

# News & Views From St Mary's Church Ecclesfield

## What to Give Up...

Give up complaining ...	focus on Gratitude
Give up pessimism ...	become an Optimist
Give up worry ...	trust Divine Providence
Give up bitterness ...	turn to Forgiveness
Give up hatred ...	return Good for evil
Give up negativism ...	be Positive
Give up anger ...	be More Patient
Give up pettiness ...	become Mature
Give up gloom ...	enjoy the Beauty all around you
Give up jealousy ...	pray for Trust
Give up gossiping ...	control your Tongue
Give up sin ...	turn to Virtue
Give up giving up ...	Hang in there!

Church Magazine February

# First Words

We begin February with a celebration of the feast of **Candlemas** on **Sunday 1st Feb**. Our guest preacher at the **10am Eucharist** will be Revd Ann Walton, a former curate at St Mary's.

On **Monday 2nd Feb, at 7.30pm** there is a **Marriage Preparation** session in Church for couples who are marrying at St Mary's in 2026.

On **Wednesday 4th February at 1.30pm** we welcome a Reception Class from **Ecclesfield Primary School to visit Church**. Later in the day, at **6pm The Seeking Heart**, a time of Contemplative Prayer and Meditation.

On **Thursday 5th February at 1.30pm**, we welcome the other Reception Class from **Ecclesfield Primary School to visit Church**.

On **Sunday 8th February at 10am** we have our monthly **Prayer & Praise**, and at **6.30pm** we celebrate the **Eucharist**.

On **Monday 9th February at 10am** we welcome a class from **Wooley Wood Primary School to visit Church**.

**Tuesday 10th February 2pm Bible Study Group.**

On **Wednesday 11th February** we meet in Church at **2pm** to plan hymns and services for March and April.

On **Thursday 12th Feb**, after the mid-week Communion there will be a service at **Nightingale Nursing Home**. At **2pm the Finance Committee** meet in Church.

**Saturday 14th Feb, 9am Prayer Breakfast** and at **10.30am** we have the **Bereavement Cafe**.

**Ash Wednesday falls on Wednesday 18th February** this year.

At **6pm** there is **The Seeking Heart**, a time of Contemplative Prayer and Meditation. and at **7.30pm** the service of **Eucharist and imposition of ashes** to mark the beginning of Lent.

On **Monday 23rd February 2.30pm** Part 1 of the **Lent Course** at St Mark's Grenoside. The session is repeated on **Wednesday 26th February at 7.30pm** at St Mary's.

For more information about any of these events please see Tim.

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**Front Cover – What to Give Up...** "Giving up something for Lent is ultimately a form of fasting. We can deprive ourselves of some small pleasure or indulgence and offer that sacrifice up to God. Or we might "give up" a bad habit such as smoking as a way of positively turning our life back towards what God wants for us." Sharon Tate Soberon

**Back Cover – Grenoside Choir Disband**

# Kate Guest

## Counselling & Psychotherapy

Counselling is a talking therapy where you can discuss your problems and emotions in a safe, confidential space.

Counselling can help improve your mental health, teach you better ways to handle stress and anxiety, and increase your self-awareness and emotional resilience.

Maybe you are suffering a sudden life crisis such as bereavement, job loss, or lack of direction, or that you feel that life is just getting on top of you, and you need someone to help with your thoughts and feelings.

Areas of counselling I deal with include abuse, anxiety, anger management, bereavement and loss, career support, work related stress, depression, low confidence and low self-esteem, loneliness, relationship problems, family problems, sex and sexuality and personal issues.

Counselling is not about judging; it is about giving someone the freedom to examine their own issues and so empower them to find their own resolution. Counselling can be a powerful way of examining ourselves and so bring about change within our lives.

I work with individuals and also provide couples and relationship counselling.

Contact me via email or telephone to book an appointment.



Registered Member **91910**  
**MBACP (Accred)**

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# God in The Arts - Pt 1

*Editor: Have you ever thought how an actual church building might provide a series of visual aids to spiritual meditation? The Revd Michael Burgess begins at the Church Door....*

## **'He gave us eyes to see them' - The Church Door - St John's Adel**

George Herbert is a much-loved Anglican poet, who died just 40 years old in 1633. His volume of poems 'The Temple' was published later that year. In it the poet leads the reader through the church door into the building to meditate on all that is seen inside. That procession through the church is the theme of our monthly articles this year. We shall visit a variety of English churches as we make our way from the font to the altar. We begin this month outside the glorious Norman building of St John's Church, Adel, near Leeds in West Yorkshire.



The church has a very fine south doorway with ornate carving. The oak door is a Victorian copy of the original door; the Sanctuary Ring is a replica of the Norman ring/knocker. It shows a monster about to swallow a man, but open the door and there is safety and protection away from the harms of the world. It is the theme in St John's Gospel of Jesus as the door to the sheepfold. Enter through Jesus, we are told, to find the safety of the flock, and also to find nourishment and renewal. We can stand at the door of this beautiful church or at the door of our own churches. It opens and welcomes us to enjoy the friendship and refreshment within.

The door could stay closed, protecting us from the storms of life without that threaten us like the dark creature in the Norman sanctuary ring of Adel church. But we know that in the church building we have no abiding city. Our worship ends and the door will open once again to lead us out into that world. Within we have found nourishment in the sacrament of the altar, in the word of scripture, and in the fellowship of the flock. We go out to share those gifts with the world that others may come to know Jesus as the door that leads to life eternal.

# God in The Arts - Pt 2

*Editor: Have you ever thought how an actual church building might provide a series of visual aids to spiritual meditation? In part 2 the Revd Michael Burgess considers the font. A photograph below, showing the font at St George's Church, Anstey, in Hertfordshire.*

## **'He gave us eyes to see them' - The Church Font**

Earlier we stood at the doorway of a church in West Yorkshire. Open the door of that church or any church and the first thing to greet our eyes is the font. It marks the beginning of Christian life in the church. Many fonts have fine carvings of the seven sacraments that nourish the Christian. Others are octagonal in shape: a reminder of Noah and his seven family members saved in the ark from the Flood.



'The famous mermen font at St George's Church, Anstey, by Michael Garlick, via Wikimedia Commons'

This month's font is a symbol of the ship sailing the seas of life. It is in St George's Church, Anstey, in Hertfordshire. Around the font are carved mermen - mythical, pagan creatures that belong to a pre-Christian age which the newly baptised is called on to renounce. When it was carved in the 11<sup>th</sup>-12<sup>th</sup> centuries, baptism

occurred within eight days of birth. Babies would be immersed three times into the waters of the font: dying to the old life symbolised by the mermen, and rising to new life, to be clothed in a white robe and given a lighted candle as a guide through life. They would then grow up in the church, moving from that west end through the upturned boat of the nave to the altar at the east end.

That movement is a sign of the pilgrimage we are all called to make. Like a journey on the seas of this world, we may sail through tranquil waters and peaceful days. There may be times when the skies are cloudy and the waters stormy. Martin Luther, when he was faced by struggles like that in his life, would say the words 'I am baptised' to strengthen and reassure himself. 'I am baptised' we can say as we travel in faith, knowing that there is always a light to guide and a goal that is sure and eternal. 'The famous mermen font at St George's Church, Anstey, by Michael Garlick, via Wikimedia Commons'

## From the Registers

### Baptisms

Sunday 7th December 12 noon      Matilda Rose Coy and Freddie J Knight

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

### Funerals

Wednesday 3rd December 10am      Ian Maurice Atkinson

Tuesday 30th December 1.30pm      Ann Hall

Thursday 29th January 11.15am      Alan Birt

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

## St Mary's Ecclesfield & St Mark's Grenoside

Lent Course 2026

### *Exploring the Bible through Icons*

The groups will meet at St Mark's on Monday afternoons 2.30 - 4pm, and at St Mary's on Wednesday evenings 7.30 - 9pm. The course will run for 5 sessions

#### **Session 1: The hospitality of Abraham** (The Trinity)

Monday 23rd Feb 2.30pm St Mark's; Wednesday 25th Feb 7.30pm St Mary's

#### **Session 2: The Eleousa** (The Virgin of loving kindness)

Monday 2nd March 2.30pm St Mark's; Wednesday 4th March 7.30pm St Mary's

#### **Session 3: The Transfiguration**

Monday 9th March 2.30pm St Mark's; Wednesday 11th March 7.30pm St Mary's

#### **Session 4: The Resurrection**

Monday 16th March 2.30pm St Mark's; Wednesday 18th March 7.30pm St Mary's

#### **Session 5: The Pantocrator** (Christ the Almighty)

Monday 23rd March 2.30pm St Mark's; Wednesday 25th March 7.30pm St Mary's

For more information please speak to Tim - All are welcome

# Prayer for the Month

***Holy God,  
our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord. Amen.***

This prayer is the alternative collect for Ash Wednesday; it is a prayer to mark the start of Lent and the beginning of our journey to Holy Week and Easter.

It reminds us that Jesus came as our Saviour and Redeemer, and not our advisor or counsellor. He came to heal and save us, not to give us advice. In the centuries before Christ there were many teachers and holy men and women who offered good advice on how to live, on how to be better people and build a better society.

The problem that every human being who has ever lived faces is that too often we know what is the good thing to do; we even want to do it, and yet, somehow, we are unable. We all have a tendency to foul things up.

There has never been a shortage of good advice on how to live, we are just incapable of following it!

Saint Paul, writing to the Church in Rome two thousand years ago speaks for every one of us:

*"I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ... I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do."* (Romans 7:15, 18-19).

Lent is not about wallowing in guilt and shame, it is about honesty; truthfully looking at ourselves beyond our self-deceptions and excuses. Christ came to forgive our sin to heal us and to walk with us on a journey towards becoming the person that we were made to be.

This is what the service of Ash Wednesday is all about; it is the purpose of Lent - giving up, not things that we enjoy, but the things that stop us from living truthfully. It is also what Holy Week and Easter centre on: Christ in whose death and resurrection we are made whole.

Christ comes to save us, to heal us, to reconcile us to the Father and to each other. If you want to know more about the Christian path, about Lent, Holy week and Easter, please speak to me or come along to a Lent Group or to a service and encounter for yourself the One who is the Way, the Truth and the Life. Amen.

God bless,  
Tim.

## The Seeking Heart

Introducing Contemplative Prayer for all

Meeting in St Mary's at 6pm on the first and third Wednesday every month. For more information see Tim. All welcome.



# Andrew Jones

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# The Seven Deadly Sins:

Editor: Canon Paul Hardingham begins a seven-part series. This will run until the July issue.

## Pride

Our new series looks at the 7 Deadly Sins, a list compiled by Pope Gregory 1 in AD 590 to describe the nature of sin. This month we consider pride, *'the beginning of all sin'* (Augustine).

Pride is preoccupied with self and denies the need for others or God. We see it present in the first sin, when Adam and Eve wanted to become like God (Genesis 3:5).

What does pride look like? Jesus told the story of two men, a Pharisee and a tax collector, who went to pray in the Temple (Luke 18: 9-14). The Pharisee stood by himself and prayed: *'God, I thank you that I am not like other people, robbers, evildoers, adulterers, or even like this tax collector. I fast twice a week and give a tenth of all I get.'* (11,12). He illustrates how pride is essentially putting ourselves in God's place and believing we can run our own lives. It's subtle and self-deceptive and eats away our lives: *'Pride goes before destruction, a haughty spirit before a fall.'* (Proverbs 16:18).

So how do we deal with pride? The answer is humility. The tax collector stood at a distance *'he would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'* (13). This man was right with God, because he acknowledged his sin and his need for forgiveness. Humility is being realistic about ourselves, and acknowledging our total dependence on God. We develop it by giving ourselves wholeheartedly to God and repenting of our desire to do things our way: *'Humble yourselves, therefore, under God's mighty hand, that he may lift you up.'* (1 Peter 5:6).

*'Humility is not in thinking less of yourself, but in thinking of yourself less'* (Rick Warren).

## Greed

*'How much money is enough? Just a little bit more.'* (John D Rockefeller).

In the second of our series on the Seven Deadly Sins, we are looking at greed. It is the overwhelming desire for *more and more* in our lives. In our consumer culture it can be hard to tell the difference between needs and wants - e.g. buying a new laptop or shoes for different occasions? We need to ask the question: *How much is enough?*

Jesus was approached by a man who wanted Him to settle a dispute about family inheritance. He said, *'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'* (Luke 12:15). Jesus goes on to tell the story of a rich farmer who builds bigger and bigger barns, but whose life is unexpectedly cut short by death. He concludes: *'This is how it will be with whoever stores up things for themselves but is not rich towards God.'* (21).

How do we overcome greed and become *'rich towards God'*? Paul writes: *'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.'* (Philippians 4:13). Overcoming greed involves learning to be content in whatever situation we find ourselves, in need or plenty. Paul is not saying that there is anything wrong with having food, money or possessions, but these cannot be the primary source of our contentment. The secret of contentment is found in a transforming relationship with Jesus: *'I can do all this through Him who gives me strength.'* (13). He is the one who enables us to overcome greed and know riches.

*'Contentment makes poor men rich; discontent makes rich men poor.'* (Benjamin Franklin).

# Reflecting Faith: 'Breaking' the Word

*The Revd Dr Jo White considers...*

For the last few months, we've been looking at the way that church services are put together. Last time we looked at the reading of the gospel, and how we honour that in our own body language (by standing up).

This month we will move on to 'The Sermon' which is often known as 'Breaking the Word'. This parallels if you like, the 'Breaking of the Bread' which follows later in the service.

The Sermon is intended to be an expansion and perhaps an explanation of the Bible readings that have been used in the service. Often it sets the scene and context for the verses which are set at what often seems quite random and disconnected.

This is particularly true of the Old Testament reading, where not only the verses may be unconnected to readings from previous services, but often they are taken from totally different books; Isaiah one week and Jeremiah another.

So what is the preacher's task here? It was once described to me as: to comfort the disturbed and to disturb the comfortable! That sounds a bit harsh, but when you think about it, isn't that what we really need from our God? When we are in difficulties, whatever the cause, we need to know He's there, and that He has our back, so to speak.

When things are going well for us, then that's a good time to be working on recognising another weakness in ourselves and working towards lessening it.

There's no sitting back on our laurels when we work for the Lord.

## **This month**

As we start Lent this month, have a good listen to a few sermons. You can catch them in a church service or even on your computer. Most cathedrals have a website where they record their Sunday service in whole or in part, which you can listen to and take part wherever you are.

How were you before the sermon started and how did you feel at the end – was there something in it that you will think about over the coming week, or was it lovely comfort food? Whichever it was, may it bless you as you prepare for Lent.

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## How people fast during Lent

Many of us fast during Lent. It seems that the kind of fast you undertake may be connected to your denomination. A recent survey found the following:

94% Black Majority Churchgoers give up all food for a set time.

85% of Orthodox churchgoers cut out specific foods and/or drinks.

83% of Pentecostal churches give up all food for a set time.

79% of Roman Catholics cut out specific foods and/or drinks.

76% of New Churches give up all food for a set time.

57% of C of E cut out specific foods and/or drinks

30% or less of Presbyterians, Methodists, and Baptists cut out specific foods and/or drinks.

*The survey was done by the charity Green Christian*

# St James the Least of All

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

## On the art of drinking well

The Rectory  
St. James the Least

My dear Nephew Darren.

You closed your last letter with the remark that it was time to retire to bed with a cup of cocoa. That may be all very well for the pious intensity of a theological college - although a stiff whisky was always acceptable in my day - but it is not a style to continue once in the parish. I do feel obliged to give you a few hints about what should and should not be drunk in public as a parish priest.

Morning visits are to be discouraged, but if one is unavoidable, and you are invited to have a drink, then it has to be coffee. It is the only time of day when a mug is acceptable - provided, of course, that it is bone china or porcelain. In the afternoons one changes to tea, but only from cups. Blended varieties may be all very well for Curates in their first year, but it should be Darjeeling for an incumbent. And fruit teas are for Quakers only.

If an inappropriate vessel is offered, then the drink should be accepted, but left untouched. Since the visit will be discussed in the finest detail throughout the parish the moment you have left, your host will soon learn why and not make the same error a second time. It is for the same reason that if you ever want to circulate a piece of news round the parish as quickly as possible, never put it in the parish magazine, just mention it casually during one of your visits. Everyone will know by teatime.

Alcoholic drinks must be carefully judged. A sherry - dry, naturally - is probably best if you are invited to lunch. In the early evening, a gin and tonic would be the drink of choice. To ask for whisky would indicate that you are about to go over to Rome, and a mineral water that you have your roots in non-conformity. Beer is never, ever drunk in someone's house unless you suffer from some personal tragedy, such as being the diocesan youth chaplain.

However, an occasional beer in the pub with the bell-ringers (who will be real ale fanatics to a man) or after choir practice - which seems to be the real purpose of holding practices anyway - or as a treat for the sacristan, will show you are a man of the people. It is some years since I visited the pub.

Understanding wine should be taught at every theological college as an essential part of the ministry. Develop a taste for claret, dear boy, and you will be starting your journey towards high office.

And perhaps you should give that tin of cocoa to the verger.

Your loving uncle,  
Eustace

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*Historically, the Church of England has had its share of eccentric clergy. Even nowadays, hiding away in remote parishes, there are still some colourful clergy about. Clergy such as the elderly, Anglo-Catholic Uncle Eustace, who is incumbent in the small parish of St James-the-Least-of-All, somewhere in Very Rural England. Eustace despairs of his nephew, Darren, who has become an Evangelical curate in a busy urban parish... and so he writes letters, to try and properly 'educate' Darren in parish life.*

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# What's the Big Idea? An Introduction to the Books of the New Testament: Isaiah

*Editor: Canon Paul Hardingham continues his series on the books of the Bible, which will run until the end of 2025.*

Isaiah is often regarded as the greatest of the prophets. His name means *'The Lord saves'* and he began his 50-year ministry in 740 BC when King Uzziah died (6:1). Many scholars challenge the claim that Isaiah wrote the entire book, however there are striking verbal parallels between chapters 1–39 and 40–66.

Isaiah spoke during the stormy period marking the expansion of the Assyrian empire and the decline of Israel. The Assyrians destroyed the northern kingdom in 721. Judah was left to decide whether they would make alliances with other kingdoms or rely on God to protect them. Isaiah warns Judah that her sin would bring captivity in Babylon, which eventually took place in 586.

Isaiah sees the Messiah coming from the line of David. He speaks of a new temple being established (ch2); a child born with a new kingdom (ch9) and judging differently to other kings (ch11) as well as the nature of His suffering (ch53). The *'suffering servant'* (chapters 42–53) also applies to Israel as a nation, who are called to be a *'light for the Gentiles'* (42:6). Not surprisingly Jesus applies Isaiah's words to His own life and ministry. e.g. Is 61:1 quoted in Luke 4:18. Throughout his book Isaiah presents the full dimensions of God's judgment and salvation as *'the Holy One of Israel'* (6:1), as well as the *'Sovereign Lord'* far above all nations (40:15–24).

Isaiah looks forward to the promise of a new city of Zion (chs 60-66), in which the people offer praise to the Holy One of Israel. *'Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.'* (65:17).

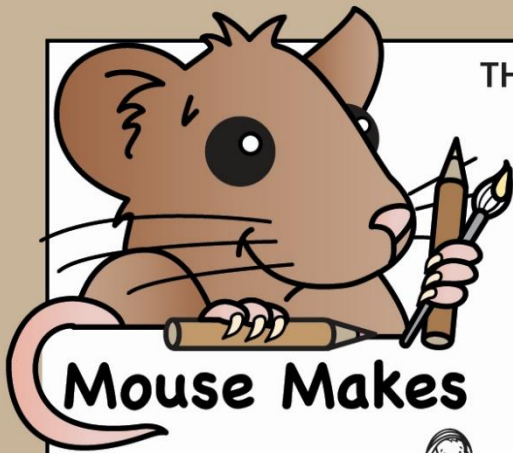
## Leaving a lasting gift

A lot of people imagine a "legacy" as something only famous or powerful people leave behind. In reality, most legacies are quiet, personal, and deeply meaningful. Sometimes the most powerful legacy is being the person who made others' lives better in ways that aren't written down anywhere.

By remembering St. Mary's Church, Ecclesfield in your will, you can help preserve our historic church and its mission for future generations. A legacy gift allows you to make a lasting difference, often with tax benefits for your estate, while ensuring your values and faith continue to inspire others. Even a small bequest can have a meaningful impact and can be changed at any time.

Leaving a gift in your will is simple. Just ask your solicitor to include a bequest to the church when you make or update your will. You can choose to leave a fixed sum, a share of your estate, or a specific gift, and you can amend your will at any time.

A legacy gift to St. Mary's Church helps safeguard our historic building, sustain worship and pastoral care, and support our work in the local community. Your generosity ensures that St. Mary's remains a place of faith, welcome and service for generations to come.



## Mouse Makes

Read the story in  
Luke 4:1-13



### THE TEMPTATION OF JESUS

After Jesus was baptised in the River Jordan where did the Holy Spirit lead him to? v1

How many days was Jesus being tempted by the devil? v2

What did Jesus eat? v2

What did the devil tempt Jesus to turn a stone into?

What did Jesus say? v3-4

What did the devil offer Jesus if He worshipped him?

What did Jesus say? v7-8

What did the devil ask Jesus to do?

What did Jesus say? v9

### FIRST TEMPTATION

THE DEVIL SAID:

"If you are God's Son order this stone to turn into bread."

JESUS REPLIED:

"Man shall not live on bread alone."

Read Deuteronomy 8:3

WE LEARN:

Read the Bible

Learn God's word.



### SECOND TEMPTATION

THE DEVIL SAID:

"I will give you power and wealth if you worship me."

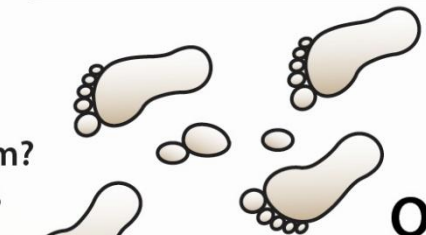
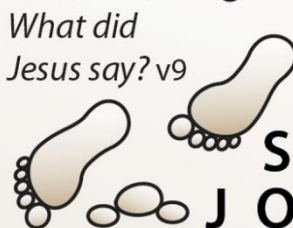
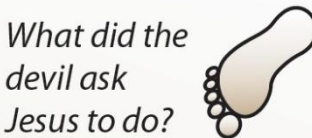
JESUS REPLIED:

"Worship the Lord your God and serve only Him."

Read Deuteronomy 6:13

WE LEARN:

Put God **first**  
Worship *only* Him.



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I M J E R U S A L E M F S J  
W I L D E R N E S S J U M P

JESUS • BAPTISED • RIVER • JORDAN • HOLY SPIRIT • LED  
WILDERNESS • DESERT • FORTY DAYS • HUNGRY • DEVIL  
TEMPTATION • STONE • BREAD • WRITTEN • SON • WORLD  
KINGDOMS • GLORY • WORSHIP • SERVE • GOD • HIGH  
JERUSALEM • TEMPLE • SON • JUMP • DOWN • LIFT • FOOT • LORD • TEST • LENT

### THIRD TEMPTATION

THE DEVIL SAID:

"If you are God's Son throw yourself down, the scriptures say God will take care of you."

JESUS REPLIED:

"Do not put the Lord your God to the test."

Read Deuteronomy 6:16

WE LEARN:

God cares, **trust**

Him do not test Him.



# God in the Sciences

*Editor: Dr Ruth Bancewicz, who is based at The Faraday Institute for Science and Religion in Cambridge, writes on the positive relationship between Science and Christian faith*

## Fearfully and Wonderfully Made

Every person who ever lived was once a sperm and an egg. Those two cells fused together, and in nine months they turned into a living, breathing, human being. Each of us emerged from this same embryonic development process, which is highly complex and organised, but variable enough to turn out a unique individual every time.

If you like order – such as neat piles of stationery, or tidy colour-coded files – you will enjoy this story. One of the most important stages of an embryo's development is when each section of the body, from head to rump, takes on its identity. Each part is told what shape to take, and which limbs or internal organs to grow: legs or arms, lungs or kidneys, and so on.

The most beautiful part of this body-patterning process is that it brings the dimensions of time and space together in such a neat way. The DNA instructions for the procedure, known as genes, are organised in the order in which they are needed during development *which is also* the order in which they appear on the body. No other sets of genes are known to be arranged in such a tidy pattern.

So, as the embryo develops, the tissues near the head end activate the first sets of genes. Those active genes then make all the proteins needed for that part of the body to grow and develop in the right way. The tissues just below the head then switch on the second set of genes, and so on. A wave of activation passes down the embryo, specifying each section of the trunk in turn.

The Wisconsin-based developmental biologist Jeff Hardin often quotes Psalm 139 to express the wonder of embryonic development. The Psalmist did not understand how this process happened, but he knew that it was a marvellous thing. *“For you created my inmost being; you knit me together in my mother's womb...your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.”*

The story of the tidy genes brings out the hidden beauty in the very early stages of embryonic development. The more biologists get to find out about how we came to be born, the more we can say, *“I am fearfully and wonderfully made”!*

---

**DNA (Deoxyribonucleic Acid)** is the fundamental molecule carrying the genetic instructions for the development, functioning, growth, and reproduction of all known organisms, shaped like a twisted ladder (double helix) with base pairs (A-T, C-G) forming its code, acting as a blueprint for building proteins that determine traits and bodily functions

### How it Works (Simplified):

A segment of DNA (a gene) contains instructions for a specific protein.

A messenger RNA (mRNA) copy is made from the DNA.

Ribosomes read the mRNA and assemble amino acids (the protein's building blocks) in the correct order, based on DNA's code.

In essence, DNA is the complete instruction manual for life, dictating everything from eye colour to susceptibility to certain diseases, with slight variations (the 1% difference in base sequence) making each person unique.

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

## Shrove Tuesday – Pancake Day – 17th February

It's odd, really, to think that that confessing one's sins to God should be linked to making pancakes. And yet the beginning of Lent brings us both – Shrove Tuesday is Pancake Day, and is followed by Ash Wednesday, and so Lent begins.

In centuries gone by, the pancakes were made to use up the milk and eggs before the fasting of Lent. More recently, many readers will have childhood memories of the wonder of watching our mothers break an egg, mix it with milk and flour – and out of that gooey mess, to produce a light and delicious pancake.

These days, more of us buy pancake mix, or even ready-made pancakes. It seems we prefer the certainty of ending up with pancakes - to the risk of having made nothing BUT a mess of the kitchen.

In many parishes they used to hold pancake races on the day. Why anyone would want to run around a field while holding a pancake is not clear, but in Olney, Bucks, they have held a pancake race almost every year since 1445.

## Five good reasons to eat Greek yoghurt

Real live Greek yoghurt is seriously good for you. Its protein and live bacteria have been linked to stronger muscles, boosted gut microbiome, and better heart, bone and brain health.

Greek yoghurt is high in protein, with up to 10g of protein per 100g. That's about double the protein of low-fat yogurt or Greek-style yogurts. What's more, it is a 'complete' source of protein, with all nine of the essential amino acids that our bodies can't make by themselves.

Greek yoghurt boosts your gut health. Its natural probiotics encourage a wider array of beneficial bugs to live in your gut. That means less inflammation, and probably fewer cancer-causing chemicals.

Greek yoghurt contains the minerals potassium and magnesium, which can help to both support and regulate blood pressure.

Greek yoghurt provides calcium. This can contribute to greater bone density and even re-build bone tissue if we are older or have been injured.

Greek yoghurt includes the B vitamins – thiamine (B1), riboflavin (B2) and cobalamin (B12). These help support memory, critical thinking, and our problem-solving skills.

And if you like yoghurt with honey why not try some Spanish or Greek Forest honey. Often dark and rich in minerals, they offer strong antioxidant, antibacterial, anti-inflammatory properties, boosting immunity, aiding respiratory issues (coughs, bronchitis), improving digestion, healing wounds, and providing natural energy.

All thanks to their high content of flavonoids, minerals (iron, magnesium), and enzymes from honeydew (tree sap) rather than just flower nectar. They can be used for cold/flu relief, anaemia support, improving skin health, and brain function, but should still be consumed in moderation.

## Thought for the Month

"I want people to make fuss when I die." I said this to one of the Chapel attendants at Grenoside Crematorium just before Christmas. I was there for a funeral service, and, as usual I had arrived early. As we were talking the attendant said that they were having lots of 'direct cremations' where there is no service held at all. There is no chapel booked, no words spoken, no memories shared.

The attendant said that families had started turning up at the Crematorium, just to watch their loved ones being brought into the Crematorium. "It is heartbreaking to watch," she said. She also said that families would often book the Chapel a few weeks later to hold a memorial.

I wasn't surprised at this. Churches across the country are reporting families who have not had a service to mark the death of a loved one asking for memorial services in Church.

Most people who are regularly involved in funerals will tell you that the service, religious or not, is at least as much for the family as it is for the person whose funeral it is.

We have a deep-rooted need to mark the end of a life that is important to us. When someone I love dies, I lose part of myself. Every life matters, every life is significant, both in itself and to other people.

Funeral rituals are one of the first signs of the evolution of civilisation. Funeral rites go back right to the dawn of history. To fail to mark the end of a life that matters to us can impede the bereavement journey and the healing that goes with it.

It does not matter whether the service is religious or completely secular. we have a deep and fundamental need to mark the end of a life.

It has been one of the great privileges of my ministry over the past more than 30 years to be involved in hundreds of funeral services. Some of them were very big and formal occasions, others were very simple with perhaps only a handful of people attending. But in every service people had the opportunity to give thanks for a life that has passed, to share memories and to offer prayers for the soul who had returned to his or her creator.

I want a fuss made when I die, not because I am vain, not because it will do me any good - by that time I will be in the hands of God. I want a fuss because I care for the family and friends I will be leaving behind. I want them to find closure and to begin the process of healing.

God bless you,  
Tim.



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# Editor's Humour & Philosophy Page

**Hymns for Professionals** -  
Dentist - Crown Him with many crowns  
Contractors - The Church's one foundation  
Obstetricians - Come labour on  
Golfers - There is a green hill far away  
Politicians - Standing on the promises  
Librarians - Let all mortal flesh keep silent

**God made us** - A little girl sitting on her grandfather's lap reached up to touch his wrinkled cheek. "Grandpa, did God make you?" - "Yes, sweetheart," he answered, "God made me a long time ago." - "Oh," she paused. "Grandpa, did God make me too?" Her grandfather assured her that He had. Feeling his wrinkled cheek again, she observed, "God's getting better at it, isn't He?"

**After Eden** - Adam was out walking with his sons Cain and Abel. As they passed by the ruins of the Garden of Eden, one of the boys asked, "Father, what's that place?" - Adam replied, "Boys, that's where your mother ate us out of house and home."



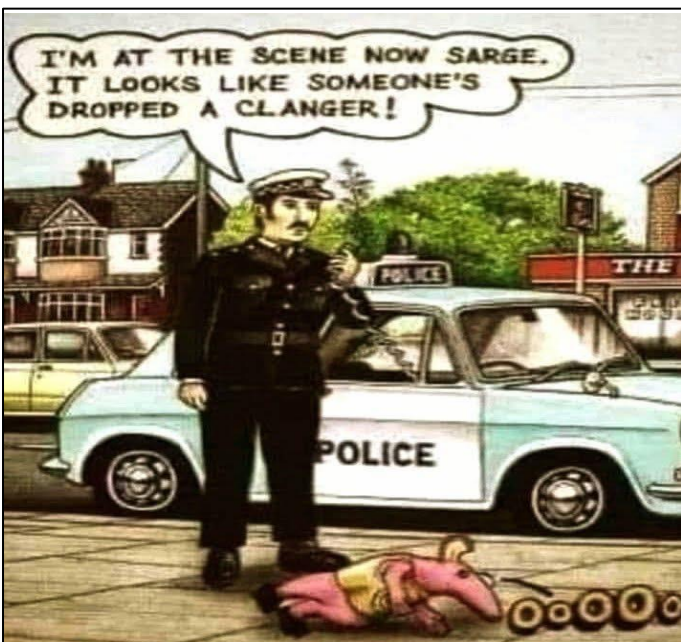
<https://youtu.be/3jL4S4X97sQ> or <https://youtu.be/xJeWySiuq1I>

[https://en.wikipedia.org/wiki/Michael\\_Palin](https://en.wikipedia.org/wiki/Michael_Palin)



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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



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## Children's Society to exhibit at Chelsea Flower Show

Children's Society is to have a show garden at the Royal Horticultural Society (RHS) Chelsea Flower show next year, 19<sup>th</sup>-23<sup>rd</sup> May 2026.

Designed to spotlight the urgent issue of teenage wellbeing in the UK, 'The Children's Society Garden' has been created by landscape architect Patrick Clarke. It draws inspiration from the Japanese philosophy of wabi-sabi - celebrating the beauty in imperfection. This nurturing space will offer a message of hope, safety, and connection for young people facing challenges today.

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# The Gardening Year – February

The garden year February as your readers know February is a very quiet month for gardening. February is the month to select what seeds you require for the coming season, also to prepare the ground for what you're going to plant. If your growing in containers you will not need to use fertiliser as it is already in the compost, but if you're growing on your allotment or garden you will need to use compost and fertiliser. Let's talk about fertilisers, if you have not limed your soil for 2 years you will need to lime it. Lime is not a fertiliser but it is essential for your soil, it releases bacteria in your soil for your plants to take up.

Fertilisers and manure - most soils contain natural plant food, in varying degrees, because they are constantly being utilised for plant growth, and are also leached out of the soil, they have to be replenished with fertilisers and manure.

Of the numerous chemical elements in the soil, nitrogen, phosphate, potassium, magnesium, calcium and sulphur are required in substantial quantities. Of the six major elements, nitrogen, phosphate and potassium are the three most important and must be available in the correct balance. Trace elements accrue as impurities in the major element and also naturally in garden compost.

A fertiliser is a substance which supplies three of the major nutrients' nitrogen, phosphate, and potassium to the soil. Manure supplements the plant nutrient's already present but also provides humus and improve the condition of the soil. Fertilisers maybe of organic or inorganic origin. an important difference between organic and inorganic fertilisers is that the chemical elements in an organic fertiliser have to go through a process of conversion before they become available to plants. Consequently an organic fertiliser is long lasting, in an organic fertiliser the plant nutrients are readily available and therefore quick acting. The fertiliser I use on my allotment is organic, fish / blood and bone, and inorganic Grow more 777.

**Colin Williams**

# Eat the Seasons – February

**Vegetables** - Cauliflower, Celeriac, Chicory, Jerusalem Artichoke, Kale, Leeks, Parsnips, Potatoes (Maincrop), Purple Sprouting Broccoli, Swede,

**Fruit** - Bananas, Blood Oranges, Grapefruit, Kiwi Fruit, Oranges, Lemons, Passion Fruit, Pineapple, Pomegranate, Rhubarb,

**Nuts** – Almonds, Brazil Nuts, Hazelnuts, Walnuts

**Meat** - Guinea Fowl, Hare, Pheasant, Rabbit

**Fish** - Brill, Cockles, Haddock, Hake, Halibut, John Dory, Lemon Sole, Mussels, Oysters, Salmon, Skate, Winkles

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

## Why Eat the Seasons?

There are a number of good reasons to eat more local, seasonal food:

- to reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat
- to avoid paying a premium for food that is scarcer or has travelled a long way
- to support the local economy
- to reconnect with nature's cycles and the passing of time

but, most importantly, because seasonal food is fresher and so tends to be tastier and more nutritious

# ERIC EYRE

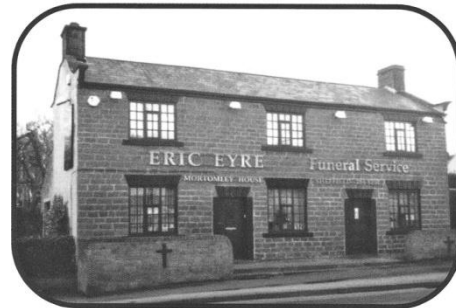
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# Time to Eat - Bananas

OK, bananas are clearly not by any stretch of the imagination a local seasonal food here. But we feature them because they're a delicious, nutritious, inexpensive and versatile way of filling the sweet treat gap between UK orchard fruit and summer berries.



Try adding a comforting baked banana pudding or bread recipe to your late winter / early spring cookery repertoire. Or just serve them warm with custard or ice-cream.

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.

In the 1950's, the industrialisation of beet sugar production in Europe struck a blow to cane sugar exporters from the Windwards Islands and Caribbean. Banana growers spotted an opportunity and stepped in to meet a growing market that couldn't be served from European crops.

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

**Buying and eating** - 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. Or freeze surplus bananas for use in smoothies. Banana slices can be prevented from discolouring quite so quickly by dipping them in an acidic citrus juice such as orange, lemon or lime.

**Nutrition** - 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.

**Miscellany** - 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 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. You even put them in your greenhouse to help ripen your tomatoes.

# Crossword Puzzle

## Clues Across

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1–2) (5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

## Clues Down

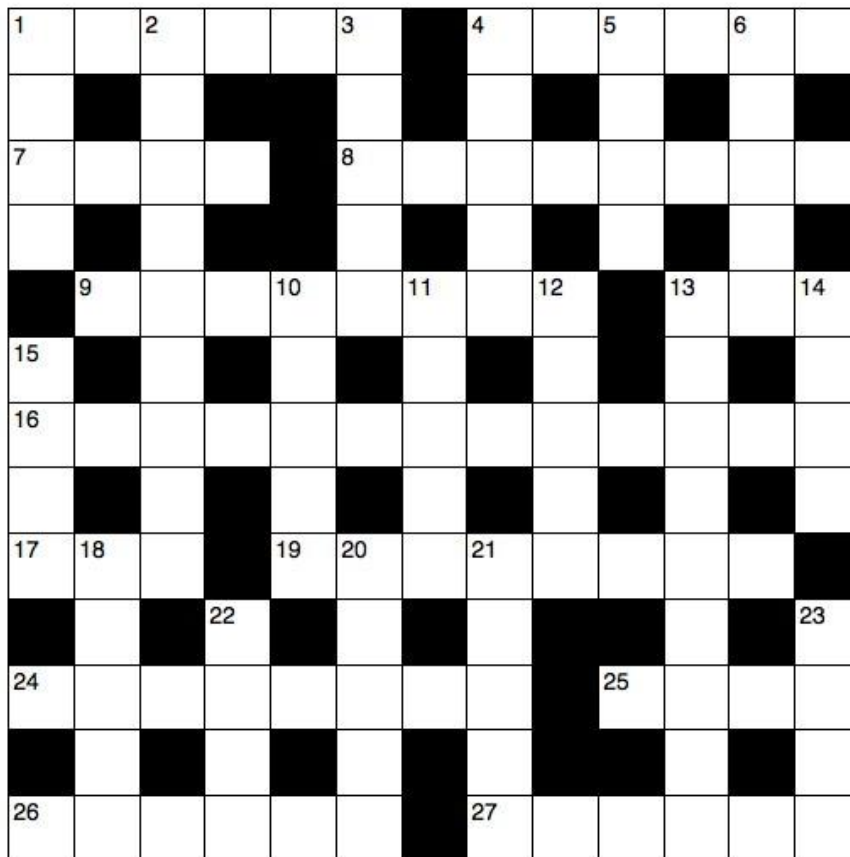
- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Belief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant — ' (Exodus 30:23) (4)
- 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
- 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9)
- 14 Famous 1950s musical whose characters included members of
- 16 Across, — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)

**21** The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)

**22** 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)

**23** 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)

Solution is on Page 7



## Prayer of thanks for Candlemas and the Presentation at the Temple

Dear Lord,

The shortest month, the snowdrop month! February brings those beautiful, hopeful little flowers, also called Candlemas Bells. Thank You, Lord, for the beauty and the hope.

Thank You for the reminder of when Jesus was presented at the Temple as a baby. Thank You, for Simeon recognising in that vulnerable baby the promised Saviour of all the world. Oh Lord, how this world needs to hear afresh that message of salvation.

Open eyes to see You and to know You. Open ears to hear Your message of hope and reconciliation. Open hearts to receive Your love and to share it, for the sake of all the suffering people of the world.

In Jesus' name, Amen.

*By Daphne Kitching*

# Chapelton & District Probus Club



We welcomed back Stephen Gay at our January meeting with his wonderfully detailed story and pictures of the trip from Sheffield to Cleethorpes by train. His story initially went back to the days of the Sheffield Victoria station and photographs of many parts of Sheffield from the early 80s, Streets and roads and important companies long gone. As much as a story of a rail journey, it was a history lesson of the massive changes in the city within our lifetimes.

We probably got half-way to Cleethorpes and we will welcome Stephen back next month to continue the journey with Stephen's fascinating stories – maybe even arrive!

Our first trip of the New Year will be to the AVRO museum in Manchester with the fascinating history of the famous aircraft company which designed and manufactured the Lancaster Bomber and ten years later, the Vulcan Bomber. The trip will include a visit to Bramall Hall in Stockport, the famous Tudor Manor House with 70 acres of gardens. At the time of writing, there is just one place left but if you are interested in joining us, please make contact in case we have any cancellations.

The first lunch will be the Winter lunch at Wortley Hall on Tuesday 17th February with a full menu choice of 3 courses for £26. If you would like to join us, please make contact.

PROBUS Club meets every month in the Community Centre in Grenoside. The club is about providing a relaxing social environment to welcome retired and semi-retired men including those still working but with time on their hands. You can visit a meeting as a guest or choose to become a member. Please contact the Secretary, Trevor Winslow (see below).

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

11<sup>th</sup> February – Stephen Gay – Sheffield to Cleethorpes Part 2

11<sup>th</sup> March – AGM – Followed

Contact details: e-Mail [chapeltown.probus@gmail.com](mailto:chapeltown.probus@gmail.com)

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

*Andrew Robinson*

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## Come reign in me

Oh God, who made the world so fair,  
And formed the earth, the sky, the sea;  
Who gave us ears, and eyes, and minds,  
To hear, to see, to know all love is thee.

Oh God, who in the Lord Jesus,  
Gave us a light to light our way;  
Let our life's lamp be lit by Him  
Whose strength will see us safely through  
each day.

Oh God, whose Spirit gave us birth,  
And holds all life secure, e'en mine;  
Take all I am, and all I have,  
Bless and redeem them for they both are Thine.

Oh God the Father, God the Son,  
And God the Spirit, Three in One;  
Blessed be Thy name, come reign in me,  
And in me let Thy will be done.

*By Sam Doubtfire*

---

## Disturb us, Lord

Disturb us, Lord, when we are too well pleased with  
ourselves,  
When our dreams have come true  
Because we have dreamed too little,  
When we arrived safely  
Because we sailed too close to the shore.

Disturb us, Lord, when  
With the abundance of things we possess  
We have lost our thirst  
For the waters of life;  
Having fallen in love with life,  
We have ceased to dream of eternity  
And in our efforts to build a new earth,  
We have allowed our vision  
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,  
To venture on wider seas  
Where storms will show your mastery;  
Where losing sight of land,  
We shall find the stars.  
We ask You to push back  
The horizons of our hopes;  
And to push into the future  
In strength, courage, hope, and love.

*Attributed to Sir Francis Drake, 16th Century*

## The Boffins and the Technocrats

The boffins and the technocrats  
Help folk like me and you  
Inventing lots of clever things  
That tell us what to do!

My car now has a clever light  
Dispelling doubt or fear,  
Without it I'd have not a clue  
When to shift up a gear!

Of course there is the Sat Nav  
To help me find my way  
The time I learned to read a map  
Was just a wasted day!

My PC's a law unto itself  
So busy telling me  
To upgrade this or restart that –  
The net I never see!

And sometimes, when my work is done  
I turn on my TV  
All chance to watch my programme gone –  
"Retune" it says to me.

The oven, fridge, and microwave  
They make a beeping sound  
Or else they have bright lights which flash  
To order me around.

And so I am a harassed man,  
I live a hassled life;  
The one who shouts at me the least  
Is my sweet and lovely wife!

*By Nigel Beeton*

---

## **When you pray...** *By Daphne Kitching*

Words and wisdom of Jesus –  
He doesn't say, *if or in case*,  
He says, *when...* you pray.

And we will.

From deep within,  
Our spirit calls out to God,  
Created to communicate with the Creator.

Cinemas can ban,  
Statistics can suggest we won't,  
But Jesus says, *when you pray...*  
Say, *Our Father*,  
And when we do, He hears and answers  
And pours out His love,  
Always.

# Winnie the Pooh and Lent 2026

*Editor: By the Revd Roy Shaw, a retired but active priest in the diocese of York, where he is a spiritual director.*

Remember the Winnie the Pooh stories? And Kanga's insistence on Baby Roo's taking his Strengthening Medicine? It's 'really quite a nice taste when you get used to it', she explained, although I'm not convinced Baby Roo always agreed.

It can be helpful to think of Lent as a sort of medicine; an opportunity to strengthen us in the things that are good, rein in other facets of our personality, and reset the compass to the true North of following Jesus. A Spring-clean of the soul, if you like.

Baby Roo (and Piglet on the one occasion he was subject to it) found Strengthening Medicine not to their liking, and we may groan inwardly at the thought of 'giving up something for Lent'. Think of what lies behind this 'giving up'. It's so that we may be strengthened, our character refined, our prejudices examined, our junk thrown overboard, and we may come to Passiontide and Easter more fit to walk the way of the Cross, and rise in new life with Jesus at His Resurrection.

Nor is Lent just a case of giving up chocolate. One year I gave up Facebook for Lent, having spent far too much time scrolling through it each day. It freed me to do other, more constructive things. And instead of giving up, why not take up something you've been meaning to do but never got round to; something life-affirming, something good for God.

Lent begins on Ash Wednesday, which this year falls on 18<sup>th</sup> February. Many Christians go public with their intention to keep a good Lent by being 'ashed' - the sign of the Cross made on the forehead in a mixture of ash and holy oil at a special service that day. The ash is usually the burnt remains of the palm crosses from last year. Having been ashed, the intention of the 40 days of Lent is to maintain a steady course closer to God, symbolised by the giving up of something - like chocolate - which has a hold on us. We walk with Jesus on the way to the Cross, mindful of the 'riches of God's kindness, forbearance and patience' as St Paul has it, and mindful too of Jesus' choice of the Cross as a way for us to enter those riches more fully.

And to face the immensity of that sacrifice, and the immensity of God's riches made available to us in Jesus, we need all the Strengthening Medicine we can get!



# Contact Details for Local Groups

## **Ecclesfield Rainbows**

Gatty Hall  
Thursday 5.00 pm to 6.15 pm  
Contact - Girl Guiding Website / To  
Register Interest

## **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 - Chloe Beevers  
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 0771 481 3503

## **Friends of Ecclesfield Library**

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

## **Ecclesfield Cubs**

Scout Hut (off Yew Lane)  
Wednesday 4:45 pm to 6:15 pm  
2<sup>nd</sup> Pack 6:30 pm to 8:0 pm  
Leader - Mrs A Hancock  
Tel: 0114 245 2780

## **Ecclesfield Beavers**

Scout Hut (off Yew Lane)  
Thursday - 5:45 - 7:00 pm  
Contact Shane Porteous  
[shane@ecclesfieldscouts.org.uk](mailto: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](mailto:25theecclesfieldscouts@gmail.com)

## **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](mailto:whitleyhall@ycspl.co.uk)  
Website:  
[whitleyhall.play-cricket.com](http://whitleyhall.play-cricket.com)

## **Chapelton and District PROBUS Club**

Meets every 2<sup>nd</sup> Wednesday in the month  
in Grenoside Community Centre  
All retired and semi-retired gentlemen welcome  
Contact the Secretary: Trevor Winslow  
[chapelton.probus@gmail.com](mailto:chapelton.probus@gmail.com)  
We are now face to face see  
[www.chapelton-probus.org.uk](http://www.chapelton-probus.org.uk)

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

# Useful Contacts



	<b>E-mail:</b>	<b>Phone:</b>
<b><u>Vicar:</u></b> Revd. Tim Gill	ttimgill@aol.com	257 0002
<b>Church Wardens</b> Ann Hackett Michael Waldron		
<b>Church Office</b> Tuesday 9:00am to 1:00 pm Thursday 9:00am to 12:00 pm	office.stmarys.ecclesfield@googlemail.com	245 0106
<b>Website</b>	<a href="https://stmarysecclesfield.org.uk/">https://stmarysecclesfield.org.uk/</a>	
<b>Groups:</b>	<b>Times and Days:</b>	<b>Phone:</b>
<b>Choir Practice in Church</b> Contact: Lynda Pearce	7 pm on Friday Practice in Church	208 3500
<b>Music Group</b> Contact: Andrea Whittaker	7:30 pm Thursday Practice in Church	246 0746
<b>Mother's Union in Gatty Hall</b> Contact: Maureen Lambert	1.00 pm 1st Wednesday of the month	246 9690
<b>Ecclesfield Ladies Group</b> Contact: Elaine Heeley	2.00 pm Thursday in Gatty Hall	07946 823284
<b>Bell Ringers</b> Contact: Phil Hirst	7:30 pm Tuesday in Church Belfry	286 2766
<b>Gatty Hall Bookings</b>		0780 307 8223
<b>For Baptisms or Weddings Enquiries please contact the Vicar</b>		
<b>Magazine e-mail:</b>	stmarys.magazine.ecclesfield@gmail.com	

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

<b>Date</b>	<b>Day</b>	<b>Colour</b>
1 <sup>st</sup> February	4 <sup>th</sup> Sunday of Epiphany	Green
8 <sup>th</sup> February	2 <sup>nd</sup> Sunday before Lent	Green
15 <sup>th</sup> February	Quinquagesima – Sunday next before Lent	Green
18 <sup>th</sup> February	Ash Wednesday	Purple
22 <sup>nd</sup> February	1 <sup>st</sup> Sunday of Lent	Purple

# Sad News as Grenoside Singers Disband

Grenoside Singers has taken the very difficult decision to disband after nearly 20 years in existence. The final event was a concert in Grenoside Community Centre on Thursday 4<sup>th</sup> December with the Grenoside Primary School Choir. Both adult and children's choirs were on their best form and a wonderful evening of Christmas songs was had by all.

The choir has a really important history going back the Sheffield Orpheus Choir which was formed around 1918, a part of the rich choral tradition of the wider Sheffield Area. The Orpheus choir recorded on the Columbia label in the mid-1920s but struggled to return fully following WW2 and made the decision to disband in 1951. Male Orpheus members from the North of Sheffield around Grenoside decided to form a new male voice choir in 1951 – the Grenoside Male Voice Choir. This soon became a well-known choir, famous for its concerts with the best brass bands of the day, the annual concerts in Sheffield City Hall filling the building with nearly 2,000 people. The choir also appeared on the ITV programme, “ Stars on Sunday” and produced 3 recordings, 2 on vinyl and one as a CD.

With more than 60 members in the period 1950 – 1980s, the choir then slowly reduced in numbers as the popularity of choir singing as a pastime reduced. By the late 1990s, down to round 30 members, we occasionally struggled to have sufficient available members for a concert. In 2007, the difficult decision was made to create a new mixed choir and fortunately, here was already a large number of ladies available who had always joined us for concerts at Christmas.



*Singing at the Tyne Cot Cemetery*

The Grenoside Singers have had a very good run with the best memories from May 2019 when were invited to be the choir at the closing ceremony at the Menin Gate in Ypres, a very serious honour. This was an absolutely memorable and moving event with something like 2,000 people present. The choir took a holiday to Belgium and also sang at one of the large memorial British cemeteries (Tyne Cot), and also at a large German cemetery (Langemark).



*Preparing to sing at the Menin Gate*

The challenge the choir has faced is similar to that of the previous Male Voice Choir, that replacing older members with younger ones has become increasingly difficult with singing much less part of the standard curriculum in schools than it used to be and with so much now filling the lives of young people in their spare time. Members of the Grenoside Singers gathered on Monday 8<sup>th</sup> December for a final social evening where some favourite Christmas pieces were sung and festive drinks and snacks were shared. We presented both Christian, our Musical Director, and John Mellor, our accompanist, framed photographs of the memorable events when we sang at the evening ceremony at the Menin Gate.

***Andrew Robinson***



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