Ecclesfield Guides

Gatty Hall  
Thursday 6.30 pm to 8.30 pm  
Leader - Mrs C Topham  
Tel: 0114 246 1289

### Ecclesfield Priory Players

EPPIC Theatre  
Monday 7.30 pm to 10.00 pm  
Wednesday 7.30 pm to 10.00 pm  
Secretary –Carol Travis  
Theatre Tel No. 0114 240 2624

### Ecclesfield Community Garden

Ecclesfield Park - Located between  
Ladycroft bridge/stream and Bowling  
greens. Open Wednesday + Saturday  
10 am to 12 noon  
Tel: Robert 0114 2461095

### Friends of Ecclesfield Library

Run by the community for the community.  
Volunteer helpers always needed.  
Tel: 0114 246 3651  
email: ecclesfieldlib@gmail.com

### Ecclesfield Cubs

Scout Hut (off Yew lane)  
Wednesday 4:45 pm to 6:15 pm  
2<sup>nd</sup> Pack 6.30 pm to 8.0 pm  
Leader - Mrs A Hancock  
Tel: 0114 245 2780

### Ecclesfield Beavers

Scout Hut (off Yew lane)  
Monday 6.00 pm to 7.15 pm  
Leader - Mrs J Steel  
0114 246 0218  
Thursday - 5.45 - 7.00 pm  
Shane Porteous  
shane@ecclesfieldscouts.org.uk

### Ecclesfield Scouts

Scout Hut (off Yew Lane)  
Tuesday 6:30 pm to 8:30 pm  
Leader - Bryony Hemming  
Tel. 07983 719155

### The Grenoside Singers

Practice Monday in St Mark's  
Church Hall at 7:30 pm  
Secretary: Judith Gill Tel: 07824 112584  
www.grenosidesingers.co.uk

### Whitley Hall Cricket Club

Matches every Saturday and some  
Sundays and weekdays.  
Please contact Steve Fletcher if you wish  
to play or learn.  
Secretary – Steve Fletcher 245 2406  
e-mail – fletcher177@hotmail.com  
www.whitleyhallcricketclub.co.uk

If you would like your local group  
advertised, please contact:  
Mrs P Blackburn ☎ 0114 246 8453





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