

September, October, November 2021

Dean Row Chapel, Wilmslow SK9 2BX

Dean Row Chapel website: www.deanrowchapel.co.uk



Services at Dean Row every Sunday at 11.15 a.m.

Meditations – Wednesday 12.30pm - 1.00pm

Hale Chapel, Hale Barns, WA15 0AQ

Hale Chapel website: www.halechapel.co.uk



Services at Hale Chapel every Sunday at 9.30 a.m.

Minister Rev Jeff Gould Tel. 01625 402952

Mob 07989858963

jeffreylanegould1959@talktalk.net

I hope you dance

I hope you never lose your sense of wonder
You get your fill to eat but always keep that hunger,
May you never take one single breath for granted,
God forbid love ever leave you empty-handed.
I hope you still feel small when you stand beside the ocean,
whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance
And when you get the choice to sit it out or dance

I hope you dance
I hope you dance

I hope you never fear those mountains in the distance
Never settle for the path of least resistance.
Living' might mean taking' chances but they're worth taking,
Loving' might be a mistake but its worth making.
Don't let some hell bent heart leave you bitter
When you come close to selling out reconsider.
Give the heavens above more than just a passing glance
And when you get the choice to sit it out or dance

Dance – I hope you dance
I hope you dance
I hope you dance

From Poetic Expressions, no author given

Worship services at Hale Chapel and Dean Row Chapel

Services will be conducted by the Minister unless otherwise indicated

| | Hale Chapel 9.30am | Dean Row Chapel 11.15am |
|-----------------------------|--|--|
| September | | |
| Sunday 5 th Sep | Sunday services | Sunday services |
| Sunday 12 th Sep | Sunday services | Sunday services |
| Sunday 19 th Sep | Sunday services | Sunday services |
| Sunday 26 th Sep | Michaelmas | Michaelmas |
| | | |
| October | | |
| Sunday 3 rd Oct | Harvest Festival | Harvest Festival |
| Sunday 10 th Oct | Sunday services | Sunday services |
| Sunday 17 th Oct | One World Week | One World Week |
| Sunday 24 th Oct | Bible Sunday | Bible Sunday |
| Sunday 31 st Oct | All Hallows' Eve, <i>Holy Communion</i> | All Hallows' Eve, <i>Holy Communion</i> |
| | | |
| November | | |
| Sunday 7 th Nov | Sunday services | Sunday services |
| Sunday 14 th Nov | Remembrance Sunday | Remembrance Sunday |
| Sunday 21 st Nov | <i>Minister will be on holiday.</i> Service conducted by Anne, Peter and Chrissie | <i>Minister will be on holiday.</i> Service conducted by Anne, Peter and Chrissie |
| Sunday 28 th Nov | Advent Sunday | Advent Sunday |
| | | |
| December | | |
| Sunday 5 th Dec | Toy Service | Toy Service |
| Sunday 12 th Dec | Third Sunday in Advent | Third Sunday in Advent |
| Sunday 19 th Dec | Carol Service | Carol Service |
| Friday 24 th Dec | Christmas Eve Services: 6pm, | Christmas Eve Services: 8pm, |
| Sunday 26 th Dec | St. Stephen's Day (Boxing Day) | St. Stephen's Day (Boxing Day) |

LETTER FROM THE MINISTER

In the time since all restrictions on civil inter-action were lifted on 19 July this year, attendance at Sunday worship at both Hale and Dean Row Chapels has noticeably increased. Each week, more and more people feel able to leave the security of their home environment and attend public worship once more. The freedom to sing hymns and chat with others after the service is something that we will never take for granted, having been deprived of such fundamental joys for so long.

In an effort to welcome people back to chapel and to provide an opportunity to share table fellowship on a regular basis, Dean Row Chapel will host a monthly lunch of soup, bread, cheese and fruit on the first Tuesday of every month, beginning on 5 October at twelve noon in the chapel hall. The soup will be vegetarian, to enable everyone to take part without restriction. The suggested donation will be £5, as was the case with the Lent Lunches in the past, but no one will be denied a full and nutritious meal on the basis of his or her ability to pay. It will not be necessary to sign up for the meal in advance; simply show up and join new friends and old for a homemade meal. Members and friends from both congregations will be welcome to take part.

Volunteers will be needed to help with the preparation of the soups, the purchase of the additional food, and with the practical tasks of laying table and clearing away the used dishes. Please let me know if you might be willing and able to contribute your time and effort. The prophet Isaiah gives us a powerful image of God's people feasting following a time of trial:

‘On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine—the best of meats and the finest of wines. Surely this is our God; we trusted in him, and he saved us. This is the Lord, we trusted in him; let us rejoice and be glad in his salvation’ [Isaiah 25, 6; 9]

JEFF

Please Note Jeff’s New Address

9, Sandringham Way, Wilmslow, SK9 5QJ.

His contact details remain the same (front of Newsletter)

DEAN ROW

Dean Row Chairman’s Letter - Chrissie Wilkie

Dear Friends,

I hope that you are keeping well and if you have not already returned to Chapel after our isolations, we hope to see you soon. It has been heartening to see the number of people who have been able to attend Chapel and the numbers who are returning. We encourage the congregation to take the precautions that they are comfortable with.

Oh what a joy it has been to be able to sing again. Although we were well supplied with music from Jeff’s CDs and Alan’s wonderful playing, it is never quite the same as opening up our voices to our personal Almighty.

What a year it has been in the garden! The weather has played

havoc with the growing season. Derek set seed to so many plants, it was God forbid any bit of empty soil that dared to show its face. Two seconds later, it had a plant in it. However, all this activity has meant that the garden is burgeoning with flowers, plants and vegetables.

We have experimented with sister planting, which is a Native American way of making the most of the land. The Three Sisters are represented by corn, beans, and squash. We also added fennel and lettuce. We have just started to harvest the corn and although we have never grown it before, we certainly will be again – it is delicious. Tomatoes have not done well this year because of the weather conditions and we have missed being able to grow for the chapel so that people could make donations for them. Hopefully we will be able to do this next year.

There are going to be new happenings in the Hall very soon – see the Events Calendar. It has been decided that when we open up for refreshments after the service, we shall no longer queue, but everybody will be asked to sit at tables and the trolley will bring the refreshments round. We thought that this would be quicker and safer for the congregation.

The Exercise Group, Stroke Club and Craft and Chatter will all be starting up in September – see events diary. We are also going to be able to hold our Harvest Lunch on the 3 October. If you intend to come to the lunch, please let Dorothy and Anne know as soon as you are able. Jane Rudd our caterer has requested numbers as soon as possible.

Finally, a thank you to all the people who have volunteered to be put on the coffee rota. Anne was overwhelmed by the generous response from the congregation and hopefully, this will mean that we only need to be 'on duty' about once every two months or more.

We would also be grateful for volunteers for the sidesman rota.

This involves greeting the congregation and helping any newcomers, handing out and collecting hymn books and collecting the offertory. If you feel able to do this, please contact Elizabeth Earp – 0161 439 3079.

Lots of love to you all - Chrissie

Warden's Comments Ian Booth

Thankfully Chapel life is returning to a new normal.

The Thursday morning working party ,also known as The Worker B----'s, are keeping the grounds etc. tidy and strimming has taken place around the gravestones.

Work has started to clear out the gutters. Ian Barber, our Spiderman, has been up the ladder clearing away debris whilst I held the ladder. Perhaps the Craft and Chatter group could make a parachute!!! Just in case.

We always manage to finish our mornings with a coffee and a chat so if it appeals to anyone please come and join us.
Ian

Best wishes as we move forward
Ian

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Women's League – Anne Gemmell

Hello all my lovely ladies. Not a lot to report, only to say that as things are now getting back to normal, we will hopefully be able to hold a Meeting of our League on Thursday 21st October, in the Hall at 2.00pm to make arrangements for our Christmas Coffee morning to be held on Saturday 13th November.

The meeting will be very informal, just a chance to meet up and have a cup of tea and refreshments.

The coffee morning on the 13th November will be in place of our usual Christmas Fayre. We will serve coffee etc and will probably have one or two stalls where you will be able to purchase a few gifts for Christmas. This year, it will just be another chance to ease ourselves back into things.

So I am looking forward to seeing you all again the very near future.

Stay safe.

Anne

Dean Row Events September, October, November 2021

Sunday 5th September. We are pleased to welcome Gisela Schröder-Fink widow of the late Rev Schröder-Fink from Berlin Church, to the Chapel. After the Service wine, fruit juice and nibbles will be served.

Wednesday 15 September weekly. Stroke Club for more information Peter and Hilary Shaw 01625 584881

Monday 20th September Exercise Group

Wednesday 29 September 2.00pm, 13, 27 October, 10, 24 November, 8 December. Craft and Chatter Group. All are welcome (just come for a chatter if you don't have craft work). Chrissie 0161 439 8262.

Sunday 3 October Chapel Lunch. Anne 0161 637 5347 for bookings.

Tuesday 5 October 12.00 Chapel Soup Lunch

Thursday 21 October 2.00pm Women's League Meeting

Saturday 13 November 10.30am Women's League Coffee Morning with Christmas gift stalls.

COFFEE ROTA SEPTEMBER, OCTOBER, NOVEMBER DECEMBER

| September | October | November | December |
|--|---|--|---|
| 5 Anne Hilary Beryl | 3 HARVEST LUNCH | 7 Barbara Berry & Janet Boys | 5 Beryl & Ian Booth |
| 12 Beryl & Ian Booth | 10 Sue & Keith Dennell | 14 Brenda Robinson & Sandra McFadyen | 12 Anne Gemmell & Dorothy Salthouse |
| 19 Anne Gemmell & Dorothy Salthouse | 17 Chrissie Wilkie & Joyce Davies | 21 Bridget & Jim Wenham | 19 Peter & Marilyn Weigh |
| 26 Peter & Marilyn Weigh | 24 Elaine Godfrey & Elizabeth Earp | 28 Ken Johnson & Mary Harrison | 26 BOXING DAY |
| | 31 June & Philip Astley | | |

As many of you are aware, sadly we have lost the 'Grandfather' of the Chapel, Dr Leslie Davies on the 19 October 2020. He was a great writer and I have the privilege of owning his book Top Line Facts and Fancies of This and That. So I enclose one of his poems in his memory.

A Poem About Apples

(including elements of Bible Study for Misogynistic Gardeners)

When I once wrote a poem about peas
I found I could rhyme them with ease
But when with the apple
I started to grapple
I found it much more of a tease.

To start thus with a limerick
I thought would be a clever trick
But Oh, alas to my surprise
Just anything I could devise
All ended, as ...er...gibberick

So back to couplets I did go
They really ease the ebb and flow

When we discuss not pommes de terre
But tree borne pommes – good healthy fare

But was that true for poor young Adam
When dealing with a feisty madam?

The Good Lord's masterly invention
Became a part of Eve's intention

She caused exclusion from the garden
And sin for which we still seek pardon

So some folk think the apple sinful
While others wish they had a binful

Those who wish them off the premises
Are apt to quote the book of Genesis

The others cry 'This we refute

The Good Book says Forbidden Fruit!

'The lovely apple please don't ban it
Eve's lure was seedy pomegranate!

In medieval art we find
Supporters for this frame of mind

We see these two in primal rig
Related to the fruit called fig

And what is this she's holding there?
That's not an apple I declare!

We do not know we are not told
Why God should ban them from the fold

Perhaps it was a lovers' quarrel
Which left him with a taste like sorrel

Did Adam think the thick skinned punic
Ill-suited to his skimpy tunic?

And do you think Eve's basic sin
Unthinkingly to have no pin?

If deeper knowledge you would seek
Brush up your Latin and your Greek

Or for further words archaic
Develop more your Aramaic

Now let's give praise where 'ere it's due
I think the apple's great.....
Don't you?

HALE CHAPEL

Hale Chairman's Newsletter – August 2021

Since my last contribution, there has been a substantial easing of coronavirus restrictions – joy of joys we can now sing hymns in Chapel and we can sing the Lord's Prayer. Not quite back to complete normality but we are getting there.

We no longer have to wear masks in Chapel during Sunday services and pretty well everyone at Hale Chapel has dispensed with them. This is much appreciated by me. As I am short sighted, I wear glasses which is usually not a problem. However I never quite mastered the art of wearing glasses and a mask. I read all the articles, watched all the videos on YouTube – but no matter how I tried my glasses kept misting up indoors. That meant that once I sat down in Chapel, I had to take my glasses off. At that point Jeff and the rest of the congregation became a distant blur. So now it is quite wonderful to sit without a mask, look round at the congregation, and actually see Jeff clearly as he delivers his pulpit sermon.

Oh, and what a joy too to have Alan playing the organ again for our hymns. Particular thanks to him for coming over from Wales throughout the pandemic to give us his musical interludes – much appreciated in testing times.

At Chapel this morning (Sunday 8th August) Jeff announced that the four hymns would be hymns previously suggested by Chapel members. To my great shame I could not recall hearing any of them before although the tune to one of them was very familiar – it was the tune to “Danny Boy” a heartachingly beautiful melody. My own favourite hymns include “For All the Saints”, “Dear Lord and Father of Mankind” and “Jerusalem”. The melodies for two of those hymns were written by one man, Sir Hubert Parry who today is a largely forgotten composer - but not incidentally by Prince Charles who has said that Parry is his favourite composer. Parry looked very much like a country gentleman complete with handlebar moustache, was a much respected composer in Edwardian days, and was the head of The Royal College of

Music for many years. He was not very happily married and used to escape his wife by escaping to his yacht – he loved yachting and remains the only composer who was elected to the Royal Yacht Squadron.

In 1916 the then Poet Laureate, Robert Bridges, came across William Blake's then obscure poem "And did those feet in ancient time". At the time World War 1 was not going well and Bridges asked Parry to produce "suitable, simple music to Blake's stanzas". The idea was to produce a hymn which could be sung to raise soldiers' morale. Apparently Parry was somewhat reluctant but eventually agreed to undertake the task. Fortunately, inspiration descended on Parry who wrote the famous melody very quickly in the afternoon of 10th May 1916. Parry took the tune back to Bridges and said, "Here's a tune for you old chap, do what you like with it!" And the rest as they say is history. Parry may be obscure today but he achieved what most of us never will – he created something which will last forever, an indelible melody which will go down through the ages as long as hymns are sung.

I started by mentioning that now restrictions are easing that (in the UK at least) coronavirus appears to be in retreat. Just over a hundred years ago, this country was also in the grip of a deadly virus, the Spanish flu. That virus was just as serious as the present virus, possibly more so and of course at that time there were no vaccines. Many people died of that virus. Sadly one of the victims was Sir Hubert Parry who succumbed to the flu in 1918 just before World War 1 ended – a sad link between his era and ours.

And so till next time.... My wife and I are off to sunny Menorca in a few days' time. Well we are if I can master all the forms, book all the necessary tests etc. It looks a nightmare – wish me luck!

Stay safe

Alastair

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Hale Chapel Social Events from Helen Wilson

At Hale we are hoping to resume serving refreshments after the service safely in September and start the monthly coffee mornings. Dates to be announced.

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**The next Newsletter –
December 2021, January, February 2022
will be published on the 28th November.
Closing date for submissions will be
21 November.**

Dean Row Chapel Officers:

Chairman

**Chrissie Wilkie Tel. 0161 439 8262;
Email chrissie@wilkies.me.uk)**

Treasurer:

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Email pgshaw@aol.com**

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annegemmell@yahoo.co.uk**

Warden: Ian Booth 01625262819

Women's League Secretary:

Anne Gemmell Tel. 0161 637 5347

Flower Secretary:

Bridget Wenham Tel 01625 820772

Honorary Life President

Tony Cupper

Minister Emeritus

Rev Penny Johnson

Items for Newsletter to Chrissie Wilkie

Hale Chapel Executive Committee

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<<<< STORIES AND JOLLY JAPES >>>>

Hello from the Shaw's in Mid Cheshire

(Chrissie apologises for the lateness of this from Liz – it got lost in my filing system)

David and I during the first few weeks of lockdown decided that a routine would be good each day and I as I am the younger in our house, for the first few weeks it was me venturing out shopping and to be honest to start with I quite enjoyed the freedom, but as cases and deaths increased, I felt it better not to put David at risk by being out and about. Thirty-one years ago just six weeks before our wedding, David contracted a viral infection that resulted in him losing the use of the left hand side of his body. It was a frightening time and initial consultations with the local hospital suggested that it was the early stages of MS. Further tests proved that this was not the case and the final diagnosis was that the virus had attacked the nerve endings at the base of the brain and that he would recover but not fully.

By the day of our wedding David was nearly back to normal but permanently lost the hearing in his left ear, and his left side of his body to this day has been weaker. It would appear that he is prone to virus infections and has in recent years also been struck down with Bells Palsy, so adhering to advice he joined the group self-isolating and I joined him too so as not to bring anything into the house. Some might say we were being over cautious but we prefer to be safe than sorry.

Lockdown has been spent mostly on the garden with not a weed in sight and I suspect most of you have also got weed-free gardens! We had all our vegetables planted and tomatoes and cucumbers in the green house and then I had an idea that this year would be the year that we built the pond we had wanted since moving here three years ago; as we missed the one we had in our garden in Derbyshire.

All was going well and as David dug and filled buckets full of soil, I spent days wandering around the garden finding a home for all this excess soil and admiring the shape of the pond as it came into being. On the day that we put in the under-lining and then the pond liner, we felt very pleased with what we had achieved, decide to call it a day and start afresh in the morning filling the pond with water and plants and pebbles for little creatures to get in and out of the pond on. All that we had purchased had been ordered online, either from local or national companies that would deliver so we didn't have to go out. All this time I had kept reminding David how careful he needed to be as the weakness in his left side sometimes results in him stumbling and I didn't want him to end up in hospital; especially at this time.

Just as we finished the pond liner, I went to put something in the bin at the side of the house and then did the one thing I kept telling David not to do and that was to fall over. As soon as I landed I knew that I had done something to my left elbow and wrist but insisted that before we headed off to the local hospital I changed out of my gardening clothes and washed my face and applied some make up, all done despite the incredible pain I was in, my mother's words came into my head as she often told me I was 'too vain for my own good'! My brother also told me that had I not lost four stone recently I might have bounced and not caused so much damage!

We arrived at the local hospital at around six where David dropped me off as the rules are that if you are able to walk unaided then you go in on your own, so he headed off home and waited for me to ring him later that night. A&E was empty and I was seen immediately and following x-rays it was discovered that I had broken a bone in my elbow and a small fragment of bone had also become dislodged, and I had broken two bones in my wrist. There was talk of being admitted immediately for surgery but as they needed to check that I was Covid-free, they did a swab test, plastered my full arm and five hours later sent me off home to wait for the results of the test.

Three days later I went back in for surgery where they joined the bones in the elbow with wire and placed two metal things that I can only describe as tent pegs into my hand and down into to the broken bones and re-plastered the arm. The following morning I was discharged and ten days later the stiches have been removed from my elbow and a new plaster to below the elbow applied.

In the coming week (early July) the two metal 'tent pegs' will be removed along with the plaster and hopefully this will then be the start of physio and recovery. We were both a little perturbed however to receive a letter from the hospital to say that due to Covid 19, my appointment to have this done would be by telephone to reduce the number of people attending hospital appointments. I rang them up and asked what sort of pliers David should have at the ready to remove the metal things as I was certain this could not be done over the phone! Fortunately to my relief they confirmed it was an error and so, disappointed, David put his pliers back in his tool box!

The last five weeks have been different and as we are still in lockdown we have realised we wouldn't be going anywhere anyway so being out and about has not been missed but daily short walks have been. I'm left handed so all food has been cut up, and David has had to help me with all the simple daily tasks we take for granted and he is now a dab hand with the hair straighteners a new skill learnt in lockdown! The pond is finished and I am spending my days admiring his work and as David says 'supervising' the finishing of this project.

We are blessed to be where we are, to have some amazing friends two of whom turned up delivering an afternoon tea for two and lovely conversations with Jeff who has checked up on us, but most of all we are blessed to have each other and we have joked that all this is part of the 'in sickness and in health' bit of our marriage and my new name for David is Dobbie the house elf (Harry Potter fans will understand that). We are also aware how

fortunate we are compared to some who are going through far more during this pandemic. When recovering and able to do more I will spoil my little house elf something rotten!

We send our love and good wishes to you all, we miss being at Dean Row and seeing familiar friendly faces, but hopefully it won't be too long before we are all back together again as a community and enjoying our time together.

With love from Liz Shaw and Dobbie.

Spirituality, Mental Health and Comparative Religion. – Part 1

Just a few ideas submitted by Mike Heale

At the agricultural College in Zambia, I was partly responsible for setting up the Religious Studies Group, helped by a friend at Monze Secondary School, who was also a Unitarian. We invited Buddhist, Moslems, Jews and Christians to tell us about their faith. At one meeting we had the whole room praying to Allah, while the Buddhists told us to respect all life all life on the planet. The Christians had equal standing, especially in pointing out the differences between Liberal Christianity and more orthodox beliefs. At least this gave the students something to do on a Sunday afternoon!

But what do these different belief systems help us to 'discover the spirit'? What do they say about spirituality?

It has long been recognised that spirituality can influence our mental health. Thus positive spirituality leads to good mental health.

First we have to differentiate between religion and spirituality. Religion is a label or parcel of beliefs, to differentiate between different traditions. Spirituality is something larger and yet more personal, that which influences the soul (if we have one) through faith (if you want to believe this). As Unitarians, we draw upon

different faiths and belief systems to forward our own spirituality. But what do these belief systems tell us about our own spirituality?

A belief in the spirit and spirituality is prevalent in all religious and philosophical traditions – Plato (428 to 348 BCE) states:-

“As you are not to cure the eyes without the head, or the head without the body, so neither ought you to attempt to cure the body without the soul, because the part can never do well unless the whole be well”

“Our soul is our inner essence, something distinctly different from the hard material world in which we live. Lose it and we are depressed – cut off – alone”.

Plato – quoted in Phaedo (Ross 1997)

Part 2 in our next Newsletter.

Over the Rainbow

Submitted by Helen Wilson

During the pandemic the rainbow symbol has featured prominently in windows and in NHS buildings. A colourful, motivating and encouraging sign for many.

A rainbow is an arc of spectral colours, red, orange, yellow, green, blue, indigo, and violet. It appears in the sky opposite the sun as a result of the refractive dispersion of sunlight in drops of rain and mist.

Rainbows have a spiritual and religious meaning in a number of mythologies i.e. Celtic, Greek, and Norse. Religions such as Christianity and Buddhism, and also cultures Native American, Japanese and Chinese.

Hope A rainbow is commonly known as a symbol of hope. They appear often after a thunder storm when all is very dark to then spread light and hope.

Promise It can symbolise promise from when god flooded the earth to rid it of sin and evil. A sign of a new day and the promise of a better future.

Good Luck Considered by many as a sign of good luck. This leads back to Celtic/Irish mythology of a pot of gold at the end of a rainbow. Associating rainbows with good fortune.

New Beginnings The appearance of a rainbow after a dark time is often seen as a new beginning with hope and promise of a brighter future ahead.

Death, War and Transition In Norse mythology a rainbow was a sign of a fallen soldier and would act as a bridge between the mortal and immortal world. In Buddhist teaching on death your body transcends to a form known as the rainbow body or 'body of light' as a sign of ascension to God.

Equality The unification of colours is thought to symbolise equality. It combines into one unified symbol to demonstrate community, diversity and equality.

Communication Rainbows are considered to be gateways, paths that connect two realms or earths. In Greek and Norse mythology it was a path that connected to the Gods. In Native American culture a rainbow is seen as a bridge between the human and spiritual worlds

Peace The rainbow represents calmness and tranquillity giving a feeling of peace after a turbulent storm. Peace upon death as a way to ascend towards God. A sign that everything is ok and peaceful times can resume.

As restrictions ease may we continue to see our treasures at the end of the rainbow. A time to reflect on the pandemic suffering, to give thanks, and enjoy being and singing together, connecting again with family and friends at home and at chapel.

Wishing you lots of hugs and all that the rainbow symbolises with hope, promise, peace, equality, good luck, new beginnings and eternal life. We now hope to enjoy some warm summer weather in the coming months after a cold winter and a frosty, dry spring.

No one warns you how often you'll whisper "righty tighty, lefty loosey" to yourself as an adult.

FINALLY!



A CUP FOR THE LEFT-HANDED!



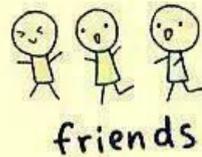
**UNTIL FURTHER NOTICE
THE DAYS OF THE WEEK
ARE NOW CALLED,
THISDAY, THATDAY,
OTHERDAY, SOMEDAY,
YESTERDAY, TODAY &
NEXTDAY!**

Never make fun
of someone if they
mispronounce a word.
It means they learned it
by reading.



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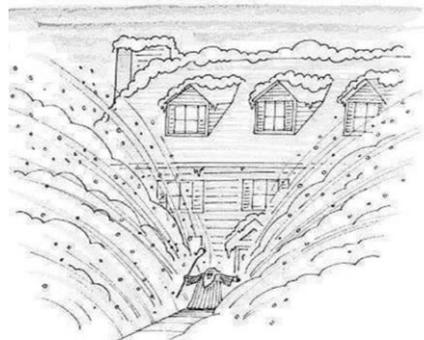
the best things in life are free.



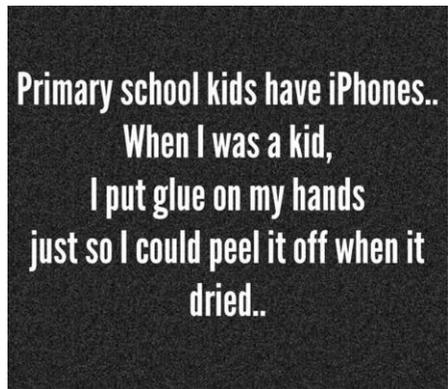
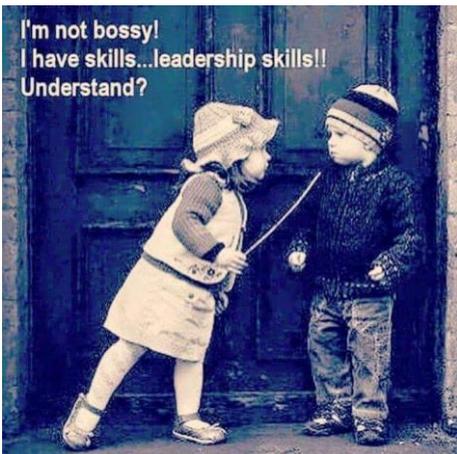
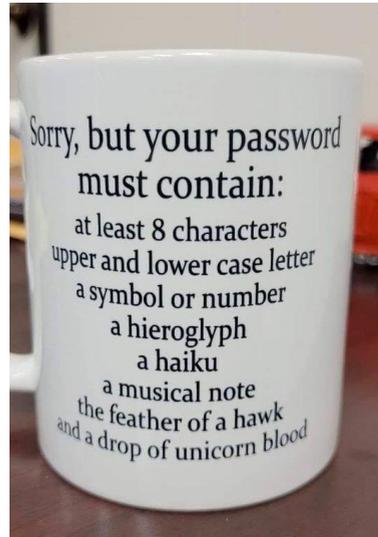
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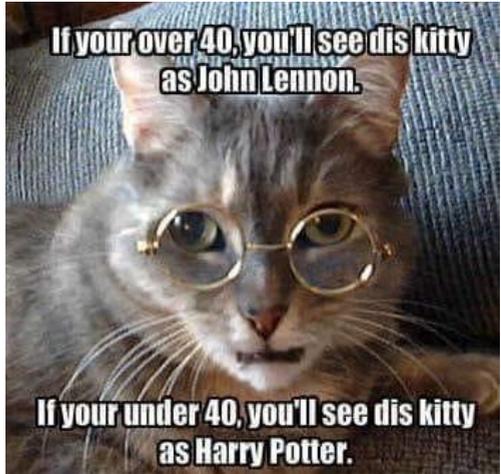


What's the difference between a cat and a comma? One has claws at the end of its paws, the other is a pause at the end of a clause.



Moses in Canada





Night clubs are reopening, but only vaccinated people will be allowed... 😂😂



<<<<<<BOOK, TV and FILM CORNER>>>>>>

I have been reading Anne Cleaves first book which introduces D.I. Vera Stanhope. I have worked my way through most of her Shetland series and thoroughly enjoyed them. My one disappointment is in the description of Vera. We all think of her as a rather scruffy as portrayed by Brenda Blethyn on the TV, but Cleaves description of her in the first book 'The Crow Trap' makes her sound like a bag lady who badly needs to visit the dentist and the hairdresser – and perhaps take a bath occasionally. I have nearly finished the book and have almost managed to transfer my image of Vera from the telly to the paper. Apart from that, if you like murder mysteries this series promises to be really good.

Submitted by Chrissie

<<<<< PRAYER AND POETRY CORNER >>>>>

The Rainbow by Walter De La Mare

Submitted by Helen Wilson

I saw the lovely arch
Of Rainbow span the sky,
The gold sun burning
As the rain swept by

In bright-ringed solitude
The showery foliage shone
One lovely moment
And the bow was gone.

From - When I get up from my chair – Pam Ayres

Submitted by Helen Wilson

Quiet please!
Kindly don't impede my concentration
I am sitting in the garden

Thinking thoughts of propagation
Of sowing, and of nurturing
The fruits my work will bear
And the place won't know what's hit it
Once I get up from my chair

My garden- What a showpiece !
There'll be pilgrims come to stare
And I'll bow and take the credit
Once I get up from my chair

What Did You Do During Lockdown?

By Jan Beaumont New Zealand poet, (with permission)

What did you do during lockdown?
Did you do all you meant to get done?
Did you clean out your cupboards or sort out your clothes
Or go out round the block for a run?

You didn't? I'm so disappointed
You had oodles of time to just do it
But, like me, I am guessing you just put it off
Because one day you knew you'd get to it!

So like most of your friends and your family
You just kicked back and lay on the couch
And binge watched those great Netflix series
And slowly morphed into a slouch.

The beer, wine and spirits were flowing
You tried to explain it away
When they said that you shouldn't be boozing
You said "They're my 8 glasses a day!"

It seems we were constantly hungry

And sadly it has to be said
That the most exercise I would get would just be
From the fridge to the couch to the bed!

Then suddenly it was upon us
Looked as if isolation would end
And we realised that none of our clothing would fit
Our habits we'd have to amend.

And we hoovered and dusted like crazy
There wasn't a real need before
As we knew that nobody was likely
To just turn up and knock on our door!

So now it is back to the real world
After idleness of some duration
And a bit down the track we will fondly look back
To that time of enforced hibernation!

My heart leaps up - William Wordsworth (1770 – 1850)

My heart leaps up when I behold
A rainbow in the sky:

So was it when my life began;

So is it now I am a man;

So be it when I shall grow old,

Or let me die!

The Child is father of the Man;

And I could wish my days to be

Bound each to each by natural piety.

The Rights of Woman

(Written in response to Mary Wollstonecraft's *Vindication of the Rights of Women*)

YES, injured Woman! rise, assert thy right!
Woman! too long degraded, scorned, opprest;
O born to rule in partial Law's despite,
Resume thy native empire o'er the breast!
Go forth arrayed in panoply divine;
That angel pureness which admits no stain;
Go, bid proud Man his boasted rule resign,
And kiss the golden sceptre of thy reign.
Go, gird thyself with grace; collect thy store
Of bright artillery glancing from afar;
Soft melting tones thy thundering cannon's roar,
Blushes and fears thy magazine of war.
Thy rights are empire: urge no meaner claim,--
Felt, not defined, and if debated, lost;
Like sacred mysteries, which withheld from fame,
Shunning discussion, are revered the most.
Try all that wit and art suggest to bend
Of thy imperial foe the stubborn knee;
Make treacherous Man thy subject, not thy friend;
Thou mayst command, but never canst be free.
Awe the licentious, and restrain the rude;
Soften the sullen, clear the cloudy brow:
Be, more than princes' gifts, thy favours sued;--
She hazards all, who will the least allow.
But hope not, courted idol of mankind,
On this proud eminence secure to stay;

Subduing and subdued, thou soon shalt find
Thy coldness soften, and thy pride give way.
Then, then, abandon each ambitious thought,
Conquest or rule thy heart shall feebly move,
In Nature's school, by her soft maxims taught,
That separate rights are lost in mutual love.

Anna Lætitia Barbauld (1743 – 1825)

Was a prominent Unitarian English poet, essayist, [literary critic](#), editor, and author of [children's literature](#). A "[woman of letters](#)" who published in multiple genres, Barbauld had a successful writing career at a time when women rarely wrote professionally.

Autumn Fires – Robert Louis Stevenson

Submitted by Helen Wilson

Autumn fires.
In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail !

Pleasant summer over,

And all the summer flowers
The red fire blazes
The grey smoke towers.

Sing a song of seasons !
Something bright in all !
Flowers in the summer
Fires in the fall !

The Rolling English Road G. K. Chesterton (1874 - 1936)

BEFORE the Roman came to Rye or out to Severn strode,
The rolling English drunkard made the rolling English road.
A reeling road, a rolling road, that rambles round the shire,
And after him the parson ran, the sexton and the squire;
A merry road, a mazy road, and such as we did tread
The night we went to Birmingham by way of Beachy Head.
I knew no harm of Bonaparte and plenty of the Squire,
And for to fight the Frenchman I did not much desire;
But I did bash their baggonets because they came arrayed
To straighten out the crooked road an English drunkard made,
Where you and I went down the lane with ale-mugs in our hands,
The night we went to Glastonbury by way of Goodwin Sands.
His sins they were forgiven him; or why do flowers run
Behind him; and the hedges all strengthening in the sun?
The wild thing went from left to right and knew not which was
which,
But the wild rose was above him when they found him in the
ditch.

God pardon us, nor harden us; we did not see so clear
The night we went to Bannockburn by way of Brighton Pier.
My friends, we will not go again or ape an ancient rage,
Or stretch the folly of our youth to be the shame of age,
But walk with clearer eyes and ears this path that wandereth,
And see undrugged in evening light the decent inn of death;
For there is good news yet to hear and fine things to be seen,
Before we go to Paradise by way of Kensal Green.

Quotes on life

Submitted by Helen Wilson

I have no special talents, I am passionately curious – Albert Einstein

Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness of people.

Believe in yourselves. You are braver than you think, more talented than you know, and capable of more than you imagine.

You cannot control the behaviour of others, but you can always choose how you respond to it.

Do what you love, Love what you do, And with all your heart give yourself to it.

Failure is a bend in the road, not the end of the road. Learn from failure and keep moving forward

Roy T Bennett -author of 'The Light in the Heart'

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<<<< RECIPES >>>>

Dondi's Orange Cake

4 oz (110 g) butter
4 oz (110 g) margarine
(or use all margarine)
½ pt fresh unsweetened orange juice
10 oz (275 g) sugar
2 medium eggs
14 oz (400 g) self raising flour

Topping 6 tbsp icing sugar + 3 tbsp orange juice

1. Pre heat oven to 180 deg C (360 deg F).
2. Grease & 2 x10" tin, line with greaseproof and grease.
3. Place fat in large saucepan over a low heat till melted, then take pan off the heat.
4. Add orange juice and sugar to melted fat and stir well.
5. Add beaten eggs to the pan with the flour and beat until all ingredients are well mixed.
6. Pour mixture into prepared tin and bake for 1hr – 1 hr 10 min.
7. Make a thin paste with the icing sugar and orange juice and pour the mixture over the hot cake. Leave the cake to cool in the tin.

Keeps up to two weeks wrapped in foil and stored in a tin.

If you are going to eat this cake within a couple of days, you can use 8 fl oz (225 ml) of vegetable oil instead of butter and margarine.

Mother's Fruit Cake

1 large tin condensed milk
5 oz (125 g) margarine
8 oz (225 g) raisins
8 oz (225 g) sultanas
8 oz (110 g) cherries
4 oz (110 g) candied peel

8 oz (225 g) plain flour
2 level tsp. mixed spice
1 level tsp ground cinnamon
½ level tsp bicarbonate of soda
2 medium Eggs

1. Grease and line 7" tin

2. Heat oven to 150 deg C (300 deg F).
3. Put milk in saucepan with margarine, dried fruits, cherries and peel.
4. Place on a low heat until the margarine has melted, then simmer for five minutes.
5. Remove from the heat and cool.
6. Sieve flour, salt and bicarb into a bowl.
7. Make a well in the centre and add the two eggs and the cooled fruit mixture, mix together quickly beating well.
8. Pour the mixture into the prepared tin and cook on the middle shelf of the oven for 1¾ - 2 hrs.
9. Leave the cake to cool for 10 mins before removing from tin.

Mincemeat Cake

| | |
|---------------------------------|----------------------------|
| 5 oz (150 g) soft margarine | 3 oz (75 g) sultanas |
| 5 oz (150 g) soft brown sugar | 1 lb (450 g) jar mincemeat |
| 2 medium eggs | 1 oz (25 g) flaked almonds |
| 8 oz (225 g) self raising flour | |

1. Heat the oven to 160 deg C (325 deg F) and grease and line an 8 inch (20 cm) round cake tin
2. Place all the ingredients, except the flaked almonds into a mixing bowl and beat for about a minute.
3. Turn into the prepared tin, smooth the top and sprinkle with the almonds.
4. Bake for about 1¾ hours until golden brown and shrinking away from the sides of the tin. Cool in the tin.

Can be frozen sealed in foil, store for up to three months. Thaw for 4 – 6 hours.

Chocolate Yoghurt Cake

| | |
|--------------------------------|---------------------------------|
| 5 fl Oz (150 ml) vegetable oil | 8 oz (225 g) self raising flour |
| 5 fl oz (150 ml) yoghurt | 3 tbsp cocoa |
| 4 tbsp syrup | ½ level tsp bicarbonate of soda |
| 6 oz (175 g) caste sugar | ½ level tsp salt |
| 3 medium eggs | |

1. Pre heat oven to 160 deg C (325 deg F).
2. Grease and line an 8 inch cake tin.
3. Place oil, yoghurt, syrup, sugar and eggs in a bowl, beat until well mixed.
4. Sift flour, cocoa, bicarb and salt into mixture and mix well.
5. Pour mixture into tin and bake for 1 hr 30 min – 40 min, leave to cool in the tin.
6. Wrap in foil and keep for 2 – 3 days for flavour to develop.

Will keep for about a week in a tin.

Or you can cook this in a microwave.

1. Brush a deep 8” straight sided casserole (about 4 pint capacity) with oil.
2. Line the base with greaseproof paper and grease the paper.
3. Cook for about 9 minutes on high.

Frosted Ginger Cake

| | | |
|---|--------------------------|-----------------------|
| 2oz (50 g) butter | 4 oz (100 g) icing sugar | 1 Jamaica Ginger Cake |
| 6 oz (175g) caster sugar | 1 egg white | 2 tbsp hot water |
| Pinch cream of tarter | Drop of green colouring | |
| 1 oz (25 g) chopped crystallised ginger | | |

1. Cream butter and icing sugar, stir in chopped crystallised ginger
2. Split ginger cake in three horizontally. Sandwich with ginger cream.
3. Whisk caster sugar, egg white, hot water, drop of colour and cream of tarter in a bowl over a pan of hot water until thick and peaking.
4. Swirl over the cake.
5. Eat.

Morrison's Easy Bread recipe
from the back of their yeast packet

Ingredients

500g/1lb strong white bread flour
25g/1oz butter
1 ¼ tsp salt
7g fast action yeast (Morrison's or any other make)
300ml/10 fl oz warm water
2tsp sugar to give added flavour and thicker crust (optional)

Method

1. Mix together in a large bowl (or mixer bowl) the flour, optional sugar and salt, rub in the butter and then stir in the yeast.
2. Stir in the water and mix into a soft dough by hand or mixer.
3. Knead for 5 minutes in an electric mixer fitted with a dough hook, or turn it onto a floured surface and knead well for 10 minutes by hand.
4. Shape the dough and place in a greased 2lb loaf tin, or two 1lb tins (or on a baking tray which makes a flat loaf). Cover with a clean damp tea towel (this stops the dough drying out) and leave in a warm place until doubled in size for 1 ½ to 2 hours.
5. Uncover and bake in a preheated oven to 230C / 450F Gas 8 for 30 - 35 minutes. The baked loaf should sound hollow when tapped underneath.
6. Take the loaf out of the tin and cool on a rack. Cover with a damp tea towel if you prefer a soft crust.

We have been making this bread for about 18 months now and it always turns out well. We often mix it with small handful each of pumpkin and sunflower seeds, or make a fruit loaf with a good handful of raisins or sultanas. Have fun it is very easy to make.

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**The next Newsletter –
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date for submissions will be
21 November.**