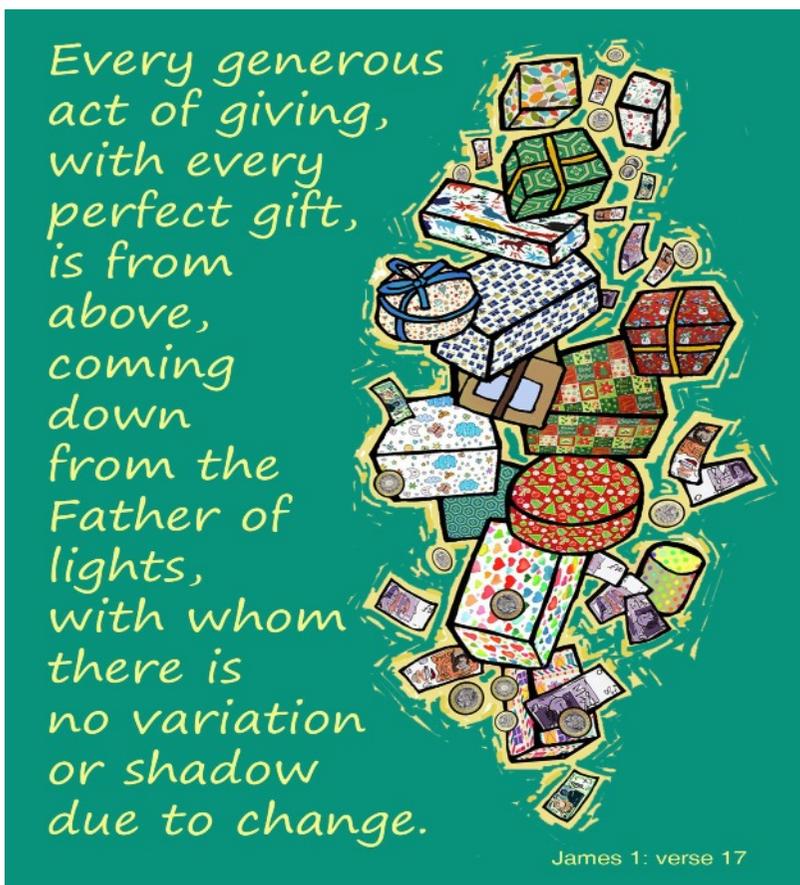


HOPE HERALD

News, views & comment from
St James Church, Hope

September / October 2021



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inside

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Notice of changes Services from 6th June

SUNDAYS at 09.30 am

Holy Communion (Anglican)

SUNDAYS at 11.30 am

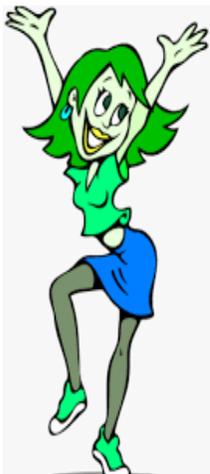
Elim Pentecostal Church Worship

Happening in Sept/Oct

The 10.00am Wednesday service has restarted, and our Harvest weekend will be 2nd & 3rd October.

Little Gems are meeting again at 9.30 am on the first Sunday in the month.

Our **Family Service** will be back on the third Sunday of October – look out for more detail





From The Vicar

Sept/Oct 2021

AT THIS TIME of year, we give thanks for a good harvest and for those who provide the food on our tables, from the famers, to the truck drivers, to those who sell it in the shops, but most importantly we give thanks to God for this beautiful world and the many wonders it contains. Gods' creation is never just functional, there is always beauty and complexity within it. We are so privileged in this country that we often fail to recognise the beauty and wonder around us everyday as we have become so used to it.

As some of you may know, this year marked 30 years since John McCarthy, a TV producer working in Lebanon, was released from captivity having been held for 5 years by militants, after being kidnapped at gunpoint.

He was Britain's longest held hostage in Lebanon, and listening to him recounting his experience on the radio or reading his book is highly recommended.

One of the stories he recounts is one day being given an orange as part of his meal one day, this was a rare treat as they were seldom given anything but the bare basics to live on, but what struck him more than anything was the vibrancy of the fruit's colour, after so long living in a dark and grey world, seldom able to see the sunlight and often moved about at night and with a hood on, this gorgeous fruit seemed to come from another world, and he didn't eat it for the longest time as just wanted to stare at the beauty of it.

For most of us an orange is an everyday item, nothing to get

excited about, we forget to really look at it, the beauty of its colour, its skin and its internal segments. So much of the world around us is so beautiful and spectacular, but we often fail to see it or give thanks to God for it, our familiarity even sometimes making us contemptuous of it.

So let us make an effort this Harvest time not only to give thanks for the good harvest and those who help provide it, but also to God for this precious jewel floating through space that we have the privilege to live on and enjoy, committing ourselves again to doing all we can to preserve it and care for it as the good stewards God calls us to be. God bless and stay well

Gareth

Persecution of Christians set to rise in Afghanistan

AS THE TALIBAN tighten their grip on Afghanistan, Release International has warned that attacks on Christians are likely to rise across the region.

One church leader in Afghanistan said Christians were living in great fear. Some who worked for the government now face reprisals, and any identified as Christians could be killed. Christians risk betrayal, even from their own family members.

A Christian contact of one Release International partner describes the situation as 'dire.' Says 'Micah': "Our brothers and sisters in Christ are telling us how afraid they are. In the areas that the Taliban now control girls are not allowed to go to school and women are not allowed to leave their homes without a male companion."

The church in Afghanistan already faced

sharp persecution, even before the Taliban advance. That church is invisible and must operate underground in this land where Muslims who change their faith are breaking the law and considered to have betrayed their communities.

To be exposed as a Christian is to risk being charged with apostasy, which is punishable by death or imprisonment. There have also been honour killings of Christians by their families.

One of the communities worst affected by the Taliban is the Shia Hazara minority, which has been especially responsive to the Christian message.

In May 2021, the Taliban bombed the Sayed Ul-Shuhada High School in Kabul, killing at least 85, mainly schoolgirls. The previous year the Taliban staged a shooting at a maternity clinic, killing

women, children, and babies.

It was the Pakistan Taliban who shot 15-year-old Malala Yousafzai for going to school and telling the world about it in a blog.

Thousands of Afghans, including Christians, are now seeking refuge in neighbouring Pakistan. But the Taliban are growing in influence there, too. Before the Afghan president fled, he accused Pakistan of permitting thousands of jihadi fighters to cross its border to support the Taliban.

Through its international network of missions, Release International is active in some 25 countries around the world, supporting pastors, Christian prisoners and their families.

It's what you eat

SADLY, we can no longer blame a slowing metabolism for piling on the pounds as we reach middle age. Extra weight is

more likely to be due to our lifestyle choices of exercise and diet.

A new study, based at Duke University in the US,

has found that our metabolism remains steady between 20 and 60 years old. After 60, our metabolism does slowly decline, by

From the Churchwardens

IN WEST AFRICA there is a saying; “little by little the bird builds its nest”. It means that to achieve a goal may take many small steps. This has been an apt saying for our gradual emergence out of lockdown.

At St James, we have moved from services with no singing, to singing hymns, and now we are back to a full sung liturgy and hymns on Sundays. Communion is now offered in both kinds, although communicants can decide for themselves whether or not to receive the chalice. Tea and coffee is served after the service, and donations for the work of St James’ Hospital in Lesotho are being collected. Holy Communion is celebrated again on Wednesday mornings. Family services and Little Gems (with a new format for the “bigger” gems) are back on the calendar. Baptisms and weddings are taking place. At each of the weddings so far, the bride and groom have given huge sighs of relief as they reached the church doors after the services. For one couple, it was their third attempt to get married –the other two were cancelled because of

COVID. We have been delighted to welcome our new curate, Leila, to the Clergy Team. On the 20th September, Leila preached her first sermon at St James, and we look forward to hearing many more ! Thanks to all our Clergy Team as they have accompanied us each step of the way.

St James is now part of the widened Salford and Leigh Deanery. The Deanery is calling on each congregation to be part of a Mission Community, and in the coming months, we will be exploring what that means for us at St James’.

The three month period of sharing our church space with Elim Pentecostal congregation has come to an end, and the P.C.C. has voted unanimously to continue and deepen the relationship. There are clear benefits to be had for both congregations from this relationship. One has been the monthly “church deep cleaning team”, who aid our regular cleaner. There is also a plan for the Vine Community Centre to move from The Heights to the SAYF building in Chomondeley Road.

Our hall has seen a large number of bookings, apart from our regular us-

ers. This includes use by the NHS REACH team. The St George’s Malayalam community have used the hall for a number of occasions, including a celebration of First Communion. We have even had an Eritrean wedding reception! We do hope that, little by little, we will be able to accomplish a makeover for the Hall. It has already been agreed to construct an easy access toilet this coming January.

Sadly, Mr Roger Partington, leader of the Priestley Players, has passed away. Our thoughts and prayers are with his wife and family, and with the members of the Priestley Players group.

On the News, as I write, there is talk of shortages owing to a lack of HGV drivers, with doomsayers predicting a miserable Christmas ahead. As Christians, we know our God provides us with an abundance, and we are sure that we will be celebrating to receive the Light of the World – Jesus the Christ.

With best wishes,

*Bob and
Trevor.*

Thank you, Dr Luke!

MATTHEW, MARK, LUKE AND JOHN, bless the bed that I lie on' – my grandma taught me that one. At least it meant I never forgot the names of the writers of the four Gospels. This month Luke, the writer of the third of them, has his feast day – 18th October.

He was, we learn from the letters of St Paul, a 'physician' – an educated man and probably the only one of the writers of the New Testament who was not a Jew. In modern terms, he was Turkish. Paul took him as one of his missionary team on a long journey around the Middle East, and they clearly became close friends. Under house arrest later in his life Paul could write, 'only Luke is with me'.

However, it is his Gospel which has established him as a major figure in the history of the Christian Church. Mark's Gospel may have more drama, Matthew's more prophetic background and John's

a more profound sense of the mystery of the divine, but Luke offers us a Jesus who is utterly and believably real. This man turned no one away, reserved his harshest words for hypocrites and religious grandees, cared for the marginalised, the poor, the persecuted, the handicapped and the sinful. His Gospel is full of people we can recognise – indeed, in whom we can often recognise ourselves.

He was also a masterly story-teller. Try, for instance, the story of the Prodigal Son (Luke 15:11-32). Read it (this time) not as a sacred text but as a brilliant piece of story-telling: subtle repetitions ('your son, this brother of yours'), believable characters, drama and profound emotion. There is the older brother, so cynical about his sibling's alleged reformation, the 'prodigal' himself, so hesitant about throwing himself on his father's mercy after the folly of his earlier behaviour,



and there is the father, of course, abandoning the dignity of his role in the family and actually running to welcome his wretched son's return.

There are more women in Luke's Gospel than in any of the others, but also more poor people, more lepers, more 'sinners' and tax-collectors, more 'outsiders' who are shown to be 'inside' the love of Christ. This, for many of us, is the great Gospel of inclusion and compassion. Here is a Jesus for the whole world and for every one of us. Thank you, Dr Luke!

By *David*
Winter

LATE EXTRA: the Lord's song

AT THE HEIGHT of their TV popularity, the weekly comedy programmes put out by Eric Morecambe and Ernie Wise were watched by millions. Prominent stars of stage, screen and radio queued up to be invited to appear with them. It usually involved some sort of humiliation, but because it was done with good humour, it never caused any real offence. Andre Previn – an American composer



and arranger of some distinction - made a surprise appearance on one of their programmes in his capacity as principal conductor of the London Symphony Orchestra. It has gone down in history. Viewers were teased into thinking that Eric was going to play part of a classical piano concerto. Mr. Previn and his orchestra would provide the accompaniment. The orchestra began with a grand introduction, preparing the way for the entrance of the soloist. Eric

came in with a ridiculous little tune such as you might hear performed by a beginner. Mr. Previn tapped his music stand and stopped the orchestra. He told Eric that he was playing the wrong notes. Eric slowly rose to his feet, grabbed Mr. Previn roughly by the lapels of his dinner jacket, slapped him on both cheeks and said, quietly, that he was not playing the wrong notes at all. He was in fact playing all the right notes, though not necessarily in the right order.

That statement causes me to keep asking myself whether or not the Church of England might be doing exactly the same thing – playing the right notes in the wrong order and not playing the right tune?

Music is something I've had in my life for a very long time. I joined the choir of the local parish church when I was about 13, having been persuaded to do so by my piano teacher, who was one of its leading tenors. My grandmother had given me her piano and to begin with I drove my family mad by trying to play 'by ear' tunes which I had picked up from the radio. Mother decided I had to learn properly. Alas, I nev-

er had the ambition or the application which might have turned me into an accomplished player; but a door was opened up for me into a whole new world, for which I shall be eternally grateful.

The thing is, you have



to understand that music is a language you have to translate if it is to be understood. You begin by learning which lines correspond to which notes, i.e. sounds. You must learn what the differences are between black notes and white notes of various kinds, so that in time you can work out what the rhythm is of the tune you wish to play.

Music can recreate experiences, things which have uplifted you, transported you, and made you something other than you were before. It doesn't have to be a classical piece, it could be Cole Porter, Michael Jackson or a piece of improvised modern jazz. There is a persuasive power in all of them.

These aspects mirror the "music" the Church of England has to compre-

hend and use to spread God's word.

A debate is going on in the Church of England at present, and the question is whether the idea of working in parishes or small, manageable units ought to have been or has finally been abandoned altogether. The fact is that there are not enough clergy for every parish in England to have its own priest.

The solution appears to be that we should group parishes together in larger units and ask our clergy to do their best to serve God's world and God's

people as he would wish. There are other arguments for working in groups or teams, such as the sharing of talents and resources, but that is not the primary objective.

One young priest I spoke to recently, who has more than one parish to serve, said that his fundamental rule is to treat every service in church as a 'preaching' opportunity and that he won't do services without sermons. The risk is, it seems to me, that we can spend time trying to preach to a lot of people

who don't need it and a lot of people who won't listen.

I ask myself, what is it that we allow God to do? Who has the necessary ability to convert the world? Is it us, with the 'music' we perform, which may be dazzling in its technical perfection. Or does it have something to do with that mystical music which comes from God himself and has long been known to transform souls?

DGB

Defender of the faith



IT WAS 500 years ago, on 11th October 1521, that Pope Leo X granted the title 'Defender of the Faith' to King Henry VIII of England and Ireland. It recognised the King's defence of the sacrament of marriage, the supremacy of the Pope, and his opposition to

the Protestant Reformation and the ideas of Martin Luther. The title has been inherited by all British monarchs since then.

Ironically, it was only 17 years later that Henry was excommunicated by another Pope, Paul III, because of his divorce from Catherine of Aragon. Even more ironically, this came after Henry had his next queen, Anne Boleyn, executed. His infatuation with Anne had been the reason he decided excommunication was a price worth paying, in the hope that she would provide him with an heir.

Anne was a keen supporter of Martin Luther, and her influence – and the excommunication – led to the independence of Britain from the Roman Catholic Church, and therefore to the Reformation.

Anne was the mother of Queen Elizabeth I, the strongly Protestant and long-lived sovereign who was in fact the successor that Henry VIII had longed for. It just never occurred to him that it could be a woman.



Sacred Things

WHEN WE THINK about the bread we share at the Communion table, do we wonder about any bread that is left over – regardless of the type of bread or wafer used?

During the service the bread and the wine are ‘consecrated’. That is, they are set aside for a specific purpose, in this case to be the body and blood of Christ. Because to Christians this is so very special, indeed ‘sacred’, we treat the unused bread and wine with special care.

No-one leaves very precious things lying around in case of theft, damage, or misuse. And so it is the same with the consecrated elements of bread and wine. When they have not all been consumed by the congregation, it is important that the surplus is dealt with in ways that honour the meaning that we give and receive from them. In most denominations they are consumed immediately, in others they are returned to the earth or given back to nature.

Sometimes, at the end of a service, you will see that some bread and wine has been deliberately kept aside to take out to those who are sick, or for use at

a service where no priest will be present, and this then must be stored. So, the question arises – what vessels will be used?

The ‘pyx’ – literally a box – is the name for the container for the consecrated bread. Its size depends on the amount that it needs to contain; for taking to individuals in their own homes it is usually small enough to fit in the palm of a hand.

Although these can be especially bought from church suppliers, made in a variety of metals with embellishments, precious stones, enamel work and so on, you can actually use any container that fits the purpose.

Try this: have a look around your house and ask yourself, ‘What container would I use for a pyx?’ And thinking of containers, how about yourself? Do you and your life need a bit of cleaning and polishing to hold the bread? Are you aware how precious you are in God’s eyes as you receive the bread? The Bible says that we are the temple of the Holy Spirit – an awesome, sacred calling.

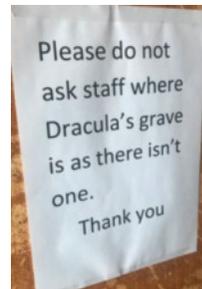
Dracula isn’t here!

A CHURCH in North Yorkshire has been trying to convince eager tourists that the vampire’s grave is NOT in their churchyard.

Recently the church leaders at the Church of St Mary the Virgin, Whitby, even put up a poster in the entrance door which reads: “Please do not ask staff where Dracula’s grave is as there isn’t one. Thank you.”

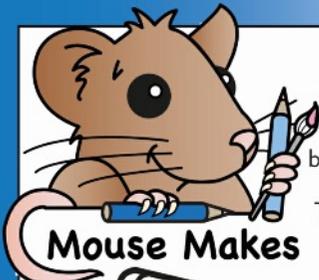
Whitby inspired Bram Stoker to write his novel, *Dracula*, in 1897. And it seems that Stoker first came across the name ‘Dracula’ in Whitby’s library. It was another name for the blood-thirsty Romanian ruler, ‘Vlad the Impaler’.

St Mary the Virgin stands beside Whitby Abbey, and has a churchyard. This prompts many tourists to ask for the exact location of Dracula’s grave, even though of course Dracula never existed.



(Photo Kevin Meacher)

Junior Page



Mouse Makes

"Come with me across the lake," Jesus said to his disciples, so they got into a boat and set out. While they were sailing Jesus slept.

A big storm *blew* across the lake and the boat began to fill with water. They were in **great** danger.

The disciples went to Jesus and woke him.

They said, "*Master, mater, we are going to drown!*"

Jesus got up and gave a command to the wind and the waves, "*Be still, be calm.*"

The wind stopped and the lake became calm.


Read the story
in Mark 4: 35-41



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

EVENING • JESUS • DISCIPLES • CROWD • LEFT • OTHER SIDE • LAKE • BOAT • SAILED
ASLEEP • WAVES • BROKE • OVER • SWAMPED • DANGER • WOKE • DROWN • QUIET
STILL • WIND • STORM • WATER • SUBSIDED • CALM • FAITH • FEAR • OBEY • WHO

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‘Spread over us the tabernacle of your peace, O God’

FOR NINE DAYS at the end of September Jewish families will have gathered to celebrate the festival of Tabernacles. It is always a happy season as adults and children alike join for their Harvest feast.

Many of our churches will be having their own Harvest Thanksgivings at the beginning of this month. We know this was a custom revived by Parson Hawker in the Victorian period, but its roots lie in that Jewish feast which Jesus Himself knew and celebrated.

Each family erects a tabernacle or tent in the garden or back yard. They will have their meals and spend time there, relaxing with one another. The roof of each tabernacle might have branches of trees covering it, hung with fruits and fragrant flowers. The children decorate the tent with drawings and pictures.

Because it is only a temporary building for that time of the year, and because the roof is fragile, it is a reminder of the journeying of the Israelites in the wilderness when their safety rested on the goodness of God. It was God who watched over the peo-

ple then. It is God who watches over us all now and watches over the earth, so that it is fruitful, providing food for our health and happiness.

This feast is the subject of a picture by Simeon Solomon, a Jewish artist, born in London in 1840. It is a wood engraving made early on in his life in 1866. It is part of a series illustrating Jewish customs, which Solomon provided for ‘Leisure Hour.’



We see an elderly person on the left making his way into the tent, and at the other side a mother leading her children. The walls outside are adorned with palm branches and inside the tent a feast of fruits and food await them. The young boy seems hesitant, wondering what he will find and clinging to the hand of his mother. But all is well, for inside other

members of the family are there to welcome them.

Solomon conveys the domesticity of this feast, and the young boy outside reminds us that Jesus Himself would have celebrated this feast with Mary and Joseph. They would also have gone up to Jerusalem to join the thousands of pilgrims there, as Jesus was to do later in His adult ministry. Each pilgrim would carry a branch of myrtle, palm and willow in

one hand and a citrus fruit in the other, symbols of the fruits of the promised land. The air would be full of hosannas and praises to God.

Like the Jewish families at the Feast of Tabernacles, we shall gather for our Harvest

Thanksgivings. Like them, we shall thank God for His faithful goodness in the past. Like them, we shall look ahead to the coming of God’s kingdom, where God who feeds us now in food and drink will nourish us eternally. Like them, we shall proclaim, ‘O taste and see how gracious the Lord is: blessed is the one who trusts in Him.’

We want a king

NO, NOT some reference to whom will take the throne after Queen Elizabeth. In my article in the last Hope Herald, I explored how early Israel were a group of allied pastoralist clans (similar to East African pastoralists today), derived from common ancestors, and led by a group of elders. We even have the names of these clans (Deuteronomy 33); united by language, culture, history, language, and a faith in the One God. How did these clans unite to form a kingdom?

After the flight from Egypt under the leadership of Moses, the Israelites started to conquer the “Promised Land” with Joshua as their leader (a warlord, but not a king). The people there who worshipped fertility gods were overcome by the Israelites, who worshipped the One God. They naturally saw God’s Hand in their victories (perhaps in the same way the Taliban see their current situation?!).

Whether the battles were exactly as described, or partly involved gradual assimilation, leading to Israelite dominance, we may not know (the victors

tend to write the history!). Certainly the Book of Joshua and Judges tell us that the indigenous Canaanites were not driven out from the land completely (Joshua 16 and 17; Judges 1).

Gradually the Israelites moved away from their pastoralist roots, to becoming settled people.



Worship became centred on the Tent, which housed the Ark of the Covenant, carried around with them, but in time it was located at one site. Raids and attacks on them by “foreign” invaders were seen as punishment by God for Israel’s misdeeds. The book of Judges outlines the leadership of Israel after the death of Joshua. The “judges” were military leaders, or those with a special relationship with God, who could inform the people of what God wanted them to do. They were not only men, but included women, like Deborah .

Where did the idea of having a king come from? When the military leader Gideon died, his son, Abimelech, took over, and started encouraging the idea of having a sole king (guess who? Yes, Abimelech himself!). This didn’t go well, and he ended up being abandoned by his supporters, and was mortally wounded by a woman dropping a millstone on his head (shameful – killed by a woman!!!).

Israel settled back to being ruled not by Kings, but “judges”, and in the Book of Judges, there is a lot of information about them, and the struggle between faith in the One God, and worship of “foreign gods” (the fertility cults of Baal and Astarte seemed very popular). The Philistines (whose name is remembered today in the name, Palestine) seem to have been the main culprits accused of leading the Israelites astray.

It is much later that the people of Israel get back to asking for a king, “because other (powerful) nations have them”. God warns them through Samuel, the seer, that God is their King, and any other

king will oppress them. He gives a long list of reasons why having a king is a bad idea! (A good read for would be Republicans.) The people take no notice and continue to clamour for a king. Finally Samuel gives in, and acclaims the young, tall, and handsome Saul as king. It is Samuel, the seer, who “recognises” and anoints Saul as king.

Saul was what we would call a “warlord”, and helped defeat the Ammonites, the Philistines, and the Amalekites. However, the Old Testament is quick to point out the flaws of kings, and how easily they could be replaced if they fell from grace. Saul was replaced by David, who became

king and military leader of the Israelites, who is oft quoted as “beloved of the Lord”, and is accredited with composing the beautiful Psalms and establishing Jerusalem as the capital.

The Bible also describes him as a polygamist, a womaniser, a liar, and a murderer: so, human like the rest of us – not semi-divine like the Egyptian pharaohs claimed themselves to be. David’s repentance and God’s forgiveness gives all of us hope. The fruit of this very negative episode in David’s life, was his son, Solomon, whose wisdom was famous, and who constructed his own palace, and the Temple. The subsequent splitting

of the Kingdom into Israel and Judah, and the monarchs who ruled there are recorded in the Books of Kings. Interestingly, there is much less emphasis on what the kings actually did, and more on their relationship to the faith in the One God described in these accounts.

There seems to be much to be learned from the development from pastoralist elders to settled kings. Perhaps the biggest lesson from 1st Samuel, is “be careful what you wish for – it might not work out as you think!”). Do enjoy continuing to delve into the Old Testament.

Bob Hedley

Remembering Elizabeth Fry

THE PRISON reformer and philanthropist Elizabeth Fry died 175 years ago, on 12th October 1845. She was widely admired during her lifetime and after, and was depicted on the British £5 note between 2001 and 2016.

She was born into the family of a wealthy Quaker banker, John Gurney, in Norwich in 1773. She rededicated her life to Christ at the age of 18 and devoted herself to helping the downtrodden. This she

continued to do after her marriage to London merchant Joseph Fry, and while giving birth to 11 children.

She was a minister of the Society of Friends from 1811 and travelled in England and Europe inspecting prisons and writing reports that were highly influential, transforming gaols from “pits of indecency and brutality” to more orderly places with a new interest in reform. She was admired by

both Queen Victoria and Florence Nightingale.

Early on she made frequent visits to Newgate Prison in London, suggesting radical improvements that were adopted both there and in other prisons. She read the Bible to inmates and gave Bibles away, combining social work with proclamation of the Gospel in a way that inspired future generations. Her insights also led to the Prison Reform Act of 1823.

Denys of Paris

- why losing your head is not always a bad thing

HAVE YOU ever held your head in your hands and felt that events were against you?

Then Denys is the saint for you. This Christian martyr knew all about holding his head in his hands when times got rough.

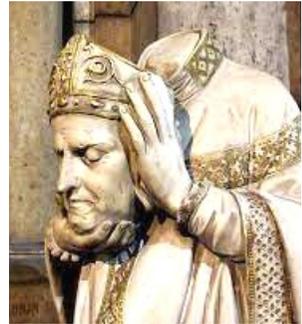
According to Gregory of Tours, Denys was an Italian bishop who became the first bishop of Paris. Along with five other bishops, he had been sent by the Pope to convert all of Gaul. Denys reached Paris, where the common people welcomed him, and his preaching was met with great popular success. In time he even went on to establish a Christian centre on an island in the

Seine. That was the beginning of Christianity in Paris.

However, Gaul was still under Roman rule, and trouble began for Denys when in the year 250 the Emperor Decius issued an unusual Roman imperial edict. All the citizens of the empire were required to sacrifice to the Emperor in order to prove their loyalty to the old ways. Once they had sacrificed, they could obtain a libellous (certificate) to prove they had complied. This sacrifice was of course out of the question for any Christian, and Denys and several leading Christians in Paris refused. Soon Denys, along with a priest called Rusticus and a deacon

called Eleutherius, were imprisoned and beheaded.

So loved had Denys been by the people that stories soon sprang up about how he had then picked up his head and carried it for ten kilometres, preaching a sermon as he walked. Today you can see a statue commemorating this unusual (!) event in the crypt of the Roman Catholic Basilica of Denys in Paris.



Children and tea-drinking

PUT the kettle on. Children should begin to drink tea from the age of four, in order to combat later stress, obesity and heart disease.

So says the results of a recent study which appeared in the *Nutrition and Food Technology* journal. It says that green tea and the more tradition-

al black tea contain compounds which can aid concentration and cognitive function.

As one doctor said, "Including three cups of black tea daily as a part of a healthy lifestyle could help to preserve physical and mental health in childhood... and into old age."

Parents could offer tea as a substitute for sweet and sugary drinks for children.



Noah and the Ark – 2021 version



IN THE YEAR 2021, Noah was living in England when the Lord came unto him and said, “Once again, the earth has become too wicked to continue. Build another Ark and save two of every living thing. You have six months before I will start the unending rain for 40 days and 40 nights.”

Six months later, the Lord looked down and saw Noah weeping in his garden, but no Ark.

“Noah”, He roared, “I’m about to start the rain! Where is the Ark?”

“Forgive me Lord”, begged Noah “but things have been difficult. I needed Building Regulations approval because the Ark was over 30 square metres. I’ve been arguing with the

the Ark in my garden because it is a development of the site even though in my opinion it is a temporary structure, but the roof is too high.

“The Local Area Access Group complained that my ramp was going to be too steep and the inside of the Ark wasn’t fully accessible. Getting the wood has been another problem. All the decent trees have Tree Preservation Orders on them and we live in a Site of Special Scientific Interest set up in order to preserve the Spotted Owl. I tried to convince them that I needed the wood to save the owls – but no go!

“When I started gathering the animals the RSPCA sued me for in-

tending to confine wild animals without the proper paperwork. The County Council, the Environment Agency and the Rivers Authority have ruled that I can’t build the Ark until they’ve conducted an Environmental Impact Study on your proposed flood.

The Trade Unions insist that I can’t use my sons to build the Ark; I can only employ members of the Shipbuilding and Allied Trades union. Finally, Customs and Excise have seized all my assets, claiming I am going to attempt to leave the country illegally with endangered species.

“So, forgive me Lord, but it will take me at least another ten years to finish this Ark.”

Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. “No need for me to destroy the world after all,” observed God. “The government has the matter already in hand.”

CROSSWORD ANSWERS

ACROSS: 1 nectar, 4 border, 8 archaic, 10 totem, 11 checker, 12 bored, 13 battle-dress, 18 awful, 19 tobacco, 22 suite, 23 refrain, 24 misuse, 25 stormy. DOWN: 1 nuisance, 2 cache, 3 aback, 5 October, 6 dotards, 7 remedy, 9 carpenter, 14 affairs, 15 tellers, 16 ransom, 17 bounty, 20 befit, 21 chair.

Too clean



MY MOTHER is a cleaning fanatic. One Saturday she told me and my brother to get down to the living room and straighten it up. We had held a party there the previous evening, and she was none too happy about the mess.

As she watched us work, it was clear that Mum was completely dissatisfied with our cleaning efforts and let us know it. Finally, my brother, exasperated with having to do it all over again, reached for a broom and asked Mum, "Can I use this, or were you planning to go somewhere?"

Fitting God in

A little girl said to her mother: "The minister's sermon this morning confused me." Her mother was surprised, so the little girl continued: "He said that God is bigger than we are. Is that true?"

"Yes, that's true," the mother replied.

"He also said that God lives within us. Is that true, too?" Again, the mother agreed.

"Well," said the girl. "If God is bigger than us and He lives in us, wouldn't He show through?"

PARAPROSDOKIANS are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous. Try these:

Where there's a will, I want to be in it.

The last thing I want to do is hurt you, but it's still on my list.

If I agreed with you, we'd both be wrong.

*Buses stop in bus stations. Trains stop in train stations.
On my desk is a work station.*

How to shorten – or extend – your life

EVERY TIME you eat a hot dog, you have shortened your life by 36 minutes. But if you eat a portion of nuts, or even better a peanut butter and jam sandwich, you will have added 30 minutes to your life.

These are just some of the findings in a recent study at the University of Michigan. It created a Health Nutritional Index on almost 6,000 foods, which calculated the health burden of one gram of food, and then scaled it up to a standard serving size.

Thus, processed meat, trans fatty acids and sodium in the hot dog take their toll, while the high nut content in the sandwich is very nutritious.

As one professor explained: "Small targeted substitutions offer a feasible strategy to achieve significant health benefits."



Puzzle Page

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

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Difficulty level: Easy.

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		4		9		6		
		7			8			

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Difficulty Level: Medium

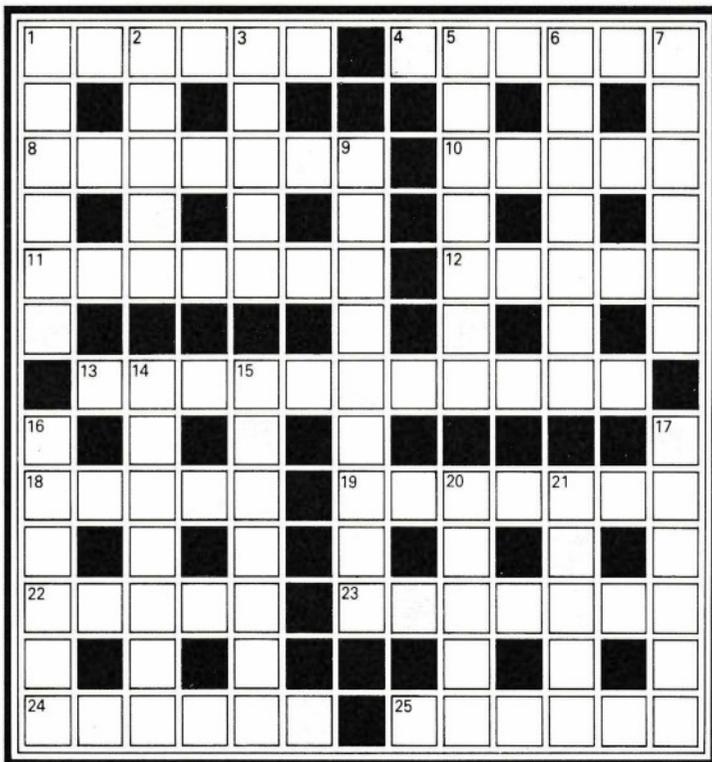
WORDSEARCH

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

HARVEST

October brings us Harvest Thanksgiving, when we thank God for all the bounty of Creation. Our God is a hedonist when it comes to food - He could have provided just a few basic edible things for us to eat; instead, the choice seems endless. Here are some words to find: October, Harvest, Thanksgiving, bounty, God, , creation, generosity, supermarket, food, vast, variety, edible, choice, endless, millions, , starving, pray, give, charities , eat, , help, desperate.

Crossword No 38



ACROSS

1. Delicious drink – causing trance (anag.) (6)
4. Sounds like one living in – the margin! (6)
8. Old-fashioned (7)
10. Object of superstitious awe (5)
11. Scrutineer (7)
12. Wearied with tedium – or bed! (anag.) (5)
13. Military uniform (11)
18. Terrible (5)
19. Something to smoke (7)
22. A set of rooms (5)
23. Haunting bit of music? Desist! (7)
24. Ill-treat (6)
25. Tempestuous (6)

DOWN

1. A delicate shade of difference (6)
2. Hidden treasure – money, by the sound of it! (5)
3. How surprised people are taken? (5)
5. Month (7)
6. Feeble-minded old people (7)
7. Cure (6)
9. 'Mr. Chips'! (9)
14. Matters (7)
15. They count – and recount! (7)
16. What kidnappers may get (6)
17. Generous gift – in scene of mutiny (6)
20. Suit (5)
21. A seat (5)

A few clues may be a bit cryptic
Answers on page 15

THE COMMUNITY HALL

Regular activities using the facilities

WEDNESDAY

Rainbows & Brownies 17.30 - 19.00 (weekly in term time)
(Contact: Sylvia McGreal 01617980057)

THURSDAY

Archery 13.00 - 15.00 and 19.00 - 21.00
(Contact: Dominic Vaughan 01612116563
or 07934080596)

FRIDAY

Archery 19.30 - 22.00 (Contact as above)

SUNDAY

Little Gems Sunday School 9.30 - 1.30 am (monthly 1st Sunday)
(Contact: Sylvia McGreal 01617980057)

BOOKINGS

Booking requests, whether for regular or occasional events should be addressed to Mrs Sheila Jones who can be contacted on 01617892863 or 07845492109.

NOTE

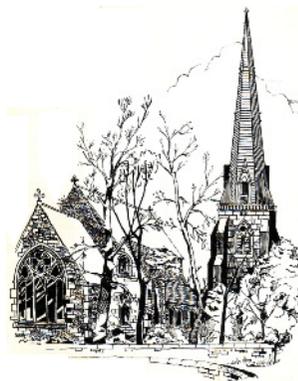
**The Hall will be closed over January & February 2022
for refurbishment works**



STAFF

Vicar of St. James & St. John

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Telephone: 07493599241

SERVICES:

Sunday	9.30 am Parish Communion (Little Gems: 9.30 am, first Sunday in the month) (Family Service: 9.30 am third Sunday in the month)
Wednesday	10.00 am Holy Communion

Baptisms, Weddings, Funerals etc. by arrangement with Rev. Thomas who may be contacted by telephone, or in person at Church on Wednesdays from 10-30am

Hall Bookings: For bookings and enquiries about the Parish Hall ring Mrs. Sheila Jones on 0161 789 2863 or 07845492109

E-mail for all church issues: Stjames.hope@gmail.com

Website: stjameshope.co.uk