

News & Views From St Mary's Church Ecclesfield



Church Magazine March 2024

stmarysecclesfield.org.uk

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First Words

March is already here and this year Easter is early, falling on the last day of the month. This means that in March this year we are keeping the season of Lent.

On **Sunday 3rd March at 12noon** we have **Baptisms**.

Monday 4th March 7.30pm PCC Meeting in Church.

On **Wednesday 6th March** we meet in Church at **3.30pm** to plan the **hymns** for April, May, June & July. In the evening at **7.30pm** we meet in Church for the **Lent Course**.

On **Thursday 7th March** we are at Ecclesfield Primary school for a Key-stage 1 **assembly**.

On **Saturday 9th March at 9am** we have our monthly **Prayer Breakfast**, followed at **10.30am** by the **Bereavement Cafe**.

Sunday 10th March is **Mother's Day** and we will have a **Prayer & Praise** celebration at **10am** with **Communion** in the afternoon at **4pm**.

On **Wednesday 13th March at 4.30pm** the **Ecclesfield Welfare Charities' Trustees** meet in Church. At **7.30pm** we have the **Lent Course** in Church.

On **Monday 18th March at 2.15pm** we welcome **Ecclesfield Primary School** into Church for their **Easter Service**. And at **7pm** the **Fabric Committee** meet in Church.

On **Tuesday 19th March** the **Feoffees** meet at **5.30pm**.

On **Wednesday 20th March at 11.30am** we will be re-interring the bones that were found when the new West door was installed. The bones will be buried using the Burial Service from the 1662 BCP. In the evening at **7.30pm** we have the last of the **Lent Course** meetings.

Holy Week begins on **Palm Sunday, 24th March** with **Communion at 10am**.

On **Monday 25th March at 7pm** the **Cathedral** will be hosting the annual Diocesan **Chrism Eucharist**.

On **Wednesday 27th March at 2pm** the **Finance Committee** meet in Church.

On **Maundy Thursday, 28th March 7.30pm Eucharist of the Last Supper** followed by an hour's 'Gethsemane Meditation.'

Good Friday, 29th March at 10am there is an **All-Age Service**, and from **12noon to 3pm** we have the **Three Hours 'At the Cross.'**

Easter Day, Sunday 31st March 10am Eucharist and 6.30pm Evening Worship.

Don't forget that the clocks go forward an hour on Easter Day! This means that we move the time of the evening Service back to 6.30pm.

God bless, Tim

Andrew Jones

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30 years since the ordination of women

It was 30 years ago this month, on 12th March 1994, that the first 32 women were ordained as priests in the Church of England. The service was officiated by Bishop Barry Rogerson at Bristol Cathedral.

Bishop Rogerson ordained the women in alphabetical order, so Angela Berners-Wilson was the very first woman to be ordained. She was a university chaplain.

The youngest woman to be ordained that day was aged 30. The oldest was 69. By 2004, ten years on, one of the women priests had died, and 14 had retired.

Bishop Rogerson reckoned it would take 10 years before the first woman would be ordained as a bishop. In the end, it took 21 years.

Then Libby Lane was ordained the first female bishop in the Church of England. She became Bishop of Stockport, a suffragan bishop in the Diocese of Chester.

The first woman to be ordained a diocesan bishop was the Rt Revd Rachel Treweek, Bishop of Gloucester, appointed on 26 March 2015

There are currently 25 women bishops in the Church of England.

https://www.forwardinfaith.com/List_of_Women_Bishops.php



The Rt Revd Sophie Jelley
Bishop of Doncaster



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God in The Arts - Music

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

‘Glorious the song when God’s the theme’: Hildegard of Bingen

In this series we have looked at the psalms of the Old Testament and the songs of the New Testament, and now we enter the Middle Ages. But it is the Middle Ages through the eyes of a record producer in the last century.

In 1980 Ted Perry decided to found a new independent record company, Hyperion. If that was not financial risk enough, in the following year Hyperion issued a CD of a composer virtually unknown in the 1980s – Hildegard of Bingen. The risk paid off, and Gothic Voices’ recording of the music of this remarkable medieval nun became a best seller. The CD sold in its thousands and received awards from the gramophone industry.

‘A feather on the breath of God’, the title of the CD, is how Hildegard described herself. ‘Listen, there was a king sitting on his throne. Around him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honour. Then it pleased the king to raise a small feather from the ground and he commanded it to fly. The feather flew, not because of anything in itself, but because the air bore it along. Thus am I a feather on the breath of God.’

Hildegard was born in 1098, the tenth child of noble parents who lived in western Germany. Aged only eight, she was given into the care of Jutta, abbess of a monastery in the Rhineland, near Bingen. There she lived the life of an enclosed nun, her only contact with the world outside via a grille through which food was passed.

After 30 years, Hildegard left that cell and was assigned a scribe, who wrote down her visions and meditations in two volumes. She founded two monasteries, wrote books on medicine and natural healing and the first morality play, and composed a great range of songs. She corresponded with the great and the good, and as the ‘Sybil of the Rhine,’ her advice was sought by popes and emperors, by kings and bishops. A truly creative life of prayer and service until her death in 1179.

The starting point for her own compositions was the plainsong of that time. Modern techniques of singing and performing often make plainsong slow and heavy. The secret to bringing plainchant alive is to sing it with relaxed attention. In many ways that is the secret of the life of prayer: that paradox of resting in the Lord while being alert to the promptings of his spirit. Hildegard realised that secret as she brought to her music, as she did to everything, an intensity of emotion and faith, developing the medieval plainchant into melodies that flowed off the page and soared into the skies.

It is all there in the chant ‘O ignis spiritus’ on the CD – an ecstatic song, praising the life of God’s Spirit as breath and spark of flame, as a power within and armour without. As Hildegard contemplates this gift, her music moves and grows, reaching upwards to God’s throne of glory in praise and adoration and outwards to those who listen.

‘O ignis spiritus’

<https://youtu.be/jglvbV8B-7c?si=FVV-VUleiLbtMghl>

Mother's Union Meeting – Wednesday 7th February 2024

Our speaker was Phil Hirst, the Captain of St. Mary's Bell Tower, who gave us a very interesting talk on the history and the present ringing of the bells. Phil has been ringing at Ecclesfield for 35 years.

He told us that in England the bells have been rung from about the 8th Century – at that time bells rang from side to side and were used to announce services and when Holy Communion was being given. Bells were rung for pleasure. At Ecclesfield change ringing is used and began probably during the 1500's.

In 1637 The Ancient Society of College Youths was set up and as a group is still ringing today. In the 19th century ringing was brought in line with Church practices. Alfred Gatty (Vicar of Ecclesfield) wrote a book about the bell, it's origins, history and uses. The Yorkshire Association of Change Ringers was set up in 1875 – Ecclesfield bell ringers today are members of the Sheffield branch – 22 churches.

Phil told us that 6000 churches in England ring bells as we do in Ecclesfield but only approximately 250 in the rest of the world. The heaviest bell in Ecclesfield tower weighs 14.75 hundredweights and the lightest 4.5 hundredweights – 10 bells are in our tower. With the help of a few of our members he demonstrated how the bells are rung. The bells are made of copper and bronze and the stay is made of wood from the Ash tree. Smallest bell has a value of £10,000.

Phil said that usually a child of 10+ could learn to ring the bells. The bells are rung in patterns rather than tunes and each pattern is a change. A quarter peal has 1260 changes and takes approximately 45 minutes – a full peal is 5040 changes and takes 3 hours. Visitors come quite regularly to ring a full peal. Of our bells the oldest was cast in 1580 but that one is not rung regularly. Oldest ringable bell was cast in 1590's.

Phil then showed us a video of the team ringing for the Queen's funeral with muffled bells – he explained that they are only muffled for the funeral of a monarch.

We were then shown pictures from 2011 when the bells were taken down and transported to the Whitechapel foundry for refurbishment and a new bell was cast. Whitechapel foundry is no more and we have only one bell foundry left in the country.

It was a really interesting talk and Phil was thanked. If anyone feels they would like to learn to ring the bells please contact Phil or any of the ringers.

SH

We are holding a Coffee Morning and Bring & Buy stall on Saturday 23rd March 10am to 12 noon to raise funds for women in order to give them a voice and their rights through education and to help them change gender inequality. Please support us.

The Mothers' Union Prayer

Loving Lord,

We thank you for your love so freely given to us all. We pray for families around the world.

Bless the work of the Mothers' Union as we seek to share your love through the encouragement, strengthening and support of marriage and family life.

Empowered by your Spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world.

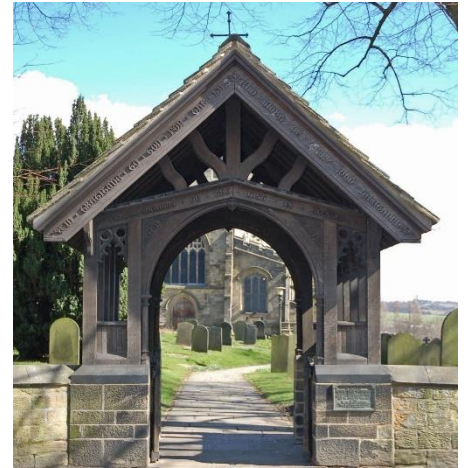
In Jesus' name. Amen

Reflecting Faith: Lychgates

Editor: *The Revd Dr Jo White considers church gates this month...*

On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were 'resting' stones.



When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church. The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

Because of typical English weather - rain and wind - it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what today we call the 'lych-gate'; lych coming from the anglo-saxon word lich or lic, related to the modern German word leiche, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

This month

Try and visit a lychgate this month and actually spend a few moments under its shelter. Have a think about what burdens you want to lay down. What do you need to be sheltered from?

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

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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 why Pews SHOULD be uncomfortable

The Rectory
St. James the Least

My dear Nephew Darren.

Visits from your parishioners to our church are always welcome. But I did not expect them to return to you complaining because our pews are uncomfortable.

Pews are meant to be uncomfortable. The unshakeable belief of our congregation is that the more uncomfortable the pew, the holier the worship must be. By the same token, an 8am Service is more fervent than one at 11am, since it is much more socially inconvenient. If you add on enduring sub-zero temperatures and damp, then sainthood clearly beckons. Your people may be used to lolling in upholstered chairs in tropical temperatures, but I am sure such comfort places their souls in grave peril.

Our pews were built 500 years ago, when people were several inches shorter and many pounds lighter, and so could accommodate themselves on them perfectly adequately. The fact that a twenty-first century body is in constant danger of sliding off the seat and requires knees to be folded somewhere near ears at least helps to keep minds focussed – apart from Colonel Wainwright, who still manages to sleep peacefully throughout Mattins every Sunday.

I could point out that your chairs make kneeling almost impossible – although I suspect that posture is not encouraged in your church, as people would then be unable to read the words on your overhead projector or wave their arms about quite as easily during the hymns. While the majority of our congregation find the Anglican crouch perfectly adequate, you can see those who flop to their knees on hearing “let us pray” from the clouds of dust sent up from suddenly compressed hassocks, which were purchased to commemorate Queen Victoria’s Accession.

I may also point out that our box pews are very useful for modern times. Once a family is seated, with the door firmly shut, then any toddler is penned in and unable to use the aisles as a racing circuit. Medieval carpenters were clearly forward-thinking people. Admittedly, box pew doors do tend to stick, and few manage to look dignified while they wait for step ladders to be brought before they can climb out.

If only you would remove your chairs and substitute benches without backs, turn off all heating and replace carpets with slate slabs, I am sure your congregation’s religious zeal would soar.

Your loving uncle,
Eustace

And a bit of humour - "Pew, Pew, Barney McGrew, Cuthbert, Dibble and Grub"

This was the roll call from Trumpton’s fire station. Commanded by Captain Flack - Pugh, Pugh, Barney McGrew, Cuthbert, Dibble and Grub were continually being called out to attend some emergency but never an actual fire.

Trumpton is a children’s TV show from 1967. <https://youtu.be/s6YE4PCRNwc?si=NWYKzHOgKhSqC9SR>

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Thought for the Month

March means the arrival of Spring. After the very dark (and wet) days of winter we are all ready for Spring. We are ready for longer days, sunshine and warmth. The spring flowers, crocuses, snowdrops and daffodils are breaking through.

No wonder Spring makes us think of birth, of renewal and new life, and it is very appropriate that in Britain Easter falls in the Springtime (this year on the last day of March). Easter is the great celebration of at the heart of the Christian year when our focus is on the triumph of Christ over the forces of death and evil.

But this year the forces of evil and death seem to be very powerful. Every day we see pictures of civilian casualties in Gaza, men, women and children caught in the crossfire between Hamas and the IDF. WE see the devastation of Ukraine wrought by the invading Russian army whose brutality is beyond our imagination.

It was only a few weeks ago that the one man who offered the hope of a better future for Russia was murdered in prison. In an interview this courageous man spoke of what motivates him in his stand against the corrupt Putin regime:

“The fact is that I am a Christian, which usually sets me up as an example for constant ridicule in the Anti-Corruption Foundation, because mostly our people are atheists, and I was once quite a militant atheist myself,” Navalny said, “but now I am a believer, and that helps me a lot in my activities because everything becomes much, much easier.” Navalny said that he was especially motivated by the words of Jesus: “Blessed are those who hunger and thirst for righteousness, for they will be satisfied.”

Death, and the fear of death are the ultimate weapons of tyrants like Putin. They force people into silence and make them accept injustice and tyranny. But Navalny had a faith that could withstand the oppression of Putin’s regime.

Easter is the hope that the God who meets us in Jesus will undo the evil of men like Putin, will undo the power of death and hatred. It is a hope that began on the first Easter Day when the broken body of Jesus Christ was raised to new life by the Father. On the first Easter Day hope broke into our world, and in two thousand years that hope has not been extinguished. It continues to grow. It continues to inspire those who fight for peace in a world of violence, those who witness to truth in a world of lies and spin, those who stand for justice in a world where tyranny and evil devastate the lives of so many innocent people.

The resurrection of Christ inspires men like Navalny whose hope in Christ made him such a threat to Putin. God’s promise of resurrection is not pious longing, but a political doctrine, the hope for creation to be renewed, powers to be reconciled, and all things to be put to rights.

This Easter we will remember Navalny and his witness, we will pray for the people of Ukraine and Russia, of Gaza and Israel. When we share the Easter Light we hold onto the promise, a a promise that we make good with prayers, protests, energy, and efforts to build for the kingdom of the Risen Christ, and prepare the earth for the day when tyrants, terror, and tears are no more.

The flowers of Spring and the Risen Christ of Easter remind us of God’s promise that a new day is coming, when death and evil are defeated once and for all, when those who hunger and thirst for righteousness are satisfied.

May the risen Christ bless you!



The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our Make A Mother's Day 2024 campaign." You can tag any posts using #MAMD24 or #MU

The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers - how they nurture, love and help us to flourish.

<https://mueshop.org/collections/make-a-mothers-day-2024>

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

Date	Day	Colour
3rd March	The Third Sunday of Lent	Green
10th March	Mothering Sunday	Purple
17th March	The Fifth Sunday of Lent	Purple
24th March	Palm Sunday	Purple
28th March	Maundy Thursday	Purple
29th March	Good Friday	
30th March	Easter Eve - Holy Saturday	
31st March	Easter Day	White



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From the Registers

Baptisms

Sunday 4th February Ari Ray Andrew Croxton & Thea Grace Fitzsimmons Chidlaw
Sunday 25th February Jordan-Leigh Nettleship & Taylor-Marie Robinson

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

Holy Week and Easter at St Mary's 2024

Sunday 24th March: 10 am Palm Sunday Service

Monday 25th March: 7 pm Chrism Eucharist in Sheffield Cathedral

Maundy Thursday 28th March: 7.30 pm Eucharist of Jesus' Last Supper - followed by 'Gethsemane Meditation.'

Good Friday 29th April: 10 am Informal Worship for Good Friday, and from 12 noon to 3 pm The Three Hours at the Cross

Easter Sunday 31st March: 10 am Eucharist of the Risen Christ

What's the Big Idea?

An Introduction to the Books of the Old Testament: Leviticus & Numbers

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

These books are concerned with Israel's wandering in the desert, on their journey from slavery in Egypt to the promised land of Canaan.

Leviticus focuses on the regulations about worship, ceremonial cleanness, moral laws and holy days. The key theme is that of holiness, as every detail of our lives is affected by the presence of a holy God. The aim of the sacrifices, feast and Sabbaths was to enable the people to enter God's presence. We should see the instructions and practices in Leviticus as pointing to Jesus. He totally fulfilled the law through the sacrifice of His life, as Easter reminds us. He demonstrated the love and holiness of God, so that we can share His life: 'Be holy, because I am holy' (1 Peter 1:16, cf Lev 11:44-45; 19:2; 20:7).

The book of Numbers tells the story of Israel's journey through the wilderness. The people were coming to terms with their identity as God's people and the call to serve Him. They didn't always respond with faith, gratitude and obedience, but with unbelief, ingratitude and rebellion. As a result of their refusal to enter Canaan (ch 14), they were condemned to spend the rest of their lives in the desert. However, God in His grace allowed their children to enter the Promised Land. The book reminds us that the Church is called to be a community that honours God, learns how to deal with sin in ourselves and others, and lives out love and justice in daily life.

'The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.' (Numbers 6:24-26).

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.

What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.

Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.



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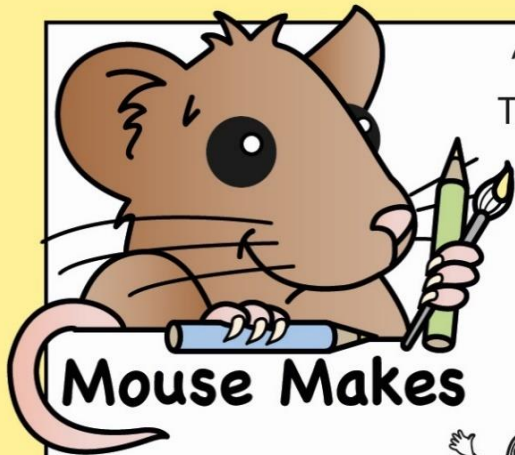
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Mouse Makes

"I am the **resurrection** and the life. The one who believes in me will live even though they die."

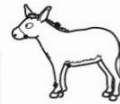
John 1:25



READ the Bible passages to find the answers to the crossword clues

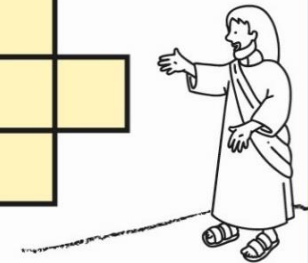
Matthew 21:1-11

1. Which city did Jesus ride into?
2. What did he ride on?
3. What did the crowd shout?
4. What did clothes did they put down?
7. What did they cut down to spread on the road?



Matthew 26:17-29

15. What feast did Jesus celebrate?
12. Who did he celebrate it with?
11. What did Jesus break to eat?



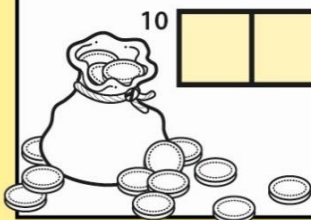
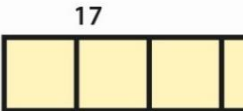
Matthew 26:36-75

6. What did Jesus go to do at Gethsemane?
18. Who denied Jesus?



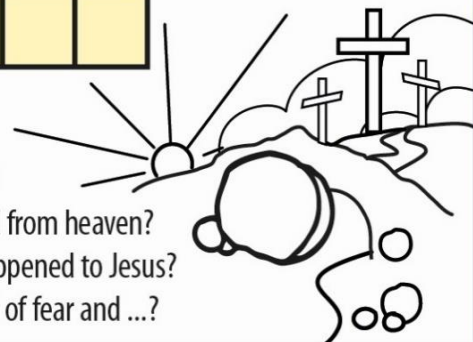
Matthew 26:14-16

- 8d. Who betrayed Jesus?
10. How many silver pieces was he paid?



Matthew 28:1-10

5. Who descended from heaven?
19. What had happened to Jesus?
- 8a. Mary was full of fear and ...?



Editor's Humour & Philosophy Page

Links and some images in this magazine are clickable - enjoy

Sometimes I think I'm reasonably intelligent, and sometimes I click the remote car door lock a second or third time just for extra lockiness.

It's just magical when you go to bed at a reasonable time, fall asleep immediately, and then wake up fully rested after a blissful 8-hour sleep, isn't it? – No, we don't know if it is either.

Squint Eastwood – I Squint at the sun because it is Bright, I Squint at People because they are Not. <https://youtu.be/Cx3wj74dgX4>

I'm convinced that crochet and knitting are black magic. Just sitting there with two magic wands, performing complex movements while chanting and cursing, looking at a spell book... And then suddenly... a blanket – Witchcraft!

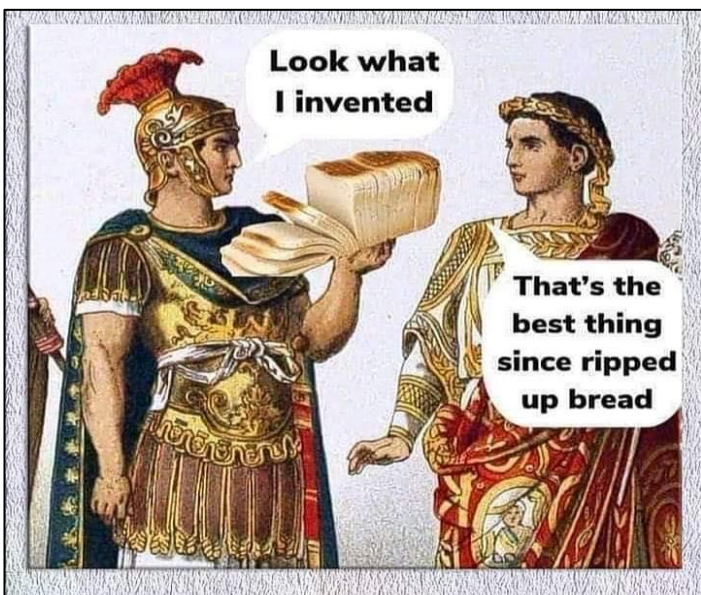
Wife – “ You need to do more chores around the house”. **Husband** – “Can we change the subject, please”. **Wife** – “ Fine. More chores need to be done by you around the house”.

St Patrick's Day groaners

Why do people wear shamrocks on St. Patrick's Day? - *Regular rocks are too heavy.*

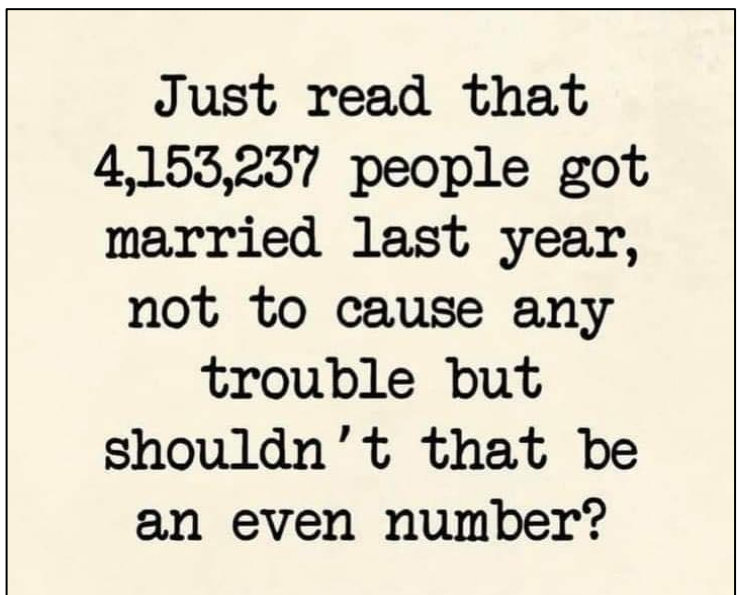
Why can't you borrow money from a leprechaun? - *Because they're always a little short.*

How can you tell if an Irishman is having a good time? - *He's Dublin over with laughter!*



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

<https://grangehillgold.wordpress.com/features/where-are-they-now/>



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

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



Prayer for the Month

**Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.**

This prayer is the one set for the Third Sunday of Lent, which this year falls on the 3rd of March. For me this prayer sums up the journey of Lent because it holds together both the Cross and the Resurrection. In Lent we walk with Jesus the way of the Cross, we pass through the events of Good Friday and Holy Saturday, but our journey ends, not with the Cross but with the resurrection; not with despair and defeat, but with the triumph of the Crucified One.

In the Orthodox tradition the prayers and hymns of the Passion must always also point to the hope of the Resurrection, and the prayers and hymns of Easter must also hold the Cross.

In our Holy Week and Easter we hold the Cross and the Empty tomb together by observing the Tridium; one service, one act of worship which is held over three days. We begin on Maundy Thursday as we remember Jesus' Last Supper and His prayers in Gethsemane, the service continues on Good Friday as we focus on the Cross and the death and burial of Christ. On Holy Saturday, the day in which Christ's body lays in the tomb we do not worship. Instead we wait. The Three Days' service ends on Easter morning as we celebrate the triumph of Christ as celebrate the Eucharist in the presence of our Risen Lord.

Christian worship is always shaped by the Cross and the Resurrection. The Cross is the ultimate commitment of God to be with us in all things, even in suffering, defeat and death. The resurrection speaks of hope beyond despair, of the triumph of the Crucified God over sin and evil, over defeat and death.

The Cross and the Resurrection are the promise of God to be with us; to hold us on our pilgrimage through life and death and to bring us through into His Kingdom. They are God's assurance that neither life nor death, nor things present, past or future, that nothing in all creation can ever separate us from the love of God in Christ Jesus our Lord (See Romans chapter 8).

God bless you and may you know the joy of the risen Christ.

Lent 2024 at St Mary's – Praying the Passion with Saint Luke
On Wednesday evenings at 7.30pm in Church:

6th March	Jesus prays in the Garden & is arrested (Luke 22:39-53)
13th March	Jesus is sentenced to death (Luke 23:13-26)
20th March	The Crucifixion (Luke 23:32-50)

Looking for the Resurrection - Editor: Paul Hardingham considers that first Easter morning...

An old couple are driving down the motorway when the wife gets a call from their daughter. 'Mum, there's a car driving the wrong way down the motorway!' The wife warns her husband that there is a lunatic on the motorway. Her husband, clutching the wheel in terror, replies: 'One lunatic? There are dozens of them, all headed straight for us!' What we see is determined by our perspective on life.

In the Nicene Creed we say: 'We look for the resurrection of the dead, and the life of the world to come.' In the gospel accounts of the Resurrection, there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: 'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him...He is going ahead of you into Galilee. There you will see Him' (Mark 16: 6,7).

Like the women we would probably have been left 'trembling and bewildered' by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we can look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of His presence through the darkest of times. God invites us to see our lives differently and look for Christ's resurrection life at work in our lives and the people around us.



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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 story of Aspirin

You will probably have taken aspirin, in one form or other, many times. But how much do you know of its history?

It was 125 years ago this month, on 6th March 1899 that the German pharmaceutical company Bayer first patented aspirin (acetylsalicylic acid).

But this is based on salicylic acid, which was used in herbal medicines as far back as Sumerian times, in 2500 BC. It was then that the Assyrians used willow leaves for rheumatic disease. The Egyptians also used willow leaves, as well as myrtle, to ease joint pain or inflammation.

In Greece, Hippocrates (460-377 BC) recommended an extract of willow bark for fever, pain and childbirth. And even the peoples of ancient China, Rome, and Native America all discovered and used plants containing salicylic acid.

Fast forward to Chaucer's 14th century, and the Knight's Tale recommends the use of meadow sweet for pain, another source of acetylsalicylic acid.

In 1763, some science was introduced, when an English clergyman, the Revd Edward Stone, used willow bark to successfully treat fever 'ague' in 50 of his parishioners. He carefully documented it all for the President of the Royal Society.

In 1828, Johann Andreas Buchner, a Professor of Pharmacology at the University of Munich, purified salicin from willow bark.

In 1859, Professor Hermann Kolbe, at Marburg University worked out the chemical structure of salicylic acid and made it synthetically.

In 1897, Dr Felix Hoffman, a German chemist at Friedrich Bayer and Co, managed to produce pure stable acetylsalicylic acid (ASA). His discovery was the *first time* that a drug had been made synthetically, and so it was the birth of both aspirin and the pharmaceutical industry.

Finally, in early 1899 the new compound was named and registered Aspirin. The 'A' comes from acetyl and 'spir' from the first part of *Spirea ulmaria* (Meadowsweet) a botanical source of salicylic acid.

So next time you take an aspirin, think of the Assyrians chewing willow leaves, 4,000 years ago.

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The Gardening Year – March

March is the start of your gardening year, weather you are gardening in pots or allotment or back garden. Here is a check list if you are going to grow.

1. Remember no matter how small your plot there a way will be to grow your own food.
2. Accessible, growing food in containers makes gardening accessible to everyone regardless of physical ability, time constraints or finance.
3. Control, growing food in containers offers you more control over your growing environment.
4. Space, whether you have a rooftop garden, balcony, small courtyard or a few hanging baskets there will be a way for you to grow some food.
5. Convenient, growing food in containers is convenient and you're more likely to take good care of it.
6. Pests, it is simpler to eliminate pests and diseases when growing food in containers because it is easier to see and deal with them.
7. Benefits, growing your own food is better for the environment, can save you money and benefit your health.
8. Environment, you can choose to grow organically or use limited pesticides, herbicides and insecticides to lessen your impact on your environment .
9. Crops to grow, start thinking about some of the fresh foods you buy regularly this will give you clues about the sort of crops you may like to grow. If you are to grow on an allotment or your back garden now is the time to start.

First rake your ground for onion sets, then push the sets into the soil with just the tips showing or birds will pull them out. If the weather permits you can plant early potatoes in March. Plant the sets 6 inches deep and you will not have to hoe your potatoes up. If you are to grow them in pots the variety I use is called Swift, this varieties tops only grow to about one foot tall, ideal for pots and containers.

Also, if your growing early potatoes the potatoes will be out of the ground before potato blite can attack them .If you have a greenhouse you can sow Brussel sprout seeds, Leek seeds, Late summer cabbage seeds such as Holland Late Winter, this cabbage will stand good for months without bolting and is solid as a rock, ideal for coleslaw.

Colin Williams

Eat the Seasons – March

Vegetables - Cauliflower, Kale, Leeks, Purple Sprouting Broccoli, Salsify, Spinach, Spring Onions, Swede, Wild Nettles

Fruit - Bananas (Windward), Blood Oranges, Kiwi Fruit, Lemons, Oranges, Passion Fruit, Pineapple, Rhubarb

Fish - Cockles, Dab, Dover Sole, Gurnard, Hake, Langoustine, Lemon Sole, Lobster, Mussels, Oysters, Red Mullet, Salmon, Shrimp, Whitebait, Winkles

Visit - www.eattheseasons.co.uk

Why saying hello is important

Editor: By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the C of E.

What lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to 'stop for a chat.' Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.



Rizwan Javed

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam's style of talking with people has been described as 'bus stop theology.' <https://www.churchtimes.co.uk/articles/2020/14-february/news/uk/retired-priest-speaks-of-bus-stop-evangelism>

She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty. Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: "I don't go out looking to talk to people, but I am ready to do it. I don't pass anybody without saying 'Hello' and when I leave, I always say 'God bless you.' Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive.

"People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God."

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones. Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day. Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

Crossword Puzzle - Solution is here

W	I	N	E	T	H	E	A	L	E	R	T		
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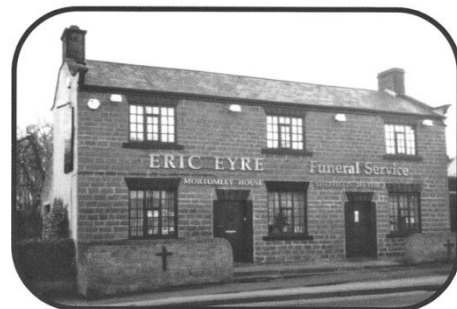
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It is time to eat Bananas

Windward Island bananas are a classic example of paying a bit more to get a lot more. Try a taste-off between a Windward banana and one of the cheaper alternatives (usually from Central or South America). The Windward wins hands down. The unique growing conditions (moderate rainfall and thin volcanic soil on steep slopes) result in a banana with a sweetness, succulence and depth of flavour unsurpassed by other imported bananas.



Evidence suggests that bananas have been eaten in India for several thousand years. They were being grown in China in AD200 and by the 15th century were cultivated across Africa. Banana imports only began reaching a wider audience in the northern hemisphere in the last hundred years.

The banana industry on the Windward Islands was established in the 1950's, when the islands were Crown colonies. The introduction of beet sugar to Europe had hit Windward and other Caribbean sugar exporters hard. By giving active encouragement and financial support to farmers abandoning sugar production in favour of bananas, the British Government helped prevent economic decline on the island and ensured that it continued to make a contribution to the Treasury.

The banana plant looks like a tree but is, botanically speaking, a fast-growing perennial herb. Each year it grows a completely new trunk-like shoot that dies back to its roots again after the plant has fruited. The taste and texture of a banana develops as it ripens. Fruit that are yellow with just the hint of a freckling of brown will be at their most flavoursome; eat your banana earlier than this if you prefer a firmer texture (often better for cooking). Soft or strongly smelling fruit are overripe. Bananas that require further ripening should be kept at room temperature, but away from heat or direct sun. Ripe bananas can be refrigerated, which arrests the ripening process, for a few days - allow them to reach room temperature before eating. Banana slices can be prevented from discolouring quite so quickly by dipping them in an acidic citrus juice such as orange, lemon or lime.

Bananas supply a significant amount of potassium and vitamin B6 and moderate levels of folic acid and vitamins A and C. Their sugars form a rich energy source that is released over a relatively long period of time, hence their use by many sportsmen and women as a natural performance-enhancing dietary supplement.

In Uganda, around Kilimanjaro, and in parts of western Kenya and western Tanzania, bananas are the main raw material for a number of fermented drinks including banana beer and banana wine.

The banana plant is regarded by Hindus as a symbol of fertility and prosperity, and the leaves and fruits often feature in marriage rituals.

Ripening bananas give off substantial quantities of ethylene gas, which accelerates ripening in other foods. Unripe foods such as tomatoes or avocados can be ripened in hours if placed in a closed container with a banana.

Recipes:

<https://www.jamieoliver.com/recipes/fruit-recipes/banana-tarte-tatin/>

<https://www.bakingobsession.com/2010/05/02/brioche-with-chocolate-banana-cardamom-jam/>

And a song: https://youtu.be/KjmUEwlq8ok?si=ISNkwzInRe_1Z8Dh

Crossword Puzzle

Clues Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 14 'A city on a hill — be hidden' (Matthew 5:14) (6)
- 15 He inherited Elijah's mantle (2 Kings 2:12–13) (6)
- 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)
- 21 Sail (anag.) (4) 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)
- 23 Eye sore (4)

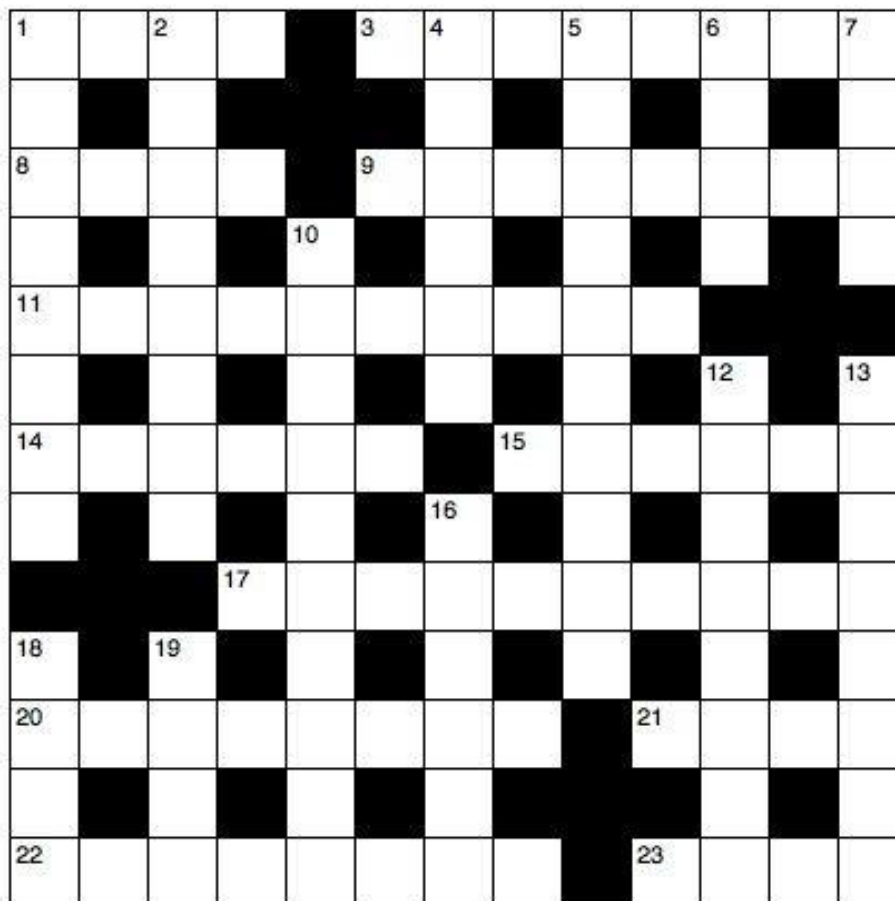
Clues Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, — of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and — to God' (Acts 26:20) (4)
- 10 ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
- 12 He betrayed Jesus: Judas — (Luke 6:16) (8)
- 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be — Him' (Handel's Messiah) (4)

World Water Day, 22nd March

World Water Day became a UN observance day in 1993.

It wants to focus attention on the global water crisis, and raise awareness of the 2.2 billion people still living without access to safe water. It hopes to inspire action to tackle the water and sanitation crisis. This year, World Water Day 2024 will focus on the theme, 'Leveraging Water for Peace'.



Why we should be like donkeys

Editor: Lester Amann considers the little donkey...

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.

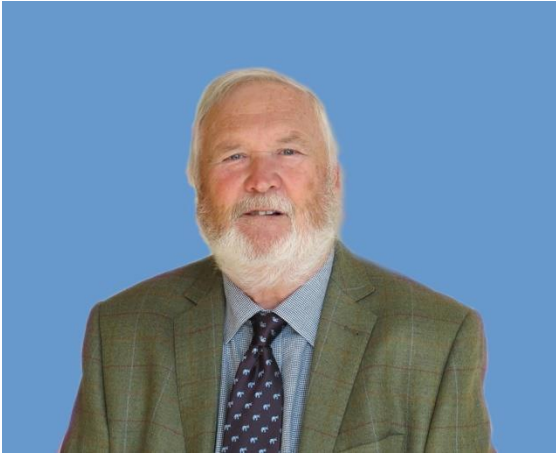
There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. So, Jesus used this animal to show that He had come with the dignity of the king of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work He has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

Perhaps that is something we should learn - to wait for Jesus our Master, to be always obedient.

Chapeltown & District Probus Club



We begin this month with the very sad news that our Chairman this year, Nick Tovey, has died as the result of a tragic accident. Nick joined our club just 4 years ago and was quickly involved in presentations and helping to arrange trips and other activities. Nick was a mining engineer and was well known in Sheffield with his book "Mining" and he was a past President of the Sheffield Chamber of Commerce. He was also known for his keen interest in Japanese garden design and the Japanese art of stones known as Suiseki where he was Chairman of the Northern Suiseki Group. He was just 68 years old and we send our condolences to his wife Michelle and daughters Rebecca and Gemma.

On February 14th we welcomed Melvyn Cook who gave an illustrated talk on his visits to South Africa where he visited several of the major game reserves including the Kruger National Park. His talk included the full range of all species of the wildlife, most in significant numbers. Following the talk, 24 members retired to Wortley Hall for a very enjoyable lunch.

We continue to welcome retired, semi-retired men including those still working but with time on their hands, Please make contact with the Secretary, Trevor Winslow (see below).

Next month will be our annual meeting and quiz followed by lunch at Wortley Hall. In April, we will welcome Paul Salter who will speak about his life as a Senior Fire Officer.



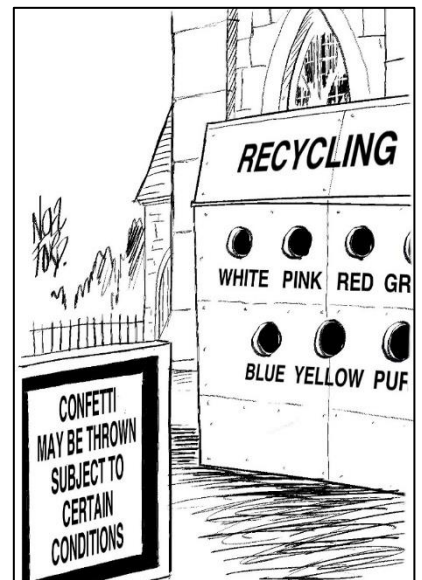
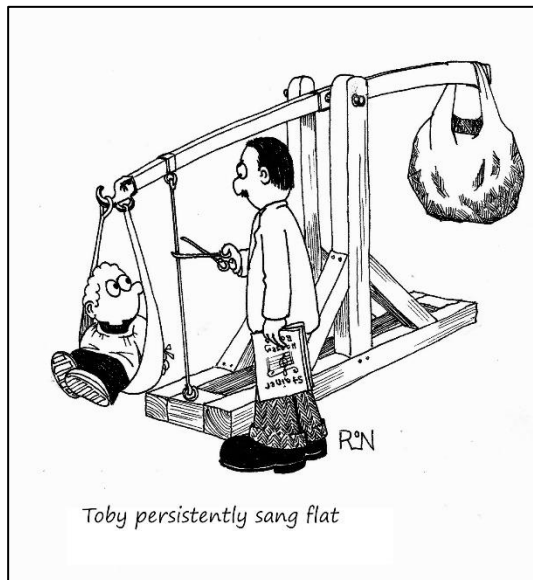
Upcoming meetings at 10.00 in Grenoside Community Centre (followed by optional lunch at Wortley Hall): -

13th March
10th April
8th May

Annual Meeting with Quiz
Paul Salter – "Life as a Chief Fire Officer"
Paul Adey – "The History of Oil"

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

Andrew Robinson



Prayers and Poems Page

Easter Prayer 2024 - By Daphne Kitching

Almighty, God, You hold all things in Your hands. You make sense of everything!
So often we only see where we are now, what we feel now, in this moment - but You know the end from the beginning.
In all our troubles, our assurance is in Your sovereignty, in Your mighty act of salvation.
Thank you that, just as after winter comes spring and after night comes morning, so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!
Christ is Risen - and we can know, by the indwelling of his Holy Spirit, that **He is risen indeed!**
We can know, in our real and every-day lives, where our help comes from.
Hallelujah! Thank you, living Lord,
In Jesus name. **Amen.**

Only Jesus - By Daphne Kitching

Carrying the cross by Himself
He went out.
Sent out,
Yet choosing to go.
Word of life,
Choosing death,
Knowing the end from the beginning,

Carrying the cross by Himself
He went out.
The only one who could,
The only way He could,
He went out
To the Skull Place,
For me.

John 12 - by Tim Lenton

The tomb was a cave
and Lazarus asleep:
Jesus walked in the light
on a pathway of tears
carrying God's glory

He lifted His eyes,
called into the darkness:
Lazarus rose and came out

Jesus keeps on calling
into the darkness:
different names
different caves

Your will - By Isaac Watts

Father, I wait Thy daily will;
Thou shalt divide my portion still;
Grant me on earth what seems Thee best,
Till death and heaven reveal the rest.

The Gardener - By Nigel Beeton

Spring's a time for planting in the warming earth
Seeds and saplings growing at this time of birth.
Carefully we tend them, pulling out each weed
Watering and weeding every plant and seed.

Yet we are just helpers – nothing done alone
For without our Father, nothing will be grown;
He's the Creator, He alone can bring
Growth into our gardens each succeeding spring.

Let us praise our Maker who makes life appear,
Praise Him in the springtime, and throughout the year;
Praise Him for all nature – ev'ry tree and flower
Gaze upon the garden, praise Him every hour!

God the gracious gardener cares for more than plants
As to us, His children every breath He grants.
He that for salvation gave His only Son,
Do not fail to praise Him for all that He's done.

If you want to sing it, the tune is Noel Nouvelet, the tune normally used for 'Now the green blade riseth'.

Prayer - Anonymous

God stir the soil,
Run the ploughshare deep,
Cut the furrows round and round,
Overturn the hard, dry ground,
Spare no strength nor toil,
Even though I weep.
In the loose, fresh mangled earth
Sow new seed.
Free of withered vine and weed
Bring fair flowers to birth.

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)
Monday 6:00 pm to 7:15 pm
Leader - Joanna Steel
0797 263 7908
Thursday - 5:45 - 7:00 pm
Shane Porteous
shane@ecclesfieldscouts.org.uk

Ecclesfield Scouts

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

The Grenoside Singers

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

Whitley Hall Cricket Club

Matches every Saturday and some
Sundays and weekdays.
Please make contact if you wish to play or
learn. Secretary: Joe Webster:
whitleyhall@ycspl.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

Useful Contacts



<u>Vicar:</u> Revd. Tim Gill	E-mail: ttingill@aol.com	Phone: 257 0002
'Assistant Curate: Revd. Sam Ellmore	revsamellmore@outlook.com	0747 9985 199
Churchwardens: Ann Hackett Jo Hawksworth		246 7159 246 2852
Readers:		
Pastoral Workers:		
Church Office Tuesday 9:00am to 1:00 pm Thursday 9:00am to 12:00 pm		245 0106
Website	https://stmarysecclesfield.org.uk/	
Groups:	Times and Days:	Phone:
Choir Practice in Church Contact: Lynda Pearce	7 pm on Friday Practice in Church	246 3935
Music Group Contact: Andrea Whittaker	7:30 pm Thursday Practice in Church	246 0746
Mother's Union in Gatty Hall Contact: Maureen Lambert	1.00 pm 1st Wednesday of the month	246 9690
Ecclesfield Ladies Group Contact: Anne Rostron	2.00 pm Thursday in Gatty Hall	245 5492
Bell Ringers Contact: Phil Hirst	7:30 pm Tuesday in Church Belfry	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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