News & Views From St Mary's Church Ecclesfield



Church Magazine September 2023

stmarysecclesfield.org.uk

Price 60p

First Words

On the first Sunday in **September, 3rd**, after the morning Communion Service there will be **Baptisms at 10am.**

Prayer Breakfast is on Saturday 9th September at 9am in Church.

On **Sunday 17th September at 10am** we will be celebrating **Back to Church Sunday** - see the Thought for the Month for more information; later at **12noon** there will be **Baptisms** in Church.

The PCC will meet on Monday 18th September at 7.30pm in Church.

On **Wednesday 20th September at 3pm** we will meet to plan services and choose hymns for October, November & December.

At the Sunday Eucharist on **24th September** we will be welcoming families from the funerals held in August. On the evening of Sunday 24th September we have our monthly **Prayer and Praise** service.

The Ecclesfield Feoffees will meet in Church on Tuesday 26th September at 6pm, and the Ecclesfield Charities will meet on Wednesday 27th September at 4.30pm.

On Saturday 30th September we have two Weddings in Church at 1pm and 3pm.

On Sunday 1st October at 10am we have our Harvest Thanksgiving.

Lots happening this month.

Please pray for St Mary's,

God bless,

Tim.

Harvest Thanksgiving

is on Sunday 1st October at 10am. Produce given will be donated to The Archer Project and the cash collection will be divided between Water Aid and Farm Africa. All are welcome.

Front Cover – Blue Mophead Hydrangea

Hydrangea macrophylla blooms can be blue, red, pink, light purple, or dark purple. The colour is affected by soil pH. An acidic soil (pH below 7) will usually produce flower colour closer to blue, whereas an alkaline soil (pH above 7) will produce flowers more pink. This is caused by a colour change of the flower pigments in the presence of aluminium ions which can be taken up into hyperaccumulating plants.

Back Cover – EPPiC Poster – Key for Two

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Mothers' Union – August

Our meeting this month was a fund raiser for the Summer of Hope. Branches are encouraged to raise money for our projects abroad helping women to become self-sufficient in feeding their families and giving them chance to become literate as many are denied schooling and helping many facing trauma from the wars raging around them.

We did this by having fun with a caravan drive using the image of a caravan instead of a beetle. This caused a great deal of laughter and an eventual winner. After this we enjoyed an Afternoon Tea with sandwiches and cakes provided by the members and of course the cup of tea. We raised £265 and are happy to accept any donations from those who were unable to attend.

Our next meeting is 6th September when we welcome Mary Williams our Faith and Policy Co-Ordinator.

NP

How fish may help you hear

Seafood, and oily fish in particular, may be able to help you hear better. A new study has found evidence that consuming oily fish such as sardines, salmon and mackerel may help slow down the onset of deafness.

Scientists at the University of Guelph, in Canada, found that people with particularly high blood levels of DHA, found in seafood which is rich in omega-3 fatty acids, were 16 per cent less likely to have difficulty hearing, compared with those who had low levels.

Scientists believe that the DHA may play an important role in signal transmissions between nerve cells, including the auditory nerves of the ear.

Some scientists suggest that we consider eating fatty fish at least three times a week, in order to increase our blood levels of DHA. This need not be expensive: according to the Cleveland Clinic, in the US, sardines – a tin of which cost just 47p at Tesco – contain some of the highest levels of omega-3 of any fish.

Coffee is good for you

If you like coffee, then this is good news: it seems that coffee is quite good for you. For one thing, coffee contains chemicals called polyphenols, which protect against inflammation in the body and which repair damage to cells.

One study, known as the European Prospective Investigation into Cancer and Nutrition (Epic), found that people who drank more coffee were less vulnerable to a range of chronic illnesses. Another study, at the University of Verona, found that it can help prevent a toxic protein called tau from clumping together – which might help in fighting Alzheimer's.

Coffee drinkers have also been found to have different species of bacteria in their gut microbiomes, compared with non-coffee drinkers. This is believed to be one of the strongest protective factors against colorectal cancers.

Harvard University recommends two to five cups of coffee daily, and the NHS recommends that no more than about two and a half cups of coffee are consumed in one sitting, and no more than five cups per day.

Regarding Greaves Road Lunch Club

As you may be aware, the Lunch Club has not been able to operate since the first lockdown during the COVID pandemic. The club was ably run by Alwyne Hill, who willingly gave a lot of his time and energy to it.

Unfortunately, during the pandemic Alwyne very sadly passed away and as the restrictions imposed by the Government have gradually been lifted it has not been possible for the Lunch Club to resume.

As there is no longer the capacity for the Lunch Club to run, the difficult decision has been taken to dissolve the club with immediate effect.

The Lunch Club does not owe any money to anyone, and the money that the Lunch Club has in the bank as at 4th August 2023 is £4301.05, this being the remainder of a generous bequest from a former member of the Lunch Club.

As the Lunch Club provided a meal to local people, it is felt that the money in the bank should be donated to a charity providing similar services to people in the local community. The money is to be donated in full to the JOY club and S6 Foodbank which is operated from St Paul's Church Wordsworth Avenue and will assist vulnerable older people and young families in the community during the cost-of-living crisis.

DJ

Thank you for the generous support

Revd Andy Poultney and the team at St Paul's would like to express our gratitude for this very generous gift from the Lunch Club. It will make huge difference to both our JOY (Joining Old & Young) Club and the people we serve at the Foodbank. We have been very fortunate in the past to receive council grants towards the foodbank and JOY, but this gift has come at a very opportune time for us, as we are struggling to break-even.

We thank God for his provision and the generosity of all those involved.

We would also like to take this opportunity to thank the congregation of St Mary's and their friends for their ongoing support of the foodbank.

We are so grateful the box at the back of St Mary's keeps being filled up with gifts of food, but also the cash gifts we have received – they help us make a massive difference to those in our area who are really struggling to put food on the table for their family. It is an immense privilege to provide this service and get to hear stories every week of how people's generosity has helped them.

Thank you all so much.

KL

The Food Bank at St Paul's - Wordsworth Avenue is open: On Thursdays between 9:00 am and 11:30 am

&

Fridays between 10:00 am and 1:00 pm

Weather by app?

Do you watch the weather via an app? It seems millions of us do, as we try to outguess what the British weather is going to do next.



There are thousands of weather apps out there, and it seems that you can find one that will predict almost anything you want. But if you want reliability, you could do worse than choose the Met Office app.

https://www.metoffice.gov.uk/about-us/what/met-officeweather-app

The World Meteorological Organisation (WMO) has recently named the Met Office as the world's best public sectorprovided app for usefulness, reliability and information quality. As its website says, "92.5 per cent of the Met Office's next day temperature forecasts are accurate within two degrees Celsius." As the UK's official weather service,

it is also responsible for weather warnings, and sends them directly to users as push notifications.

Or you might try The Weather Channel app. Some industry analysts say that the US-based Weather Channel is the world's most accurate forecaster. Using data from IBM, the Weather Channel offers a main app with hurricane, lightning and wildfire tracker capabilities on top of all the usual functions, as well as a separate Storm Radar app.



God in The Arts

Editor: Michael Burgess continues his look at great works of Christian art. You can see the image described by googling 'Vase of Flowers' by Jan Davidsz de Heem.

'He gave us eyes to see them': Flowers - the beauty of the Lord

In this month of September, we give thanks for God's blessings in all that the earth yields us. Those blessings are focused in this wonderful painting of Jan Davidsz de Heem. He was born in Utrecht in Holland in 1606 and studied art under his father's guidance. De Heem then moved to Antwerp, where for the rest of his life he created paintings of such beauty and depth that one of them – a portrait of Prince William III surrounded by blossoms and fruits - received the highest price ever paid for a painting at that time.

In the 'Vase of Flowers' de Heem has gathered together a bouquet of variegated flowers and plants for our delight. Time stands still in his painting in two ways. First, these thirty-one blooms could never have flowered at the same time, but through the magical touch of the artist, they do for us. Caught on canvas, they are as fresh and vibrant as the day they were painted in 1645.



But there are signs that the gifts of nature do wither and die, as we look closely and see on the marble slab a snail. Nearby is a salamander eyeing his next meal as a spider hangs on a thread from one of the flowers. In the centre, another snail looks at his food, the beautiful and rare red and white tulips. Yet we look again and see also signs of new life: the reeds of wheat are symbols of the Eucharistic bread; the caterpillar and butterfly on the striking white poppy at the top are signs of resurrection; and the peas in their pod and the blackberries mark out the fruitfulness of creation.

The artist shows us a glorious range of flowers - some well-known, others more exotic and brought back to Holland through the colonial expansion of the 16th century. Tulips and poppies dominate, but to the left are some small-scented roses. Each is a testimony to the beauty and goodness of the world we live in.

A 100 years later, Christopher Smart wrote in 'Jubilate Agno': 'For the flowers are great blessings...for the flower glorifies God...for the flowers are peculiarly the poetry of Christ.'

And 200 years later Gerard Manley Hopkins wrote: 'I do not think I have ever seen anything more beautiful than the bluebell I have been looking at. I know the beauty of our Lord by it.'

And we, in our own century, can echo poet and painter as we praise God, the author of such flowers and plants that make up a world of 'all things bright and beautiful.'

Editor - Jan Davidsz. de Heem or in-full *Jan Davidszoon de Heem*, also called *Johannes de Heem* or *Johannes van Antwerpen* or *Jan Davidsz de Hem* (c. 17 April 1606 in Utrecht – before 26 April 1684 in Antwerp), was a still life painter who was active in Utrecht and Antwerp. He is a major representative of that genre in both Dutch and Flemish Baroque painting. <u>https://en.wikipedia.org/wiki/Jan_Davidsz_de_Heem</u>

St James the Least of All

Editor: The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

On the absurdity of a vicar ever retiring

The Rectory St. James the Least

My dear Nephew Darren.

Beware of being invited by bishops to drop round for a chat. My first mistake was to answer the phone when he rang; what are answerphones for, but to avoid having to talk to anyone - ever. My second mistake was not to be able to think of a meeting I had to attend preferably on another planet - on the day he suggested.

I therefore found myself in his study this morning, waiting for the point of the meeting while we negotiated the obligatory five minutes discussing the weather and his summer holiday in France. I made it quite clear that I had been far too busy to swan off to foreign parts – although I suspect the implication of what I said passed him by.

We then got to the point. He was toying with the thought of my retirement and linking us with the adjoining parish of St Agatha's. I patiently explained, using simple words and speaking slowly for his benefit, that at 85 and with 40 years at St James the Least of All behind me, I was just getting into my stride and that the vicar of St Agatha's, a stripling at 63, had nowhere near enough experience to organise the hymn list, let alone two parishes. This, too, seemed to drift somewhere above his head.

He had clearly done his homework. There were already plans for my Queen Anne rectory to be sold and my five acres of garden be turned into a housing estate. This news would be received by our parishioners with as much equanimity as if they were told that Buckingham Palace was to be converted into a sports centre.

The matter, I was told, was confidential – which meant that I only relayed the news to one parishioner at a time. By the end of the day everyone in the village knew, and a counterattack was being planned. Inevitably, the most outraged were those who never attend church. People do so love having a church not to go to. Congregations have soared, gardeners are being brought in to tidy the rectory grounds, and the church council is now well attended. The latter is a mixed blessing, as I always think that the time to get worried is when people start to turn up to meetings.

It may surprise our bishop, but the threat of a merger has been the greatest impetus to mission outreach we've had in years. Retirement indeed! I'm sure Zadok was never asked about his pension plans.

Your loving uncle, Eustace





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Thought for the Month

I don't think that the Church or our nation has really recovered since lockdown. There are things that we do differently - I find shaking hands with people a little odd. If we ever get back to sharing the chalice at Communion I don't think I will ever again finish off the wine at the end of the Eucharist!

Lockdown has changed how we work and how we socialise. The statistics show that fewer people attend gatherings for Weddings, Baptisms and Funerals; it is the same with eating out, going to concerts and attending Church. Many people have got used to attending online; others have begun to regularly attend worship on Facebook or Zoom.

We miss you! We miss meeting you in person; we miss all that you bring to our life and fellowship and worship. We miss your voice in the singing, your presence in the prayers; we miss your encouragement in the coffee time after the service. More than that, we miss you!

On Sunday 17th September at the 10am service we are having *Back to Church Sunday*. We hope that you will be able to join us in Church.

And keep an eye out for the special events that are happening in the next few months - the Harvest Festival on Sunday 1st October, Remembrance Sunday on 12th November and on Advent Sunday at 4pm we will be welcoming the Steel City Choristers back to St Mary's for a special service of Advent Carols; and then of course, in December we have lots of Carol Services. We would love to see you again.

You are part of the Church here in Ecclesfield and you are very warmly invited *Back to Church* on 17th September and to the other events and services.

God bless you, Tim.



Come back to church!

Editor: This month brings us Back to Church Sunday (17th Sept), when church members are encouraged to invite their friends and neighbours to come along. So, just for fun, here are some graphics and some suggestions on what we might offer to invite people in....



To encourage people to attend, how about if we offered:

Beds - for those who say Sunday is their day to sleep-in.

Safety helmets – for anyone who fears the roof would fall in if they entered a church door.

Blankets and hot water bottles - for those who find our church too cold.

Fans and ice cream - for those who find our church too hot.

Cushions - for anyone who find our seats too hard.

Bicycles - for those who exercise on Sunday mornings.

Hearing aids - for those who find the minister speaks too softly.

Cotton wool - for those who find the minister speaks too loudly.

Score cards - for all who want to rate the hymns/sermons/coffee.

Ready-meals - for anyone who can't come because they have to cook Sunday lunch.

Some flowers - for those who prefer to seek God in nature.

Christmas poinsettias and Easter palms - for all those who have never seen the church without them.

See you Sunday!! - And bring a friend...



Joanne Cooke, SAC, DipRFHP

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From the Registers

Baptisms

Sunday 6th August:

Sunday 13th August:

Eleanor Marie Lawrence; Evie Elizabeth Waters; Oliver Benjamin Waters & Eliza Lily Marie Waters; Rauri Anthony Jackson. Laura Geraldine Hutchings & Shaun Jay Smith

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

Marriages

Saturday 5th August Saturday 12th August Saturday 26th August Saturday 26th August

David Davis & Amelia Waxman Dean Marshall & Deborah Hill Francis McAuslin & Natalie Davies James Todd & Jodie Morrison

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

Funerals

Wednesday 2nd August	Alan Walton
Thursday 17th August	Simon Alexander Fisher
Thursday 31st August	Edwin Irwin

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

Spiritual Disciplines: Service

Editor: Canon Paul Hardingham continues to his year-long series on the Spiritual Disciplines.

'Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.' (John 13: 14-15).

We are all familiar with those requests for more to 'serve on a team' at church, whether the coffee rota or with the children. However, these can hinder our understanding of the spiritual discipline of service.

The discipline of service involves learning from Jesus' example, when He washed the disciples' feet. Like His disciples, we are all called to take the place of a servant and be willing to serve those around us. Richard Foster in *'Celebration of Discipline'* contrasts *'self-righteous service'*, human effort wanting to impress others and be rewarded, with *'true service'*, which is rooted in our relationship with Jesus and delights in the service itself.

In his book, Richard Foster highlights the value of small, everyday sacrificial acts of service which flow from the place of being a servant: 'service is not a list of things to do, though in it we discover things to do. It is not a code of ethics, but a way of living.' He goes on to highlight a number of acts of service, including: hiddenness (working behind the scenes); small acts of service; guarding the reputation of others; being willing to be served ourselves; practising hospitality; listening and bearing the burdens of each other. We need to pray for wisdom and discernment, so that we know when to say 'yes' and 'no' to serving. If we say 'yes' too much we can easily find ourselves becoming bitter or burned out!

Why not make it your prayer each morning: *'Lord Jesus, if it would please You, bring me someone today who I can serve?*'

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 what it was like to have a career in science, and how being a Christian might make a difference. Eventually I met a good number of successful scientists who were sincere Christians, and I learned that science and faith are a great combination. Dr Francis Collins, former Director of the project to decode the whole of human DNA, 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." So, what do people like this make of the opportunities and challenges of a life in science?

Although our beliefs may affect what we notice about the world and how we interpret our data, they don't affect the outcome of the experiments themselves. If a Muslim and a Christian drop the same ball from the same height under identical conditions, it will fall at the same speed. 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 her worldview.

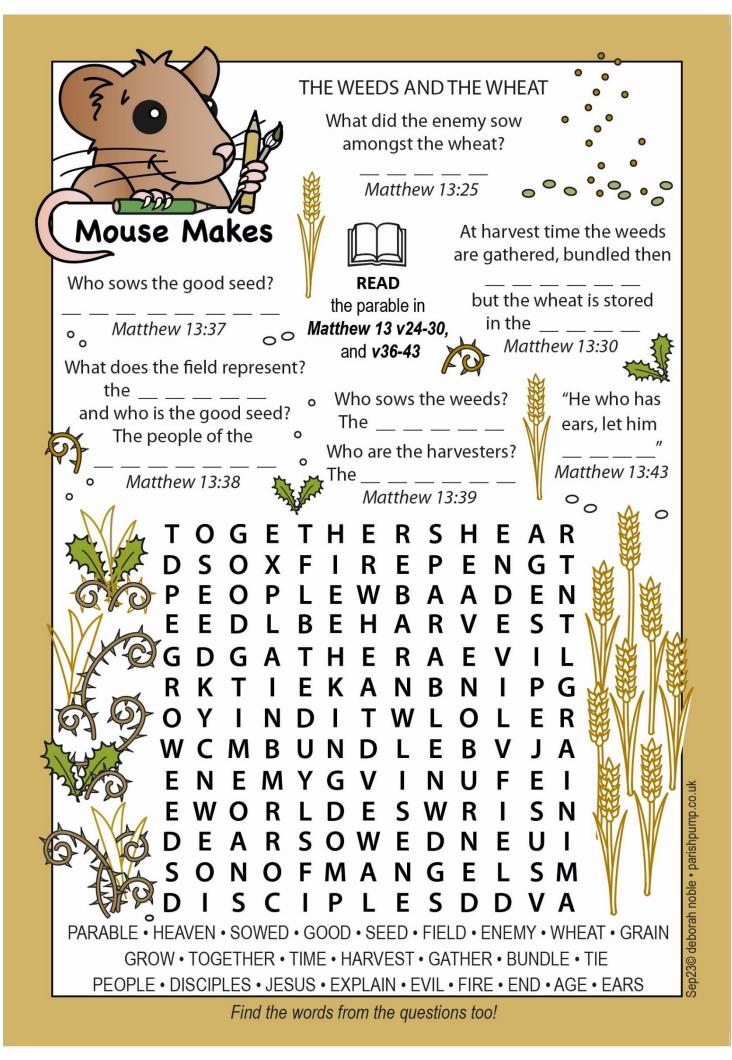
Science is an exercise in observing and measuring things, and coming up with general principles about the way things are. The world has been declared by God to be 'very good' (see chapter one and two of Genesis), and exploring it is a way to express our gratitude to Him. Scientific discoveries can also bring a sense of awe and wonder that feeds into our worship.

Some people don't want to get involved in certain lines of research because of ethical concerns. On the other hand, there are many issues that make Christians want to get stuck into new research that will help care for people and the rest of creation, such as medical research, ecology or developing appropriate technologies.

Organisations such as Christians in Science and the Faraday Institute gather together scientists who are also people of faith, and others who are interested in the subject. They come from a wide range of backgrounds, and express their beliefs in a variety of different ways. What they have in common is the conviction that you don't have to choose between science and God. As the young people in our churches prepare to return to their studies, online if not in person, let's encourage them that science (along with many other fields) is a great way to serve God.

Science investigates religion interprets. Science gives man knowledge which is power religion gives man wisdom which is control. - *Martin Luther King, Jr.*

From religion comes a man's purpose; from science, his power to achieve it. Sometimes people ask if religion and science are not opposed to one another. They are: in the sense that the thumb and fingers of my hands are opposed to one another. It is an opposition by means of which anything can be grasped. - *William Henry Bragg*



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A lovely homely environment feels like family.
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Editor's Humour & Philosophy Page

Online readers - don't forget to click on the pictures and links to learn more!

Never seen anyone jogging and smiling, so that's all I need to know about that...

Once you hit a certain age life is just a delicate balance of trying to stay awake and trying to sleep. While slowly getting worse at both.

There is no such thing as a grouchy old person. The truth is, once you get old, you stop being polite and start being honest.

Notice on door: THIS IS THE BACK DOOR. THE FRONT DOOR IS AROUND THE BACK

Man in Costa Coffee : "Some people call me the space cowboy" *leans in* "Some people call me the gangster of love" **BARISTA**: "I'm just going to put Steve on the cup.

Accordion to a recent study, seven out of ten people don't notice when a word in a sentence is replaced by a musical instrument.



Everything in this picture is now in your pocket.







Ok fine, I'll go camping...

Prayer for the Month

There isn't a prayer for the month this month! Instead there is a request for your prayers for St Mary's.

At the end of July we had a meeting of those who lead the ministry and we came up with some plans for the next 18 months or so; the things that we believe God is calling us to do as a Church.

Below is not a list of all of the things that we discussed, but instead these are the things that we feel we ought to give priority to. We know that we cannot accomplish anything by ourselves. We need the leading of the Holy Spirit in everything, and we depend on your prayers.

Please commit to praying for St Mary's, for our life and ministry and mission daily, and ask God to guide us so that everything that we do as a Church is a response to God's Spirit leading us.

There are three areas for your prayers:

1. Prayer and Worship:

"*Open to God*" - continuing our Lent Groups with monthly Listening to God; That *Prayer and Praise* may be more central to our life and worship.

2. Ministry:

To grow our ministry to children and young people, we pray for two or more leaders for Sunday Club;

Ask God to raise up in St Mary's at least two Focal Ministers in the next few months as we respond to the Diocesan Strategy.

3. Outreach:

Back to Church Sunday on Sunday 17th September; an opportunity to re-connect with friends who we are missing since Lockdown;

Starting a 'Bereavement Cafe' in the Autumn or early Spring to minister to those who are grieving.

"Surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you." (Jeremiah 29:11-12).

May you be blessed this September, and may God hear our prayers and give us His vision for His Church here in Ecclesfield.

God bless, Tim

Conflict in Sudan puts Christians at greater risk

Since the fighting broke out in Sudan this April, thousands have been killed and several million have been displaced.

Ceasefire attempts by the warring parties – the Sudanese Armed Forces (SAF) and the paramilitary Rapid Support Forces (RSF) – have failed, and the conflict has now spread beyond the capital Khartoum to the south. It is affecting the states of South Kordofan and Blue Nile, where there are large Christian communities who are already vulnerable.

"We are deeply concerned," said bishops from South Sudan, where many are fleeing to. "The conflict is destabilising the region which is already fragile."

Since fighting broke out, more than 165 churches have closed and at least 15 have been destroyed. Churches have also reported human rights violations such as rape, kidnap and looting. "There are many Christians still present in the war zones today who do not have any means to flee, who are suffering, and we cannot reach them," says a local partner. "This is very tough for us; they are part of the body in Christ."

"Christians in Sudan are especially vulnerable and on the receiving end in war times," adds Fikiru. "We ask that churches worldwide do not grow tired or forget to pray for the situation in Sudan."

Editor: By Tim Lenton





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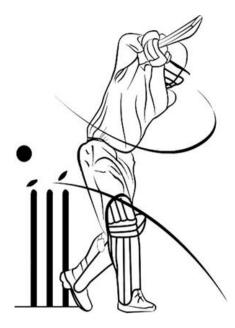
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Help needed in the church garden

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

Whitley Hall Cricket Club



All in, 2023 has not proved to be our best season. The weather has continued to take the headlines with the 1st XI missing 6 games so far and the 2nd XI missing 7 games due to rain with several other matches interupted by frequent showers. The matches on 29th July and 5th August were all cancelled but matches were played on 12th August in spite of several rain stoppages. The 1st XI had a very good win at home against highflying Doncaster Town but the following weekend, with the selection depleted, the team suffered a defeat away at Barnsley with the team in 9th position out of 12. The 2nd X1 were defeated by Oughtibridge on 12th August and were defeated at home the following wekend by Upper Haugh, the team now sitting in 8th place in Division 1. The 3rd XI has faded a little from the stunning start to the season and lost to Sheffield University Staff on 12th August and at home to Higham the following weekend, with the team in 5th place in Division 6.

With 3 matches left for all the senior teams, there remains a great deal to play for.

The Whitley Witches ladies' team contunes to grow and had a closely fought draw against Tickhill Panthers on 11th August, followed by a defeat at Parkhead on 21st August and a hard fought victory at Anston on 23rd August.

Spectators are welcome to use all the facilities in the pavilion where drinks and snacks are available.

Remaining Fixtures at Baxter Field, Cinder Hill Lane (12 noon start)

Monday 28 th August	1 st XI	V	Treeton 1 st XI
Saturday 2 nd September	2 nd XI	V	Aston Hall 2 nd XI

Contact: Joe Webster, Secretary: 07969 014592 https://whitleyhall.play-cricket.com/

Andrew Robinson



The Gardening Year – September

Who can grow crops in pots? The wonderful thing about container gardening is that it is accessible to all people with disabilities. People who find it hard to bend, dig or kneel can enjoy gardening by sitting down by the side of a raised bed. Young children can take care of their own containers. The elderly may gain tremendous satisfaction from growing food and for busy people with time constraints container gardening reduces stress and increases success. A whole new world of gardening is opened up for people who don't have a garden! You can grow salad plants, vegetables, herbs and fruit, on a balcony, roof garden, or patio, or in window boxes.

You can utilise the space available by choosing anything from rustic pots bought at a garden centre to old sinks! If you have no available garden space, try hanging baskets and wall planters or grow food indoors .people with limited time. For busy people, taking care of a few pots is a great way to balance a hectic lifestyle. You can plant as few containers as you wish and spend just 5 mins a day gardening if this fits in with your plans. When your confidence of time increases you can add more containers and choose more challenging plants to grow.

Making gardening simple ,using containers is less over whelming and time consuming than tending to an allotment or traditional vegetable plot. You can choose fuss free plants such as herbs, or salad leaves to begin with and gradually build up to plants that need more time and care. Children can easily grow their own in containers because they don't have to do any digging or pull-out weeds with long roots.

Reaping benefits, growing food in containers has several advantages over traditional gardening, for example weeds cannot establish good roots so you will spend less time weeding. With a pot you can easily get the soil ph. and conditions just as you need it .and instead of renting an allotment which involves traveling cost, you can just step outside and get straight on with your gardening. Food all year round, by growing food in pots you can extend your garden season . Soil will warm up quicker and you can protect containers or move them around to take advantage of the sunlight.in the winter, containers can be covered or brought indoors to protect them from frost damage.

Colin Williams

Eat the Seasons – September

Vegetables - Artichoke, Aubergine, Beetroot, Broccoli, Butternut Squash, Carrots, Celeriac, Celery, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Horseradish, Kale, Kohlrabi, Leeks, Lettuce & Salad Leaves, Mangetout, Marrow, Onions, Pak Choi, Peppers, Potatoes (Maincrop), Pumpkin, Radishes, Rocket, Runner Beans, Shallots, Spring Onions, Sweetcorn, Tomatoes, Turnips, Watercress, Wild Mushrooms

Fruit - Apples, Bilberries, Blackberries, Damsons, Elderberries, Figs, Grapes, Medlar, Melons, Nectarines, Peaches, Pears, Plums, Raspberries, Redcurrants

Herbs - Chestnuts, Chives, Cob Nuts, Coriander, Oregano, Mint, Parsley (Curly), Parsley (Flat-Leafed), Rosemary, Sage, Sorrel, Thyme

Meat - Beef, Duck, Grouse, Guinea Fowl, Hare, Lamb, Mallard, Pheasant, Rabbit, Turkey, Venison, Wood Pigeon

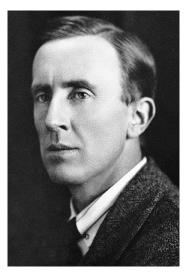
Fish - Clams, Cod, Coley, Crab, Dab, Dover Sole, Grey Mullet, Haddock, Halibut, Hake, Herring, Lemon Sole, Mackerel, Monkfish, Mussels, Oysters, Pilchard, Plaice, Pollack, Prawns, Red Mullet, Sea Bass (Wild), Sea Bream, Shrimp, Squid, Turbot, Whelks, Winkles

Visit - <u>www.eattheseasons.co.uk</u>

Remembering the genius of JRR Tolkien

Fifty years ago, on 2nd September 1973, JRR Tolkien, the fantasy writer, poet, scholar and educator, died. He was best known for his novels The Hobbit and The Lord of the Rings.

Born in Bloemfontein and descended from a family that originated in an area that was then East Prussian and is now Russian, Tolkien – always known as Ronald – thought of himself as unmistakeably English. He was brought up in the Birmingham area after the death of his father, who had stayed in South Africa while his wife and children visited England.



Ronald's mother then died when he was 12, and he was raised by aunts, uncles and a guardian who was a Roman Catholic priest, Father Francis. Tolkien later became a devoted Catholic and insisted that his fiancée, Edith Bratt, join him in that faith. She did so, reluctantly, and they had a long and extremely happy marriage. His beliefs were a significant factor in C S Lewis's conversion to Christianity.

Tolkien had a longstanding fascination with language and became an acknowledged expert in both linguistics and mythology, which led to his writing his two most famous works – and several others. Despite assumptions by some, none were intended as children's books, and The Lord of the Rings was never a trilogy – it was printed in three volumes for cost reasons.

The huge success of his writing led to unexpected fame. He and his wife eventually moved to Bournemouth and lived there until she died in 1971. He was then given rooms in Merton College, Oxford. He said in an interview shortly before his death: "A pen is to me as a beak is to a hen."

Since 2003, The Tolkien Society has organised Tolkien Reading Day, which takes place on 25th March in schools around the world.

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Crossword Puzzle - Solution is here

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It is time to eat Butternut Squash

Butternut squash is one of the most popular and widely available forms of winter squash. Varying in shape from cylindrical to half-dumbell, its smooth tan exterior hides deliciously sweet, dense and buttery orange flesh. The adaptability of the butternut squash is demonstrated by the wide variety of uses to which it is put in different countries. Across the globe it crops up in recipes for stews, gratins, pasta dishes, risottos, soups and curries. When baked and mashed, perhaps with a touch of nutmeg or cinnamon and a splash of cream, it makes a very appetising autumnal side dish - try it with your Sunday roast.

The squash has long been an established part of the diet in each of the five continents. Its exact origin is not clear but it is thought that it was eaten in the Americas over 5,000 years ago. It is known to have been cultivated by the Incas in the fifteenth century and remains a very important source of food throughout much of central and south America. Butternut squash belongs to the Cucurbita moschata species. Other members of the Cucurbitaceae family include the pumpkin, cucumber and courgette

The split between winter and summer squash is primarily based on usage, rather than botanical classification. Winter squash, such as the butternut, are squash that are harvested when mature, with hard skins. Summer squash (including cucumbers and courgettes) are eaten whilst immature and usually have an edible skin and less strongly flavoured flesh. If you can push a fingernail into the rind of a squash it is immature and will be lacking in flavour and sweetness. The rind should be firm and unbroken with a uniform matt tan or beige colouring (free from green tinges). Squash should feel heavy for their size (indicating a high moisture content - squash gradually lose water after harvesting). Bigger squash generally have a more highly developed flavour. Squash are amongst the longest keeping vegetables. In a cool (not refrigerator-cold), dry, well-ventilated place they can keep for three months or more. At room temperature, or in the fridge, they will deteriorate more quickly, but should be fine for at least a couple of weeks.

The hard rind, dense flesh and awkward shape mean that butternut squash require careful cutting. Use a large knife or cleaver to make a shallow cut down the length of the squash (curves permitting). Place the blade in the cut and knock the back of the blade (using your hand, a wooden mallet or rolling pin) until the squash is cut in half lengthways. Scoop out the seeds and any fibrous-strings (the seeds are edible - raw or toasted - but the fibrous coat can be fiddly to remove). If you require chunks of squash, cut a small piece of each end, enabling you to stand it vertically and trim off the rind before slicing and dicing.

Squash should be cooked until tender. Baking a halved butternut squash is an excellent way of preserving and intensifying its flavours. Cubes can also be added to casseroles or curries. Boiling is quicker than baking but will result in some sugars being absorbed into the water and so is best used for dishes (such as soups) where the flavoured water forms part of the dish rather than being discarded. A quick gratin can be made by softening thinly sliced butternut squash in a pan with a knob of butter, before finishing under the grill with the addition of cream and grated cheese.

Potato and Butternut Squash Gratin with Gruyere http://www.hub-uk.com/foodpages06/recip0297.htm

Butternut Squash and Spiced Lamb Stew http://www.sharedgarden.co.uk/recipes/squashlamb.html



Crossword Puzzle

Clues Across

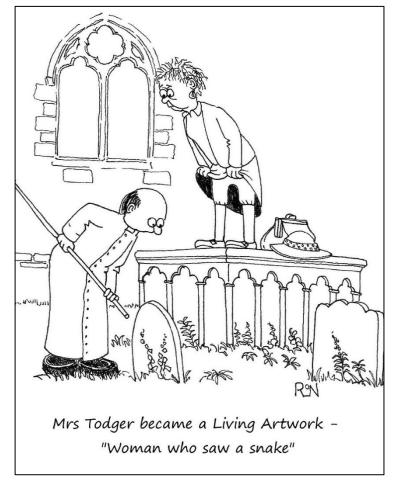
- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)
- **9** One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)
- **10** Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have ' (Malachi 1:3) (5)
- 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)
- 16 'Jesus bent down and to write on the ground with his finger' (John 8:6) (7)
- **19** Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)
- **24** and **2** Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under the ' (1 Samuel 2:11) (3,6)
- **25** There was no room for them in the inn (Luke 2:7) (4,3,6)

Clues Down

- 1 Rough drawing (2 Kings 16:10) (6)
- 2 See 24 Across
- **3** Underground literature (including Christian books) circulated in the Soviet Union (8)
- 4 Lo, mash (anag.) (6)
- 5 The Bible's shortest verse: 'Jesus ' (John 11:35) (4)
- 6 'Can a mother forget the baby at her and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
- 7 Can be seen in a dying fire (Psalm 102:3) (6)
- 12 'Send me, therefore, a man... experienced in the of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
- 14 Second city of Cyprus (8)
- **15** United Nations Association (1,1,1)
- One of the women who first heard that Jesus had risen from the dead (Mark 16:1)(6)
- 17 Braved (anag.) (6)
- **18** of Evangelism, outreach initiative in the 1990s (6)
- Woe to those who are wise in their own eyes and in their own sight' (Isaiah 5:21)
 (6)
- 21 'Neither nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
- 23 What Jesus shed in 5 Down (4)

Solution is on Page 23

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"Er... vicar – does the church have a position on the donation of GM vegetables for the Harvest Festival?"

Chapeltown & District Probus Club



On 9th August, we welcomed back Paul Adey who, after talks on energy and the battle of Jutland, returned to his subject of cars and covered the formation of car companies in Western European countries of France, Italy, Spain and Sweden with Germany covered in a separate talk (due on 13th December this year). One of the many researched facts that emerged is how large, on a world scale, the recently re-named French Stellantis group is. After the meeting, lunch was enjoyed at Wortley Hall.

On 15th August, 50 members and guests attended the annual dinner and enjoyed a very good meal at Wortley Hall followed by entertainment from singer Karen Clegg, a very experienced singer who was brought up at Batley Variety Club where her father was in charge.

The next visit will be to Wentworth Woodhouse in September which is now fully booked and then next year, a trip to Highgrove House with an overnight stay in a hotel near Cheltenham, also currently fully booked although there may be a chance if you put your name on the "waiting list". A programme for other visits in 2024 is being organised and details will be published when the details are fixed.

Next month the speaker will be David Bell with the slightly cryptically titled – "Hygiene is a Dirty Word".

The club is focussed on providing a place for retired and semi-retired men to meet in a convivial atmosphere. We welcome new members and if you are interested, why not come along as a guest to see what happens? Please make contact with the Secretary, Trevor Winslow (see below).

Upcoming meetings at 10.00 in Grenoside Community Centre (followed by optional lunch at Wortley Hall):-

13th September – David Bell – "Hygiene is a Dirty Word" 11th October – John Hope – "Do Not Be Alarmed"

Contact details: E-Mail <u>chapeltown.probus@gmail.com</u> Website <u>https://chapeltown-probus.org.uk/</u>

Andrew Robinson

These exchanges were taken from real-life Courtroom cases...

Attorney: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

Witness: No, this is how I always dress when I go to work.

Attorney: Do you recall the time when you examined the body? Witness: The autopsy started around 8:30 PM Attorney: And Mr Denton was dead at that time? Witness: If not, he was by the time I finished.

Attorney: Doctor, how many of your autopsies have you performed on dead people? Witness: All of them. The live ones put up too much of a fight.

Prayers and Poems Page

Prayer for September 2023 - By Daphne Kitching

Dear Father in heaven,

September is a time of change, a change of season, changes in many areas of our lives as a new term begins and new opportunities present themselves. It can be a time of challenge and uncertainty for many of us as well as excitement.

Thank you Lord, that You never change, Your promises never change, Your Holy-Spirit inspired Word never changes. You are constant and rock-solid, always.

Help us to remember that You make all things new when we put our trust in Jesus, You give us new life and new ways of understanding, but help us also to remember that You never contradict Your revealed self. Help us always to check out our thinking with what You say in Your Word. Help us to be faithful to You as we take each step forward, each new day.

In Jesus name, Amen

When Autumn Comes - By Nigel Beeton	A Strong Hold- By Megan Carter
Should we be sad	Should I slip and lose the way
When autumn comes	The Lord will hold me fast,
And winter looms ahead?	Should I choose to walk away
Is it so bad	I'm firmly in His grasp.
That days grow short	
And verdant leaves grow red?	Though I walk through death's dark vale,
	His rod and staff are there
We'll miss the sun	I would not dare to walk this path
And long, hot days	Without His loving care.
We'll miss the sea and sand;	
But soon will come	Although my hold on Him is light
The starry nights	His loving arms are wide,
And wintry landscapes grand!	What He's begun He will fulfil
	Till I am safe on Canaan's side.
Perhaps it's best	
That nature sleeps	What God is this who loves us so?
And things no longer grow;	Our future He has planned,
We get a rest	We're ever safe in His embrace
From vibrant weeds	And none can snatch us from His hand.
And grass we need not mow.	
So celebrate	The Secret of Living - Anon
The equinox	
The autumn season's here!	The secret of living
It is a date	Is learning to pray –
To mark, with joy	It's asking our Father
The turning of the year.	For strength for the day!
	It's trusting completely
	That His boundless grace
	Will overcome care
	And each problem we face!
	It's walking by Faith
	Every mile that we plod
	And knowing our prayers
▼ ′	Bring us closer to God.

Contact Details for Local Groups

Ecclesfield Rainbows

Gatty Hall Tuesday 5:00 pm to 6:15 pm Leader - Debbie Tel: 0786 047 1793

Ecclesfield Brownies

Gatty Hall Monday 5:30 pm to 6:45 pm Leader - Mrs J Hutchinson Tel: 0798 344 2742

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 - Emma Addy 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 246 1095

Friends of Ecclesfield Library

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

Ecclesfield Cubs

Scout Hut (off Yew Lane) Wednesday 4:45 pm to 6:15 pm 2nd 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 - Joanna Steel 0797 263 7908 Thursday - 5:45 - 7:00 pm Shane Porteous shane@ecclesfieldscouts.org.uk

Ecclesfield Scouts

Scout Hut (off Yew Lane) Thursday 7:15 pm to 9:00 pm Leader - Bryony Hemming 25thecclesfieldscouts@gmail.com

The Grenoside Singers

Practice Monday in St Mark's Church Hall at 7:30 pm Secretary: Judith Gill Tel: 0782 411 2584 www.grenosidesingers.co.uk

Whitley Hall Cricket Club

Matches every Saturday and some Sundays and weekdays. Please make contact if you wish to play or learn. Secretary: Joe Webster: <u>whitleyhall@ycspl.co.uk</u> Website: <u>whitleyhall.play-cricket.com</u>

Chapeltown and District PROBUS Club

Meets every 2nd Wednesday in the month in Grenoside Community Centre All retired and semi-retired gentlemen welcome Contact the Secretary: Trevor Winslow <u>chapeltown.probus@gmail.com</u> We are now on face to face see <u>www.chapeltown-probus.org.uk</u>

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

Useful Contacts

Vicar:	E-mail:	Phone:
Revd. Tim Gill	ttimgill@aol.com	257 0002
'Assistant Curate:		
Revd. Sam Ellmore	revsamellmore@outlook.com	0747 9985 199
Churchwardens:		
Ann Hackett		246 7159
Jo Hawksworth		246 2852
Readers:		
Pastoral Workers:		
Church Office		
Tuesday 9:00am to 1:00 pm		245 0106
Thursday 9:00am to 12:00 pm		
Website	https://stmarysecclesfield.org.uk/	
Groups:	Times and Days:	Phone:
Choir Practice in Church Contact: Lynda Pearce	7 pm on Friday Practice in Church	246 3935
Music Group	7:30 pm Thursday Practice in Church	
Contact: Andrea Whittaker		246 0746
Mother's Union in Gatty Hall	1 pm 1st Wednesday of the month	
Contact: Maureen Lambert	i più ist wednesday of the month	246 9690
Ecclesfield Ladies Group	2.00pm Thursday in Gatty Hall	
Contact: Anne Rostron		245 5492
Bell Ringers	7:30 pm Tuesday in Church Belfry	
Contact: Phil Hirst		286 2766

For Baptisms or Weddings Enquiries please contact the Vicar Magazine e-mail: stmarys.magazine.ecclesfield@gmail.com



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