

News & Views From St Mary's Church Ecclesfield



Church Magazine August 2024

stmarysecclesfield.org.uk

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First Words

August is traditionally a quiet month - with fewer meetings, although there are often more weddings! Mid-week Communions continue as usual every Thursday morning at 9.30am.

On **Friday 2nd August 3.30pm** there is a wedding in Church, and the following day, **Saturday 3rd August** there is also a **wedding at 1pm** in Church.

We welcome families for **Baptism at 12 noon on Sunday 4th August**.

On **Saturday 10th August** the **Prayer Breakfast at 9am** and **Bereavement Cafe at 10.30am** will be held as usual.

On **Thursday 15th August** we have two **funerals** in Church, one at **11am** and one at **1.15pm**.

On **Wednesday 21st August** in Church at **1.30pm** there is the **funeral** of former Churchwarden and member of the music group, David Hawley.

On **Saturday 24th August** there are **two weddings** in Church, one at **12noon** and the other at **2pm**.

Sunday 25th August is Sam's last Sunday with us before he goes to Rawmarsh and Greaseborough to be Curate-in-Charge. We will say goodbye to Sam, Maria, Ramona and Aella with a **bring-and-share lunch** after Sam's last communion service.

God bless you,

Tim.

Paddling with the Prophet Ezekiel

Editor: David Pickup, a solicitor, looks back on his days at the beach...

Afterward he brought me again unto the door of the house; and, behold, waters issued out from under the threshold of the house eastward... (Ezekiel 47)

I do not know if you have come across this passage, which is a bit odd. It is about the Old Testament prophet who visits God's Temple, and notices there is a river that runs out to the sea. The reading has had lots of different interpretations about nations, borders and the gospel, but for some reason, it made me think of paddling by the seaside.

As a young child my mum took me to the seaside for a day's treat. She wanted me to say that I had "seen the sea" at least once a year. I should have been more grateful, as it was probably a significant cost for her. I did enjoy having an enormous plate of fish and chips at a café, but was not fussed about the seaside. The resort in question is on an estuary and at a low tide it was a long muddy walk to the sea. So paddling was not something I wanted to do, and I could not swim. But at least I had seen the sea!

Being a Christian is a bit like this. We are wary about dipping our toes in, getting cold and wet. Learning to swim is a bit like Christianity, because you have to trust the water *will* hold you up. The waves look scary, and you are worried you will get out of your depth. But slowly, you build in confidence and learn to have fun.

Come on in, the water is lovely!

Andrew Jones

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God in The Arts - Music

Editor: The Revd Michael Burgess continues his series looking at great works of music.

Surely angels play Mozart at home

The German theologian, Karl Barth, is reputed to have said, “Whether the angels play only Bach in praising God, I am not quite sure; I am sure, however, that en famille they play Mozart.” It is a lovely image of angels in the heavenly courts above, mirroring the human enjoyment of music making here on earth. And what more wonderful music than Mozart’s! From child prodigy to fully mature composer in the space of just 35 years – encountering frustrations and disappointments, poorly paid and exploited, beset by problems of debt and ill-health – and yet rising above all that to create a wealth of music for voice and instrument that continues to lift the human heart.

Mozart was nothing if not life affirming in his music. He enjoyed life, in spite of the disasters and tragedies that occurred along the way. This from a letter he wrote to his father after the performance of one of his symphonies: “It was performed on Corpus Christi day with great applause. I was so happy that as soon as it was over I went off to the Palais Royal, where I had a large ice.” Enjoying this world, he had that rare ability to transcend it, and open up a greater world of beauty and harmony. That realisation caused Schubert to write in his diary in 1816, “O Mozart, immortal Mozart, how many, how infinitely many inspiring suggestions of a finer, better life have you left in our souls!”

As illustrations of that, we focus this month on two works, one early and one late in his composing life. In January 1773 Mozart wrote a motet, Exultate, jubilate for a castrato who had appeared in one of his operas. It is almost a concerto in miniature for the voice. The opening Allegro calls on heaven to join in the praises of earth and leads into an Andante of great beauty, where Mary is praised as the mother who brings light to a darkened world. The work ends with a glorious Alleluia with notes cascading off the page and into the air. Perhaps Mozart had in mind a thank offering for the success of his opera Lucio Silla. Whatever the music’s origin, we cannot deny the inspiration and skill with which Mozart weaves together words and music to dazzle and transport the listener.

In the last year of his life in 1791, when his mortal body began to fail, his mind took on a new vitality with the composition of two operas, a clarinet concerto, a Requiem, and a wonderful, concentrated setting of Ave verum corpus. This motet in praise of Jesus on the cross and in the sacrament was written for the choirmaster at Baden. It is just two pages in the manuscript, written out by Mozart without any corrections. There are no flourishes and runs here as in the earlier work. The music is simple and yet sublime as Mozart conveys a sense of holiness and serenity. Michael Levey has written of this work: “Short but not slight, it seems to float like a cloud of incense on the air.” Here, as in all Mozart’s music, a creation of this world opens up for us that greater world where all is light and joy.

Karl Barth (10 May 1886 – 10 December 1968) was a Swiss Reformed theologian. Barth is best known for his commentary *The Epistle to the Romans*, his involvement in the Confessing Church, including his authorship (except for a single phrase) of the Barmen Declaration, and especially his unfinished multi-volume theological summa *The Church Dogmatics* (published between 1932–1967). Barth's influence expanded well beyond the academic realm to mainstream culture, leading him to be featured on the cover of *Time* on 20 April 1962.

https://en.wikipedia.org/wiki/Karl_Barth

Archbishop of York is new patron of Gypsy, Roma and Traveller Friendly Churches

Archbishop Stephen Cottrell has recently become a patron for the new organisation, Gypsy, Roma and Traveller Friendly Churches.

He said: "I'm delighted to continue encouraging churches to offer support for Gypsies, Travellers and Roma."

Archbishop Stephen introduced the 2019 General Synod debate 'Centuries of Marginalisation and Visions of Hope' which called for the Church to support Gypsies Travellers and Roma, and speak out against the racism directed against them.

Archbishop Stephen said: "My prayer is that every Church becomes a place where people from these culturally rich and godly communities are welcomed."

Following the 2019 General Synod debate the Church of England voted to support the appointment of Chaplains to Gypsies, Roma and Travellers in every diocese. General Synod also encouraged church leaders to speak out against racism in these communities, and to encourage that land be made available for new Gypsy and Traveller sites. So far 12 dioceses have chaplains, and more dioceses are looking to appoint them.

More info at <https://sanctuaryplaces.co.uk/>



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Mother's Union Meeting

Our speaker this month was Tim Renshaw from the Archer project accompanied by Harry, a young volunteer .

To begin with Tim explained about the project which is a charity for homeless people and is situated in Sheffield cathedral. It is a day centre providing basic support to homeless and vulnerable adults over 18 years of age . Homelessness has increased greatly over the last few years and it has become a health and mental health issue more than just a housing one.

The Project's aim is to welcome individuals who are struggling for many different reasons, to offer them basic needs such as a place to go where breakfast is available, somewhere to shower, have a change of clothes etc but also to feel someone else cares. Once trust has been established they can be helped to develop their independence, build their well-being and give them a sense of belonging.

Many have experienced trauma in their lives and are dependent on drugs to see them through their day and so become isolated from other people. It can be very scary thing to sleep rough, very lonely and vulnerable, and looked upon with disgust. Most are homeless through no fault of their own and it could happen to anyone. The Archer project is there to help and encourage a pathway to a more settled life. Those who have benefited have been helped to gain employment. Some have become volunteers themselves.

Tim has written a book called 14 nights about his experience of just 14 nights living rough. He found it very hard and it was just a glimpse of what it is like. Even during that short time he felt very lonely, embarrassed about his appearance, full of shame when anyone looked at him this made him very low in spirit and he only felt uplifted by anyone who would give him a kind word or nod. So this is only a short account of what happens at the Archer Project but you can read all about it on their website. I hope we all look at homeless people in a new light and try to understand more Many thanks to Tim.

We ended our meeting celebrating Josie's 80th birthday and diamond wedding anniversary this month which was lovely. Our next meeting in the Gatty Hall will be on Wednesday September 4th at 1:45 pm. All are welcome .

Elaine Holland

Notable Quotes

"I'm sorry we're late, we misread the timetables. But there – nobody's infallible." - *Geoffrey Fisher to Pope John XXIII*, Dec 1960, at the first meeting for 500 years between a Pope and an Archbishop of Canterbury.

The longest journey is the journey within. - *Dag Hammarskjold*

Love is the child of freedom, never that of domination. - *Erich Fromm*

The person who never worries may not be smart enough to know what is going on. - *Anon*

By the time you have enough experience to be smart, your memory is shorter, your stamina is lower, and you are bald. - *HV Prochnow*

Reflecting Faith: Church towers

Editor: The Revd Dr Jo White considers the stones and mortar...

Last month I wrote about the 612 newly built churches in towns around 1818 - 1830 that cost a total of one and a half million pounds, following the huge population move from the countryside to living in towns.

This month I wanted to think about the highest part of the church building - the tower. This is the aspect that is most recognisable from a distance; the element that almost defines the church building.

Have you ever seen a church building without a tower? Most religions use this same structure on their buildings, so clearly there must be overlapping reasons for this. But there is not just one design even within religions.

The structures of all buildings are dependent on the materials available, the architectural knowledge, the purpose, the fashion of the day as well as the finance available.

Norfolk churches in particular have 'special' towers. There are around - pun intended! - 181 round church towers in England of which 126 are in Norfolk. They were built from as early as the ninth century onwards

So what was going on there?

Some argue that because of the flatness of the land these were thought to be more stable; while others think that it was because the materials available locally were small pieces of flint which cannot be easily worked or dressed but when set into mortar can create handsome and stable walls and buildings.

In many parts of the UK flint is used to face the outside of buildings but here they were used to be the foundational element so long as 'corners' were not required.

This month:

Have a look at a church tower near you. What shape is it? Perhaps you can get to see inside it? How is it attached to the main body of the building? Is it at one end, central etc? What is it used for today and what do you think its original purpose was or purposes were?

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By

Yvonne Newton MCFHP MAFHP

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St James the Least of All

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

On the perils of swinging incense

The Rectory
St. James the Least

My dear Nephew Darren.

Well, at least you tried. Filling in for another colleague who was away on holiday was kind of you; that it was somewhere with a high church tradition was adventurous of you. But just because something is worth doing, must you do it to such excess?

I can remember the first time I saw you having to use incense; you held the thurible as though you had just been presented with a dead rat. This time, however, I am told that you heated so much charcoal that the congregation thought you were going to hold a barbecue rather than burn incense.

The church warden was impressed with how quickly everyone knelt down, as you went by. If it was in more of an effort to stay clear of your thurible than to pray; well never mind, at least they were on their knees. And I am entirely on your side; you were not to know that their new fire protection system included automatic sprinklers, activated when too much smoke is detected. I am sure most of them would have dried out by Evensong.

You told me that you had not been sure what to do with the thurible when you reached the front. But swinging it so enthusiastically that the chain broke and catapulted several pounds weight of red-hot brass through one of their stained glass windows was really not the best solution. Never mind. I am sure the insurance company will be sympathetic.

But surely you knew that smells also implies bells? So why the panic when the server rang the bells in your ear beside the altar? To have promptly dropped the chalice and shouted, 'fire!' was surely something of an over-reaction? Especially as it meant that the verger re-started the sprinkler system. I am told that several in the congregation left church looking as if they had taken part in a mass baptism, involving full immersion whilst fully clothed.

I am told that you actually even wore full robes, rather than your customary T-shirt and jeans. Just one tip: should you ever wear them again, you might wish to wear the chasuble right side out. But that is a small point compared to the 'hat', as you called it. My dear nephew, wherever did you get it from? That is only worn by a bishop – and even then, the two tabs hang at the back, not over your face.

I am told that some of the congregation feared that in some frightful 'fresh expression' of episcopal rule, you had suddenly been handed control of the diocese. With the Church of England in its present woeful state, I suppose anything is possible.

Your loving uncle,
Eustace

<https://sacredwindows.com/is-this-the-largest-thurible-in-the-world/>

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Thought for the Month – ‘My Time at Ecclesfield’

As my time at Ecclesfield begins to draw to a close, I want to thank you all for making me and my family feel so welcome and supported during the last two years. It has been such a brilliant experience and I’m so grateful to Rev’d Tim and the whole church family for making me feel valued and encouraged in this stage of my priestly becoming. Ecclesfield, and the surrounding area, is a beautiful and fascinating place to serve, but I am inclined to agree with the general consensus, that ‘the community’ is what makes Ecclesfield special – from the many memorable encounters in our church café, to the lovely folks at Brown’s Café, to the recent D-Day event in Ecclesfield park, some of my fondest memories have been made when the community has come together (I’ve just realised that these are also places where I received warm, tasty food... *coincidence?*). I realise, of course, that I cannot thank *everyone* – or detail every memory here, so I will share just a few particular reflections.

One of the first things which emerged when I first arrived was my relationship with the fantastic folks at Nightingale Care Home. I visit at least twice a month and share Holy Communion on most occasions – it’s still the only place I get heckled and regularly find a fresh cup of tea on my makeshift communion table(!) It’s been a very formative experience and an incredibly precious part of my ministry.

Among the other joyful things, I have experienced in our church-life together, I have loved learning new songs and styles of worship with our choir and music group (as well as the superb Steel City Singers), and I am very grateful to have been given opportunities to share my love of choral plainchant in a few different contexts. It was not something I’d been brave enough to try before, but the folks at Ecclesfield enabled me to feel safe enough to try something new – and I believe that it has blessed others as much as myself.

I have been very proud to have been a small part of the history of the worshipping life of Ecclesfield church, and I know that God has big plans for the future. A particular, recent delight for me was to have been able to join in with the May Queen celebration. It felt like a special moment for us as a church – especially being stood outside the walls of the church, after the Sunday service, belting out ‘Shine, Jesus, Shine’ for all our neighbours to hear! Thank you – “*so, until we meet again, goodnight, and I love you all!*”

‘I do not cease to give thanks for you as I remember you in my prayers’

Ephesians 1:16 (NRSV)



Rev’d Sam Ellmore, curate

Whitley Hall Cricket Club



The 1st XI has had a good season following a watery start in April and early May, at one point holding the position of joint 2nd in the ECB Premier league. June finished with a strong victory over Shiregreen at home with the Whitley total of 255 well beyond the visitors who were all out for 149. However, July has been a difficult month with the match on 6th July at Cleethorpes cancelled due to a flooded pitch and followed by 3 defeats at Tickhill away, at home to Appleby Frodingham and on 27th July when the target set at Barnsely of 252 was just too much with Barnsley winning by 106 runs. This has left the team in position 7 in the League and the team will be striving for success in the remaining 7 matches. In contrast, the 2nd XI is doing very well at 4th place in Division 1 and the 3rd XI is also doing well in 6th position in Division 6.

All visitors are welcome to use the facilities in the pavilion where snacks and drinks are available.

Senior Games at Cinder Hill Lane (12 noon)

3 rd August	1 st XI	v	Doncaster 1 st XI
10 th August	1 st XI	v	Cawthorne 1 st XI
Sun 11 th August	3 rd XI	v	Handsworth 2 nd XI
17 th August	2 nd XI	v	Wickersley 2 nd XI
Sun 18 th August	3 rd XI	v	Bradfield Village 2 nd XI
24 th August	1 st XI	v	Wakefield 1 st XI
31 st August	2 nd XI	v	Conisbrough 1 st XI
Sun 1 st Sept.	3 rd XI	v	Warmsworth 2 nd XI

Contact: Joe Webster, Secretary: 07969 014592

Andrew Robinson

We thought you might find it helpful to know what the significant days and Sundays of each month are called

Date	Day	Colour
Sunday 4th August	Tenth Sunday after Trinity	Green
Sunday 11th August	Eleventh Sunday after Trinity	Green
Thursday 15th August	The Assumption of the Blessed Virgin Mary	Gold
Sunday 18th August	Twelfth Sunday after Trinity	Green
Sunday 25th August	Thirteenth Sunday after Trinity	Green
Sunday 1st September	Fourteenth Sunday after Trinity	Green



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From the Registers

Baptisms

Sunday 7th July

George Lawrence Pass
Arley Jayne Hancock-Gostelow

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

Marriages

Wednesday 24th July

Harvey See & Claire Louise Adams

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

Funerals

Thursday 4th July

Lucy Jean Leach

Wednesday 24th July

Eric Robinson

Wednesday 31st July

Neil Bridges

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

What's the Big Idea? - An Introduction to 1 & 2 Kings

Editor: Canon Paul Hardingham begins a new series which will run for the next two years.

1 & 2 Kings is a single literary work telling the history of Israel's monarchy from the end of David's reign until the Babylonian exile following the fall of Jerusalem (586 BC). After Solomon's reign, Israel was divided into two kingdoms: Israel to the north and Judah in the south. In the north 20 rulers reigned over 210 years until the fall of Samaria (722 BC). In the southern kingdom there were also 20 rulers, spanning a period of 345 years.

This account is not like reading a modern history book. The author views the story through the lens of God's relationship with His people. The welfare of Israel depended on their leaders' trust and obedience in God, e.g. Solomon building the Temple, as well as listening to the prophets e.g. Elijah and Elisha. The kings who receive the most attention are those whose disobedience is greatest (e.g. Ahab and Manasseh) or those who truly follow God (e.g. Hezekiah and Josiah).

The book ends with exile in Babylon, fulfilling God's warning of the consequences of disobedience for both kingdoms (cf Dt 28:64–68). However, this doesn't mean that there is no hope for the future. At the end of the book, Jehoiachin is released from prison in Babylon, and he is given a place of honour (2Ki 25:27-30). The future remains open for God to fulfill His promises to the house of David.

'We begin to realise that if God's sovereignty is never cancelled out by the so deeply sin-flawed leaders ('kings') in both our culture and our church, we can quite cheerfully exult in God's sovereignty as it is being exercised in all the circumstantial details of the actual present.' (E Peterson).

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.

Physicist and Priest: John Polkinghorne (1930-2021)

At the age of 48 the Cambridge Professor John Polkinghorne decided he'd done his bit for physics and that it was time for a different sort of adventure. Resigning his academic position, he trained for ordination in the Church of England. In an interview 40 years later he said, *"It's one thing to go to church on Sundays but to give up a professorship and train for something else – that was a bit more than a gesture...I think a lot of people realised I was a religious person but they didn't expect me to take it quite that seriously...People were saying to me, 'Oh John what are you up to?' They mostly weren't thinking so much about my becoming a clergyman but just the fact that I was a Christian."* (From *Test of Faith, Paternoster*, 2009)



John saw his work in science as a Christian vocation, and he felt a responsibility to use his talents in that area. Once ordained he found himself thoroughly engaged in the conversation about science and religion. One of his main messages was that *"I'm not a vegetarian butcher. There is a cousinly relationship between thinking about theology and thinking about science."*

When asked for a Bible passage to appear at the end of his 2009 interview John chose Colossians 1:15–20: 'He is the image of the invisible God, the first-born over all creation. For by Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by Him and for Him. He is before all things, and in Him all things hold together. And He is the head of the body, the church; He is the beginning and the first-born from among the dead, so that in everything He might have the supremacy. For God was pleased to have all his fullness dwell in Him, and through Him to reconcile to Himself all things, whether things on earth or things in heaven, by making peace through His blood, shed on the cross.'

John's explanation for his choice speaks volumes to anyone interested in the science-faith dialogue. *"I value this passage because it speaks of the cosmic significance of Christ, the One in whom all things hold together and who redeems all things (notice, not just all people) by the blood of His cross. Here meet my deepest religious beliefs and my strongest scientific concerns."*

John Charlton Polkinghorne KBE FRS (16 October 1930 – 9 March 2021) was an English theoretical physicist, theologian, and Anglican priest. A prominent and leading voice explaining the relationship between science and religion, he was professor of mathematical physics at the University of Cambridge from 1968 to 1979, when he resigned his chair to study for the priesthood, becoming an ordained Anglican priest in 1982. He served as the president of Queens' College, Cambridge, from 1988 until 1996.

Polkinghorne was the author of five books on physics and twenty-six on the relationship between science and religion; his publications include *The Quantum World* (1989), *Quantum Physics and Theology: An Unexpected Kinship* (2005), *Exploring Reality: The Intertwining of Science and Religion* (2007), and *Questions of Truth* (2009). The *Polkinghorne Reader* (edited by Thomas Jay Oord) provides key excerpts from Polkinghorne's most influential books. He was knighted in 1997 and in 2002 received the £1-million Templeton Prize, awarded for exceptional contributions to affirming life's spiritual dimension. https://en.wikipedia.org/wiki/John_Polkinghorne



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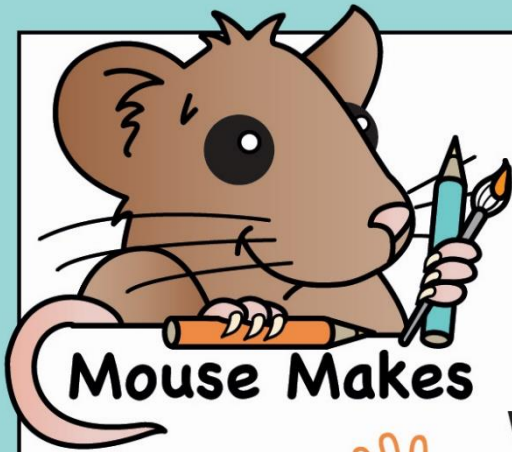
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"AND WHEN YOU PRAY,
PRAY THEN LIKE THIS ..."

Where does Jesus say
to go to pray?
Matthew 6:6



What does God know
before you ask Him?
Matthew 6:8



What can we ask God
to deliver us from?
Matthew 6:13

If you forgive others
what will God do?
Matthew 6:14



"Always be full of **joy**.
Never stop praying.
Whatever happens,
always be **thankful**."
1 Thessalonians 5:16-18

D	L	O	R	D	S	P	R	A	Y	E	R
L	F	W	R	E	A	R	T	H	K	S	O
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Editor's Humour & Philosophy Page

Links and some images in this magazine are clickable - enjoy

Adult Peer Pressure is seeing your neighbour mow his lawn

The older I get the tighter companies are putting the lids on jars

I don't have a train of thought; I have seven trains on 4 tracks that narrowly avoid each other when their paths cross and all the conductors are screaming

Did you know? When you walk through a door and forget why you are there. It could be because you ran into an alien, and he had to erase your memory so he could escape.

The biggest lie "I tell myself is "I don't need to write that down, I'll remember it".

I understand being a responsible adult... but every day? Every single day? That seems a little excessive....

I've just finished reading a book called "How to end sentences with a Beatles song title. That's two hours of my life I won't get back.... <https://youtu.be/IKJqecxswCA?si=YaNJdS5iPN8YODDg>



<https://en.wikipedia.org/wiki/Candy>

https://en.wikipedia.org/wiki/Caesar_salad



<https://www.wildlifetrusts.org/on-land/red-squirrels>

https://en.wikipedia.org/wiki/Aloe_vera



Prayer for the Month

O God make the door of this house wide enough to receive all who need human love and fellowship, and a Father's care; narrow enough to shut out all envy, pride and strife. Make its threshold smooth enough to be no stumbling block to children, nor to straying feet, but rugged and strong enough to turn back the tempter's power. God make the door of this house the gateway to thine eternal kingdom. Amen.

A Prayer by Thomas Ken (1637 - 1711, Bishop of Bath and Wells (1645-1691).

Bishop Thomas Ken's prayer for a Church is as relevant today as it was when he wrote it. The Church is not an in-gathering of the saints escaping from the world; it is not selective or exclusive. The doors of the Church are open and all are welcome.

This prayer reminds me of the calling of the Church of England to be a *Parish* Church, a Church which anyone and everyone can call upon. Sadly today many people's experience of the Church is that if they are not regular attenders they are not welcome. One of the things that I love about St Mary's is that we are able to welcome so many families from our parish and beyond for baptisms and weddings and funerals. I always assure them that this is their Church and that they belong.

To my mind the Parish Church is one of the great strengths of the Church of England. In every community there is a fellowship of people trying to follow Jesus by worship and by serving their neighbours. In every community there is a place where all are welcome to meet Christ.

In this we are modelled on Jesus who welcomed all who came to Him - including those who were ignored in His society, including those who were seen as outcasts and sinners. Jesus was known for opening His table to all and to any who would respond. This is the vocation of the Parish Church.

Jesus called very ordinary men and women to be His disciples, and who sent out those disciples to proclaim the Kingdom of God by their words and lives throughout Judea and Galilee, and then, after the Resurrection throughout the world. This is the ministry of the Parish Church.

The fortunes of the Parish Church have waxed and waned over the centuries. We are the Church at a time of a crisis of faith, and it is not easy to be Church or to follow Jesus. But our calling is not to be successful; we are called to be faithful - faithful to our vocation as the Church, the Body of Christ, in this place and time.

Bishop Thomas Ken's prayer is a timely reminder of what it means to be the Parish Church here in Ecclesfield.

God bless you,
Tim.

https://en.wikipedia.org/wiki/Thomas_Ken

Explorer 6 – Sending the first images of earth from space

- by Tim Lenton

Sixty-five years ago, on 7th August 1959, the USA launched the Explorer 6 satellite, which sent back the first images of the Earth from space.

The history-making achievement was not impressive at first sight. Described as “crude at best” and a “blocky, blurry mess”, the original picture was in black and white and unclear. But it did show a cloud-covered image of the north central Pacific Ocean from roughly 17,000 miles above Mexico.

The data, transmitted to an earth ground station in Hawaii, was described as limited and of extremely poor quality. But it inspired the imagination of many people who were looking to space as the final frontier – one that could be explored. The satellite, small and round, was designed to study trapped radiation of various energies and cosmic rays, among other things. But it was the scanning device designed for taking pictures of the Earth’s cloud cover that got people interested. It was a forerunner of the TV camera systems carried on later, more advanced satellites.

At the time, the feat itself was hugely impressive. The craft was travelling at more than 20,000 mph and operating with 63 per cent power because only three of its solar cells were working. Since then, astronauts have been able to look down and wonder at the earth, seen clearly as small and fragile but extraordinarily beautiful. It has frequently changed their lives. Their photos are among the most widely reproduced of all time. A continuous, real-time view of the Earth from the International Space Station can now be viewed online.



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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.

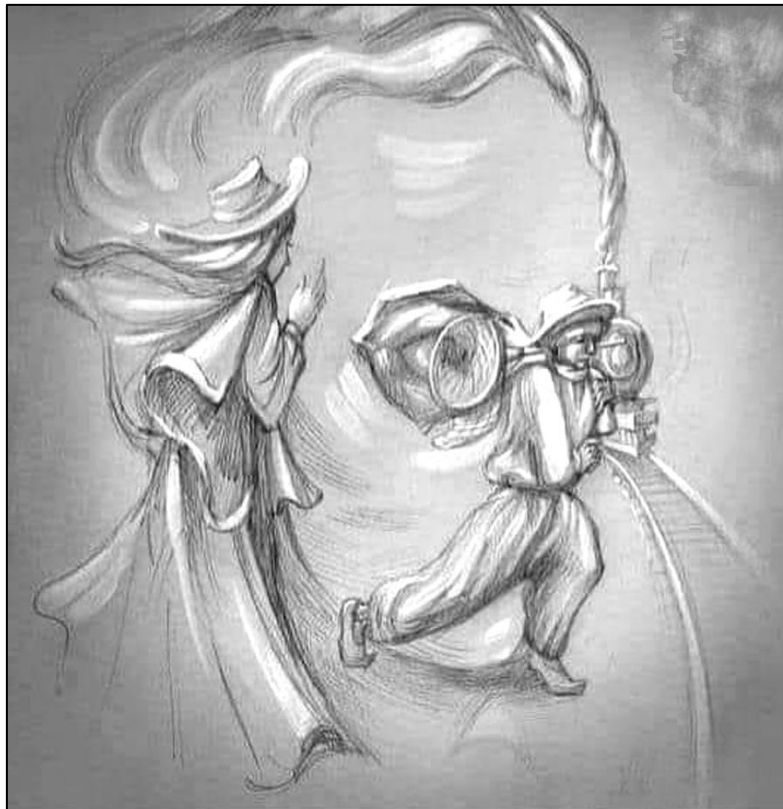
Any help most welcome. Thank you. Pat Wood

The more you look the more you see

We live in an image-saturated visual world and understanding how images communicate information and ideas is increasingly important. But, how well do we really observe the world around us? Do we use our eyes properly? We are so used to scanning and skimming things, objects, situations, texts for the relevant information. We miss so much.

Looking at objects in everyday life or artworks in museums can improve your visual acumen and make you more alert, aware and attentive to details in all aspects of your personal and work life.

If you practice regularly, your observation skills will noticeably improve. Your ability to describe and use descriptive language will also get better as you notice more details and find more precise ways to describe what you see. Developing a practice of slow looking will immediately strengthen your observational or 'viewing' skills. You can teach yourself to notice more – to be more attentive to your environment, see beyond first impressions and look a little deeper.



A host of recent studies have shown that art has a dramatic impact on a person's health, outlook and the way they view the world. Viewing art slowly has an effect on the brain and can also trigger the release of feel-good chemicals, such as serotonin and dopamine. Moreover, slow looking is an ideal practice to help disconnect from an over-reliance on technology, to engage the senses and slow down.

Spending time with an artwork offers refuge from the rush and time to slow down and see the details. Author and art historian Jonathan Fineberg even believes that looking at art is more or less like sending your brain to the gym.

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The Gardening Year – August

Composts and Soils, for most crops grown in containers you'll need to buy either soil based or soilless. Each type has its advantages and disadvantages. When browsing around the garden centre you might find different types of compost for different jobs, but in most cases multipurpose compost will be fine for any type of container or crop. Soil based compost, soil-based compost contains sterilised good quality loam mixed with peat, sharp sand, lime and fertiliser. Loam is made up of sand, silt and clay in a 40 – 40 - 20 percent concentration. While sand, silt and clay make up any type of ordinary garden soil, most have a high proportion of either sand or clay and are not ideal. Loam is a perfect balance and compost made from this is for crops that stay in pots permanently such as fruit bushes and trees. Pros and cons, there are a few advantages and disadvantages to soil based compost. No 1, it holds nutrients well. No 2, it provides stability for tall plants in pots. No 3, it keeps plants well anchored. No 4, it is heavy, so is unsuitable where weight is an issue, such as on a balcony or in hanging baskets.

John Innes Compost.

The John Innes Institute has created several soil composts with ratios of ingredients for specific purposes. These are readily available at garden centres and take the guess work out of buying compost. These composts contain enough plant food for one to two months, depending on the plant and the season. Contrary to popular belief, John Innes is not a brand name but a general formulation: a number of manufacturer's produce mixes that bear this name. The right nutrients. Seeds require just a few nutrients otherwise seedlings can (burn), whereas some full-grown pot plants and crops such as tomatoes require extra nourishment. John Innes seed compost has a low level of nutrients while John Innes compost numbers, Nos 1, 2, 3 etc, have increasing amounts of nutrients, as the numbers go up. Think of seedlings like babies-- you wouldn't give a roast dinner to a 6-month-old baby!

Colin Williams

Eat the Seasons – August

Vegetables - Artichoke, Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Lettuce & Salad Leaves, Mangetout, Marrow, Onions, Pak Choi, Peas, Peppers, Potatoes (Maincrop), Radishes, Rocket, Runner Beans, Spring Onions, Sweetcorn, Tomatoes, Turnips, Watercress, Wild Mushrooms

Fruit - Apricots, Bilberries, Blueberries, Cherries, Damsons, **Figs**, Greengages, Loganberries, Melons, Nectarines, Peaches, Plums, Raspberries, Redcurrants, Strawberries

Herbs - Basil, Chives, Coriander, Oregano, Mint, Parsley (Curly), Parsley (Flat-Leafed), Rosemary, Sage, Sorrel, Tarragon, Thyme

Meat - Beef, Lamb, Rabbit, Venison, Wood Pigeon

Fish - Cod, Coley, Crab, Dab, Dover Sole, Grey Mullet, Haddock, Halibut, Herring, Langoustine, Lemon Sole, Mackerel, Monkfish, Pilchard, Plaice, Pollack, Prawns, Red Mullet, Salmon, Sardines, Scallops (Queen), Sea Bass (Wild), Sea Bream, Sea Trout, Shrimp, Squid, Whelks

Visit - www.eattheseasons.co.uk

What gardening can do for your brain

People who spend time gardening may have better brain function in later life than those who do not. Such are the findings of a recent study at the University of Edinburgh. The authors of the study observe that gardening involves: “not only physical exertion but creativity and planning. Engaging in –gardening –projects, learning about plants, and general garden upkeep, involve complex cognitive processes such as memory and executive function.

“Consistent with the ‘use it or lose it’ framework of cognitive function, more engagement in gardening may be directly associated with a lower risk of cognitive decline.”

As one doctor said: “People often don’t realise the wide range of benefits that gardening can bring. For example, digging, planting and pulling weeds will increase hand strength, which research has shown can also boost brain health.

“Growing your own food can help you eat a healthier diet; another key factor. And staying connected to other people is beneficial for brain health, so community allotments are a great place to socialise, reducing loneliness and isolation.” The researchers want more study into the possible benefits of gardening, hoping it might help against cognitive decline.

Ultra-processed foods ‘should have tobacco-style warning labels’

Ultra-processed foods are as dangerous to your health as cigarettes. They should be made to carry a tobacco-style ‘front of pack’ warning. So says a leading nutritionist, condemning both UPFs and cigarettes as “life-threatening products made by profit-hungry corporations.”

Prof Carlos Monteiro, professor of nutrition and public health at the University of Sao Paulo, was speaking at the recent International Congress on Obesity. He warned that UPFs have been linked to 32 types of major illness, including cancer, diabetes, kidney and heart disease.

To make things worse, UPFs are now so popular that they are “pushing aside” all other food groups. In the UK, UPFs now make up a staggering 57 per cent of calories in the British diet. In the USA, it is at 60 per cent. The scientist said that the business model for such foods is based on cheap production and overconsumption, driving an obesity pandemic.

So, how do you recognise a UPF? Put simply, is it a food where your great-grandmother would have recognised all the ingredients? If not, it’s probably a UPF.

The Heart and Stroke Foundation of Canada describe UPFs as foods that “go through multiple processes (extrusion, moulding, milling, etc.), contain many added ingredients and are highly manipulated.” These include soft drinks, crisps, chocolate, sweets, ice-cream, sweetened breakfast cereals, packaged soups, chicken nuggets, hotdogs, and fries. UPFs provide a huge number of calories, but little, if any nourishment.

Crossword Puzzle - Solution is here

J	O	H	N		A	N	D	J	A	M	E	S
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ERIC EYRE

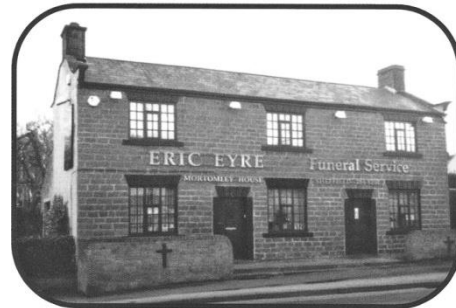
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It is time to eat Figs

Winner of the best-shaped fruit award (runner up: bananas), figs also score highly on taste, texture and colour. They make very attractive starters (e.g. served with Parma or Serrano ham) and delicious desserts. Try them drizzled with honey and your choice of cinnamon, thyme and pistachios, then roasted and served with a dollop of mascarpone or crème fraiche. And they're a great addition to an after-dinner cheese board.



Thought to be indigenous to western Asia, the selection and cultivation of figs began in remote antiquity. Stone tablets dating back over 4,000 years record the use of figs in southern Iraq and the harvesting of figs is depicted in an Egyptian tomb painting from around 1,900 B.C.

Figs were grown in Greece by the eighth century B.C. and taken to Spain, Portugal and North Africa with Arab conquests. Later they were spread via European invasions to Central America (sixteenth century), North America (seventeenth century) and Australia (eighteenth century).

Technically a single fig is a syconium containing over 1,000 tiny fruits (what are thought of as the seeds). There are hundreds of varieties of the common fig (*Ficus carica*) ranging in colour from purple-black to yellowish-green. Fig trees can grow to 15m tall and many types are dependent on fig wasps for their reproduction; the wasps pollinate the fig as they move between seed pods laying eggs.

Figs do not ripen after picking and so unripe figs are to be avoided. Choose figs that are richly coloured, plump and soft but with unbroken skins. At peak ripeness they may be covered with a light, fuzzy bloom. A sour smell indicates figs that are past their best. Due to the difficulty of transporting ripe figs undamaged, the very best figs are only found in the countries where they grow. If you are fortunate enough to be in a Mediterranean country during the season, be sure to try a local, freshly picked fig (*scrumped in Greece*) to experience how they should REALLY taste.

After harvesting, figs have a short life. Keep in the refrigerator and use within a day or two. Wipe with a damp kitchen towel. If the stem end is hard, cut it off. To show figs at their best, halve them or cut a cross in the top and press your finger in to splay them out. When the last of the fresh figs have disappeared for the year, get some dried figs and make Figgy Pudding...
<https://www.bbcgoodfood.com/recipes/figgy-christmas-pudding>

Recipes online

Purple Fig and Pomegranate Jam

<https://www.telegraph.co.uk/recipes/0/purple-fig-pomegranate-jam-recipe/>

Chicken with Figs and Honey

<https://www.dailymail.co.uk/home/you/article-1052157/Skye-Gyngells-chicken-figs-honey.html>

Chocolate Truffle with Figs and Cassis

https://www.waitrose.com/home/recipes/recipe_directory/c/chocolate_truffle_with_figs_and_cassis.html

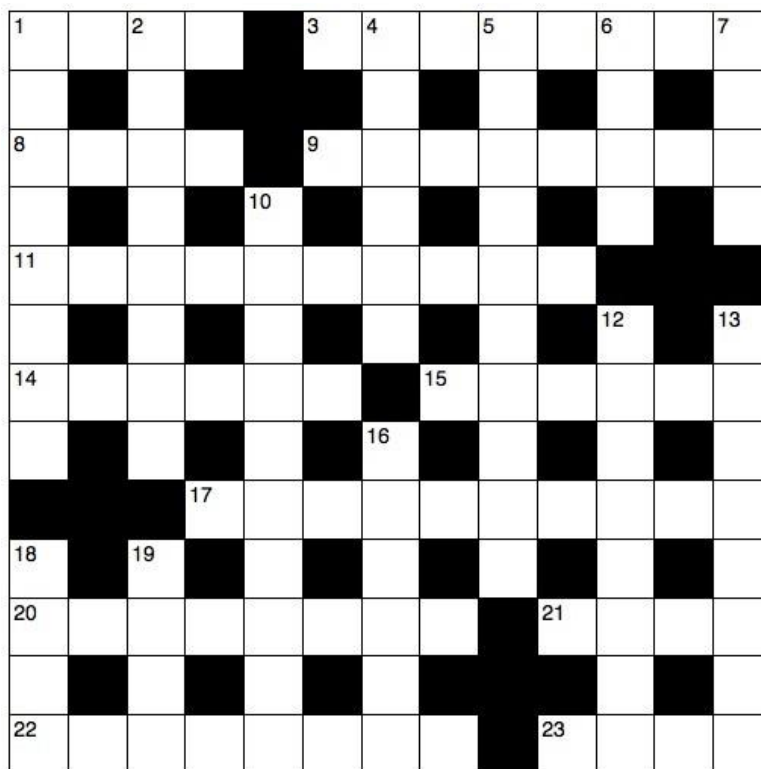
Crossword Puzzle

Clues Across

- 1 and 3** Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)
- 3** See 1 Across
- 8** 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)
- 9** O Simon is (anag.) (8)
- 11** Form of government under the direct rule of God or his agents (10)
- 14** How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)
- 15** In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)
- 17** Glad sin rat (anag.) (10)
- 20** Spinal column (Leviticus 3:9) (8)
- 21** Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
- 22** 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)
- 23** Adam and Eve's third son (Genesis 4:25) (4)

Clues Down

- 1** David's great friend (1 Samuel 20:17) (8)
- 2** 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)
- 4** 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)
- 5** Seeking to vindicate (Job 32:2) (10)
- 6** Female servant (Isaiah 24:2) (4)
- 7** 'For Christ died for — once for all' (1 Peter 3:18) (4)
- 10** 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)
- 12** Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)
- 13** One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)
- 16** 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)
- 18** 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)
- 19** Equipment to Charity Hospitals Overseas (1,1,1,1)



Summer Holidays

Editor: Canon Paul Hardingham looks forward to the 'easy living' of August.

'Summertime and the living is easy.' George Gershwin's words could be aptly applied to August, when many of us take holidays. It's a month to focus on summertime (weather permitting!!): family and barbeques; the beach and ice cream; long days with no school! It's a time to wind down from the hectic pace of normal routine.

However, while summer is a season, it is also a state of mind. We all have periods in life, which are summer-like, when life goes well. How can we walk by faith in the summers or good times of our spiritual lives?

Summer Distinctives: *When we go through times of sickness, financial pressure, difficult relationships and other problems, we more easily focus on God. In a spiritual summer season, we can subtly find ourselves enjoying the gifts without acknowledging the Giver! The greatest danger in the summertime season of life is to forget the One who is responsible for the good things we are enjoying.*

Summer Distractions: *Our normal routine revolves around clocks and calendars, but we can easily get distracted when we break these disciplined routines. In the spiritual summer seasons of life, there is a temptation to miss out on our regular times with God in Bible reading and prayer! Things that make summer seasons enjoyable can also become big distractions.*

Summer Directives: *How can we make the most of this summer season and keep focused on God? We need to maintain a gratitude attitude: thankful to God for all His blessings: 'When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God.' (Deuteronomy 8:10/11).*

So let's stay close and stay grateful to God in this summer season of life!

Chapelton & District Probus Club



On 10th July we welcomed guest speaker, Mike Ogden. Mike's presentation was about the history of commercial aircraft flights, starting with very early ones following the 1st World War. Clearly, the USA were well ahead of UK in the early days but Mike covered the beginnings of flights from the UK with the focus on Southampton and Croydon before Heathrow became the site for the new London airport. Some of the early planes were basic and very dangerous! On the 17th July, members and guests enjoyed a walk around the gardens at Wortley Hall including the huge 10 acre walled garden. After the walk, a delightful afternoon tea was served.

The guest speaker in August will be Martin Rowley who will present the topic of the infamous Sheffield Gang Wars and people who have had the presentation before indicate it will be very interesting. In September, we will welcome Neil Hanson, a previous landlord at the Tan Hill Inn, the highest pub in the UK. His talk about some of the tales from the Inn has been highly recommended as something quite special.

The club Annual Dinner will be on Tuesday 20th August at Wortley Hall where there will be entertainment from singer Sally Glennon.

We continue to welcome retired and semi-retired men including those still working but with time on their hands. If you are interested, we welcome you as a new member or, why not come as a guest and get a feel for what we are all about? Please make contact with the Secretary, Trevor Winslow (see below). The PROBUS club meets every month and retired, semi-retired men and those who have time on their hands are invited to join us – please make contact.

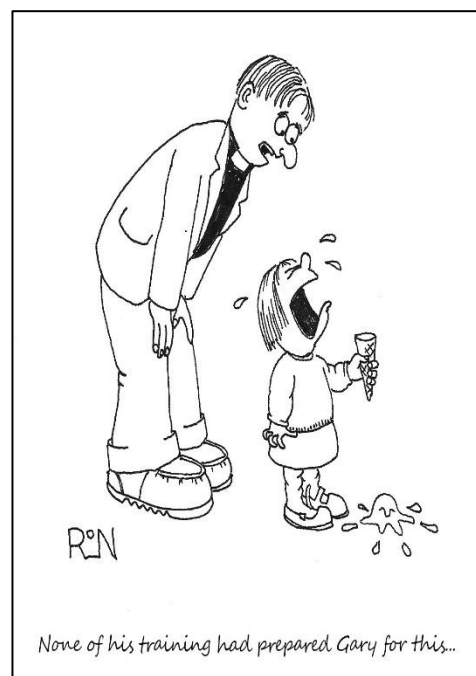
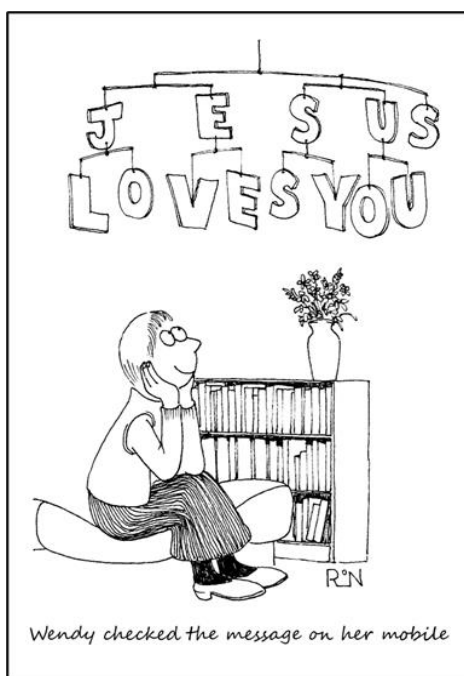
Upcoming meetings on Wednesday at 10.00 in Grenoside Community Centre (followed by optional lunch at Wortley Hall):-

14th August	Martin Rowley	"Sheffield Gang Wars"
11th September	Neil Hanson	"Inn and Out at the Top"
9th October	Paul Adey	"Engineering Odities"

Contact details: E-Mail chapeltown.probus@gmail.com

Website <https://chapeltown-probus.org.uk/>

Andrew Robinson



Prayers and Poems Page

A Prayer for August 2024- By Daphne Kitching

Lord, in a year of changes in our country and in the world, we thank You for the regular rhythm of each year. We thank You for August, the month of holidays and rest for many, especially for families and those tied to termly timetables. We pray for Your blessing and restoration for all.

As we take time out of normal routines, help us to still make space for You; to be refreshed spiritually as well as physically.

Feed us, Lord, by Your Word; revive us by Your Holy Spirit; encourage us by Your indwelling presence, so that we might naturally reflect Your love to all we meet, on holiday or at home or at work.

In Jesus' name. **Amen.**

Consider the Creed - By Nigel Beeton

As often as Christians may worship and pray
Remember – consider each word that we say!
We give thanks with joy that from sin we are freed
And mindfully utter the words of the creed:

In one God, the Father, we truly believe,
All things made in heaven or earth He conceived;
Of all things Creator, both seen and unseen,
And all things that will be, or are, or have been.

One Lord we believe in, He's God's only Son
Begotten, Eternal, with God He is One
He's True God from true God, True light from true light
The Word of creation, Our Lord Jesus Christ.

He came down from Heaven, our salvation plan
Incarnate from Mary, was fully made man,
Then by Pontius Pilate He was crucified
And for our salvation He suffered and died.

The scriptures foretold it, He rose as God planned;
Ascended to Heaven and sits by God's hand;
He will come in glory and will judge us all
Then never, no never shall His kingdom fall.

We believe in the Spirit, for all life He gives
With God and with Jesus in oneness He lives;
From Son and from Father the Spirit proceeds
He's glorified, worshipped in words and in deeds

Christ's church we believe in, all following Him
One baptism for the forgiveness of sin;
The dead resurrected; a new world to come
Believe in the Father, the Spirit, the Son!
Amen.

Take me from myself - By St Nicholas of Flue (d.1487)

My Lord and my God, take me from all that keeps me
from You
My Lord and my God, grant me all that leads me to
You
My Lord and my God, take me from myself and give
me completely to You.

I am Your ship - John Sergieff - 1829 – 1908

Lord, I am Your ship.
Fill me with the gifts of Your Holy Spirit.
Without You I am empty of every blessing,
And full of every sin.

Lord, I am Your ship.
Fill me with a cargo of good works.
Without You, I am empty of every joy,
And full of vain pleasures.

Lord, I am Your ship.
Fill me with love for You.

Country Faith - Norman Gale (1862 – 1942)

Here in the country's heart
Where the grass is green
Life is the same sweet life
As it e'er hath been.

Trust in a God still lives
And the bell at morn
Flouts with a thought of God
O'er the rising corn.

God comes down in the rain
And the crop grows tall
This is the country faith
And the best of all!

The church floor - George Herbert (1593-1633)

Mark you the floor? That square and speckled stone,
Which look so firm and strong,
Is Patience.
And th'other black and grave, wherewith each one
Is chequer'd all along -
Humility.
The gentle rising, which on either hand
Leads to the quire above
Is Confidence.
But the sweet cement, which in one sure band
Ties the whole frame, is Love -
And Charity

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: ecclesfieldlib@gmail.com

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)
Thursday - 5:45 - 7:00 pm
Contact Shane Porteous
shane@ecclesfieldscouts.org.uk

Ecclesfield Scouts

Scout Hut (off Yew Lane)
Thursday 7:15 pm to 9:00 pm
Leader - Bryony Hemming
25theecclesfieldscouts@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:
whitleyhall@yicspl.co.uk
Website:
whitleyhall.play-cricket.com

Chapelton 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
chapelton.probus@gmail.com
We are now face to face see
www.chapelton-probus.org.uk

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



<u>Vicar:</u> Revd. Tim Gill	E-mail: ttingill@aol.com	Phone: 257 0002
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Churchwardens:

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

7 pm on Friday Practice in Church

Contact: Lynda Pearce

246 3935

Music Group

7:30 pm Thursday Practice in Church

Contact: Andrea Whittaker

246 0746

Mother's Union in Gatty Hall

1.00 pm 1st Wednesday of the month

Contact: Maureen Lambert

246 9690

Ecclesfield Ladies Group

2.00 pm Thursday in Gatty Hall

Contact: Anne Rostron

245 5492

Bell Ringers

7:30 pm Tuesday in Church Belfry

Contact: Phil Hirst

286 2766

Gatty Hall Bookings

0780 307 8223

For Baptisms or Weddings Enquiries please contact the Vicar

Magazine e-mail:

stmarys.magazine.ecclesfield@gmail.com



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