

# St Helen's Church

## Magazine

### March 2025



Tuesday 4<sup>th</sup> March - Shrove Tuesday



... begins on Wednesday 5<sup>th</sup> March. Join us at 7.00pm, St Helen's Church, for our Ash Wednesday service



30th March 11.00am for Mothering Sunday Service

**£ Donations to help with production costs of our magazine gratefully received.**

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**Please feel free to contact any member of the PCC or Social Committee if you have a question or suggestion.**

[www.darleydale-southdarley-winstler-churches.org.uk](http://www.darleydale-southdarley-winstler-churches.org.uk)

### **A Lent Thought**

Today, Lent takes on a much deeper purpose in my life than it did when I was younger. It's truly a special time for spiritual growth. As a younger person I saw it as a period of sacrifice and abstinence, almost like a Paramilitary exercise run. It is much more than that. It is also about reflection, repentance, and alms-giving. I embrace lent, as it gives me the opportunity to get closer to God. It allows me to prepare for Easter, similar to how Advent prepares us for Christmas. But sometimes we can be so busy doing churchy things we're too tired to work on our relationship with God. Or maybe we should say, our friendship with God



**THE THREE PILLARS OF LENT**

Lent is the time where we focus on God and make a more concerted effort to put Him first in our life. In March and April, we can spend some time thinking, and reflecting on our relationship with God. It's a challenging time where you and I take a hard look in the mirror and identify where I can make changes – where I don't practise what I preach.

### **Fasting and Abstinence**

In addition to the usual abstinence and fasting on holy days, I gave some thought to what I would give up that year during Lent. Years ago, coffee, chocolate and sweets would have been the contenders. However, we need to look deeper. I wanted to choose something that perhaps was taking me away from God. Giving something up is great, but taking action is even better. Think of an action you can do to make the world and our communities better.

When we identify what we want to give up during Lent, it makes us become aware how much we depend on other things rather than God and how they are leading us away from or neglecting Him. Look at the saints; look at people of our community etc.

### **Almsgiving**

Lent is also a time to evangelize, to preach the message, 'Go and sin no more'. In Lent we need to know that we are loved by God. But God doesn't just love me; God loves all people. There is no one walking the earth today whom God doesn't love. It's a time to remember all those less fortunate and give back in a way that can help them. We can think of people in need near and far. There is poverty and need on our streets and in countries the other side of the world. All need serving.

### **Reflection & Repentance**

In this very noise-filled and media-cluttered world, it is becoming harder to hear God's voice. Add to that how "time-starved" we are, with a growing "list of to-do items" every day. But where is God on our to-do list? How often do we spend quality time with God in *silence*, meditating, praying, and repenting? This is why we vow to turn off all distractions and spend time with God. After all, if my goal this Lent is to grow in my relationship with God, how can I do so without spending more one-on-one time? I look forward to the Holy Spirit guiding me further on what I am called to do.



I hope and pray that you deepen your love of God this Lent. Please pray for me and I'll be praying for you every day.



Love & Prayers.

**Revd Stephen Monk**

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### **Annual Church Report (repeated from last magazine)**

The PCC has decided that the Annual Church Report should be distributed by email this year. If I have your email address you will have received an email from me about this. If you haven't and would like to

receive the report via email, please let me have your email address. For those who do not communicate in this way and would like a printed report please let me or one of your church leaders know as soon as possible but no later than Friday 7th March and I will arrange to have one printed for you. The report will be shorter this year with only brief comments about activities which take place in our parishes and only those reports required according to Church Representation Rules. The Annual Parochial Church Meeting will take place on **Sunday 6th April after the mid-morning service at St. Helen's**. Please make a note in your diary, it would be good to see as many people there as possible. If you would like to put forward a motion for consideration at the APCM please let me have the wording by Friday 7th March. With my thanks and best wishes to you all,  
**Penny Dakin, PCC Secretary**

## Lent

4<sup>th</sup> March – Shrove Tuesday

**5<sup>th</sup> March – Ash Wednesday 7.00pm service at St Helen's**

**7th March 3.00 p.m. The World Day of Prayer,  
Holy Trinity, Matlock Bath**



### Lent Groups:

#### For the 5 churches in the two benefices

We are following Sheffield Diocese course. Each part stands alone so you don't have to worry about missing some.

**It's at Holy Trinity Church. starting this coming Tuesday, 4<sup>th</sup> March at 7.30pm.**

#### **Methodist Church** from Monica Render

We are holding our Lent Bible Study at **Matlock Moor Chapel** this year as, due to our development, Darley Dale Methodist Church is not available every Monday evening.

The details are below. Folk from St Helen's are welcome to join us.

## Lent Bible Study 2025 Big questions in the Bible

Darley Dale Methodist Church Lent Bible study this year will explore a number of interesting questions and themes, examine what the Bible says about them and how we might respond in faith in our everyday lives.

1. A different way of life - Christian Counter Culture
2. Jesus Wept!
3. Freedom or cost?
4. Heaven calling
5. Oh Hell!
6. No! Surely not Lord!

A series of **6 Bible Studies** starting on **Monday 10<sup>th</sup> March at 19.30**

The Bible Study will be held at Matlock Moor Methodist Church.

Please note there is no parking at Matlock Moor. Please do not park on the new Housing Estate (Bentley Brook). Please park on Lumsdale Road, which is the road leading to Highfields School.

If you need a lift between the church and where you have parked please let Anne Welch ([laypastor.midderbyshirecircuit@gmail.com](mailto:laypastor.midderbyshirecircuit@gmail.com)) know and she will arrange this. There will be a Park and Ride using the Circuit Mini Bus from Darley Dale Methodist Church.

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### Churches Together in Matlock and Darley Dale Prayer Breakfast

**Saturday 15<sup>th</sup> March 2025**

**0830 to 1045**

#### *Church in the Peak*

Lime Tree Business Park, Lime Tree Rd, Matlock, DE4 3EJ

Please contact [churchestogethermatlock@gmail.com](mailto:churchestogethermatlock@gmail.com)  
for more information, to give numbers attending, and to inform us  
of any allergies / requirements etc

**Invite  
open to  
all**

# March Diary

Open Door Sunday 2<sup>nd</sup> March 2.00 -3.00pm



**Chill and Chat with Coffee Toddler Group**  
**in St Helen's Church Hall**  
**Thursdays 9.30am to 11.00am**  
**term time only**

Coffee bar open for tea, coffee, toast and biscuits throughout the morning. Toys, activities, and snacks for the children.

**Thursday Coffee Social – most Thursdays**  
**12noon to 2.00pm** In St Helen's Church Hall –  
**but you can come for a cuppa from 11.00am**



a space and time to relax and enjoy good company.  
Everyone is welcome. We are now serving soup with bread.  
For more information contact **Ann Bradley** Tel 735776

## **Prayer Meeting Saturday 8<sup>th</sup> March 9.30am**

**(in the church unless it's too cold).** You can pray as you feel led or prepare something in advance. You don't need to pray aloud at all, other than an Amen at the end of a prayer.



Also, don't forget there's coffee/tea and cake afterwards at the Coffee Morning! Feed the soul, mind and body!

## **The Saturday Coffee Morning**

**Saturday 8<sup>th</sup> March 10.00am to 12noon**

Home-made scones and cakes and a time to relax with friends. Take time out from Saturday chores and come and join us! Bring a friend or neighbour! Or both!



**If you are a baker, a cake contribution would be great!**

## **Monday Lunchers are meeting again:**

**Salt 10<sup>th</sup> March**

**Pepper 17<sup>th</sup> March**

11.45am for 12noon at the Terrace Café, the Whitworth.

Contact Ann Bradley for more details and if you would like to join one of the groups Tel 735776



## **Ecumenical Holy Communion**

**Friday 14<sup>th</sup> 11.00 a.m.**

**at St Helen's**

Come if you can for a time of worship and fellowship with our Methodist brothers and sisters.



## Home Groups

### Thursday Ecumenical Home Group

meets fortnightly on a Thursday evening.

For more details contact Margaret on 735778



**Thursday Group** led by Diana Wills will now be meeting monthly in the afternoon.

For details of when and where contact Diana on:

[dwills@doctors.org.uk](mailto:dwills@doctors.org.uk)

**The Worship Group** meets most Wednesdays 6.00pm in church, as arranged. Contact Dea Ayling or Stephen and Jayne Walker for more information and if you are interested in joining.



To book the church hall for any event or activity and availability and charges please contact Steve Walker on 01629 55863 or [yourlifeyourchoice2013@gmail.com](mailto:yourlifeyourchoice2013@gmail.com)

## Looking forward to Easter

**Palm Sunday 13<sup>th</sup> April**

**Maundy Thursday 17<sup>th</sup> April**

**Good Friday 18<sup>th</sup> April**

**Saturday Tenebrae quiet service 19<sup>th</sup> April**

**Easter Sunday 20<sup>th</sup> April**



# Looking at God

*Editor: Canon Paul Hardingham considers*

## **A Lent Reflection**

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, *'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!'* Rather than seeing Lent simply as a time to give things up, let us use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus' baptism, God's voice says, *'You are My Son, whom I love; with You I am well pleased.'* (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, *'who am I?'* It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

## **Bearing fruit takes time**

The nine fruits of the Spirit are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. We don't strive

for the fruits of the Spirit, rather we plant ourselves in good soil, allow ourselves to be fed by the Holy Spirit, keep taking in nourishment, turn to face the light of Christ and these fruits will develop and grow in our lives.

Can you tell whether a tree is an apple tree or a pear tree? Not easily when they are in blossom, but very easily when they bear fruit. Bearing fruit takes time and a lot of planting, preparation, nurture and growth.

March is the time of year when gardeners begin to plant seeds ready for summer, but patience is needed – the seeds will take a while to germinate, and the gardener needs to write the names of seeds on labels and not forget which are fruit, flowers and vegetables. The seeds need to be in the dark, or the light, or the warmth or the cool, depending at what stage of life they are at.

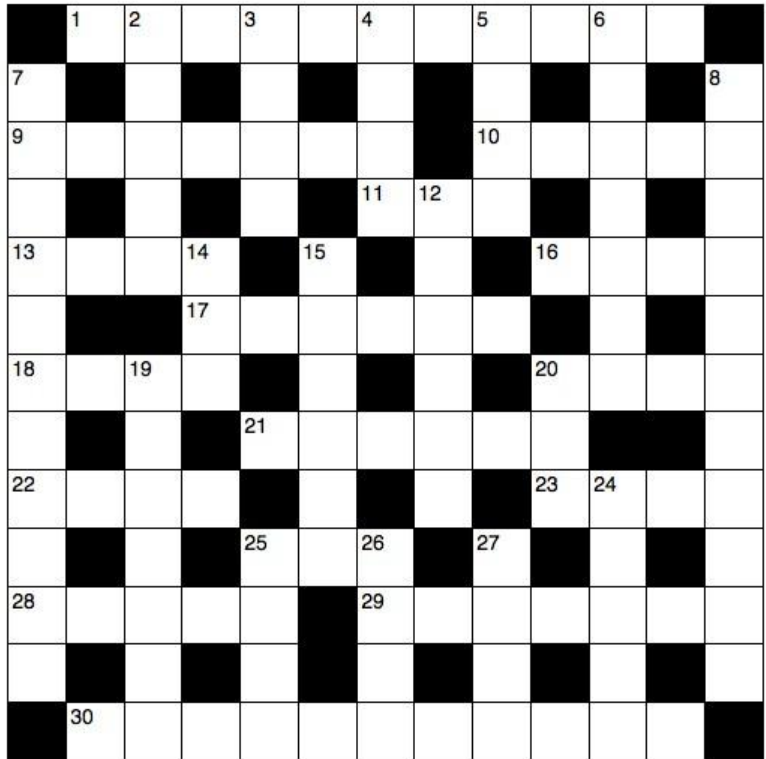
So too, is God with us. God writes our names on His heart; God knows what fruit we can bring forth. God nurtures us and gives us light to grow. But first, we need to be planted and that can be scary.

Maybe you are feeling in a cold dark place this March, maybe it feels as if you've been buried, maybe you've got a weight above you and you can't see the way out. Just think that maybe you've been buried because you've been planted.

With patience there will be warmth and light, be like a seed, trust God, and begin to grow out of the darkness towards God's marvellous light. We won't see fruit immediately; we have to be nourished and mature and ripen. Patience will be given to us, fruit of the seed of the Holy Spirit.



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**Across**

- 1 These letters come between Romans and Galatians (11)
- 9 'You will not — me to the grave' (Psalm 16:10) (7)
- 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The — of God Incarnate(4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)

- 22 'You — me together in my mother's womb' (Psalm 139:13) (4)  
 23 Edit (anag.) (4)  
 25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)  
 28 Abraham's brother (Genesis 22:23) (5)  
 29 'When Mordecai learned of — that had been —, he tore his clothes' (Esther 4:1) (3,4)  
 30 Sympathetic (Proverbs 11:16) (4-7)

### Down

- 2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)  
 3 Integrated Services Digital Network (1,1,1,1) 4  
 4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)  
 5 Concept (John 8:14) (4)  
 6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)  
 7 Industrious (2 Timothy 2:6) (11)  
 8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)  
 12 'Out of the same mouth come — and cursing' (James 3:10) (6)  
 14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)  
 15 Vitality (Job 20:11) (6)  
 19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)  
 20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)  
 24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)  
 25 Parched (Matthew 12:43) (4)  
 26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)  
 27 Disparagement (Psalm 15:3) (4)

**Answers on Page 19**



**Please Note;**

**All items and information for the April Magazine to be with me by the 17<sup>th</sup> March.**

**Thank you**

**Chris Townsend christownsend2@sky.com**



The vicar realised that deciphering and trying to make sense of esoteric texts was still an important part of the job

## Smile Lines

### **Beware of these contagious diseases in church**

*Frontophobia:* A morbid fear of the front seats in church. The sufferer is struck by an attack just inside the church door, and so collapses in the nearest back seat.

*Ear Frequency Destruction:* Caused by sitting near the loudspeaker when the minister is singing full volume, off-key, etc., into the microphone.

*Sermonic Throat:* A dreaded choking caused by the start of the sermon. The sufferer unwraps a sweet very slowly and noisily, which seems to effect a complete cure.

*Double Auricular Clearance:* A condition due to the simultaneous opening of both ear ducts, which allows sound to enter one ear and leave the other without any absorption thereof. Condition is acute during Bible reading and sermon.

*Accelerated Vocal Response:* A condition which causes the sufferer to try to sing faster than the organ.

*Retarded Vocal Response:* A condition which causes the sufferer to try to sing slower than the organ.

*Theexits:* A condition where the sufferer rushes for the exit before the minister gets there.

*Church Meeting Paralysis:* This can strike suddenly, when a post in the church needs filling. A good dose of enthusiasm works wonders with this sad affliction.

(Any of the above ring any bells?)

## Looking at Church

*Editor: By David Pickup, a solicitor*

### **Small talk by the riverbank**

*"... The next day we went on to Neapolis. From there we travelled to Philippi, a Roman colony, and the leading city of that district of Macedonia. And we stayed there several days.*

*On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there. One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul's message. When she and the members of her household were baptised, she invited us to her home. "If you consider me a believer in the Lord," she said, "come and stay at my house." And she persuaded us. - Acts 16:11-15*

One of the great things about going to church on Sundays is the chance to chat with people.

Of course, there are some topics on which you need to tread lightly, especially when you meet someone for the first time. For example - their beliefs in religion and politics.

For this reason, I have known people in my congregation for years and still have no idea about which party they support or who they vote for. (I presume they believe in God, because they keep coming to church.)

Why are some subjects so loaded with potential trouble?

The reason is that the answers can be divisive. They will put you in one camp or another. I met a visitor from America recently and wondered if I should bring up politics. This was just before the inauguration of President Trump. Fortunately, the American brought it up, and was



quite open, and we were able to discuss it without worry about giving offence.

So – people chat in church. And according to these verses, they have been doing that for 2,000 years – since St Paul began to start churches.

I like this particular conversation between two strangers, St Paul and Lydia. I expect politics and religion were not easy topics for small talk even then. Talking to a stranger was risking being misunderstood. It was a casual chat, but Paul skilfully used the contact to lead Lydia to faith in Christ. She became the first convert in Greece, which of course meant she was the first Christian in a church in Europe.

One good thing about Christianity, is that it is about breaking down barriers, not building them up.

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## **2025 – time for a new Church Electoral Roll**

This is the year when EVERYONE gets dumped off the Electoral Roll – and needs to make a definite decision to come back on again.

It happens in the Church of England every six years. Whereas for five years, the Electoral Roll is revised annually our Electoral Roll Officer, in this sixth year, the roll is dissolved, and we must all re-apply and re-commit ourselves.

That’s the quick way of explaining it. If you want a detailed and clear legal break down of how exactly it works, you can find it at <https://www.churchofengland.org/about/leadership-and-governance/legal-resources/church-representation-rules>

If you manage to wade through all the details of the process, and understand them, it will leave you with admiration for the person in your church who has been brave enough to become the Electoral Roll Officer!

(It’s Sue Young at St H’s. She has been giving/sending out the forms! Our thanks go to her! *Chris*)

## Looking at you

### Why a glass of milk may help save your life



Drinking a glass of milk a day could cut the risk of you getting bowel cancer by almost a fifth.

So say researchers at the University of Oxford. They have found strong evidence that calcium protects against the deadly disease.

According to the data, it takes only an extra 300mg of calcium a day (found in a large 240ml of milk, or a couple of pots of yoghurt) to result in a 17 per cent lessening of the risk of bowel cancer.

Currently, one in 20 women and one in 17 men in the UK will be diagnosed with bowel cancer during their lifetime. It affects around 44,000 people each year in the UK.

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### And still the potholes grow

It is Spring, and daily it gets easier to walk outside.

But not easier to drive. Not on our pothole-plagued local roads.



There are currently an estimated million potholes across the UK. And they need a staggering £16.3 billion to fix them.

All in all, they are a “national embarrassment”, according to the chair of a House of Commons committee, the Public Accounts Committee (PAC).

Sir Geoffrey Clifton-Brown MP says: “As well as harming the prospects for our economy and communities’ own social wellbeing, highways riddled with potholes pose an increasing safety threat to road users.”

Potholes do terrible things to car tyres and wheels, but even worse things to cyclists who cannot avoid them in heavy traffic. People have died because of potholes.

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## The crisis in our A&E departments

Reform the NHS, or half the population could end up in A&E. That is the dire warning of the medical director for NHS in England.



Sir Stephen Powis says that the health service must ‘go for broke’ in delivering more care outside of hospitals, if the A&E system is not to face a total collapse. There are simply too many of us turning up at A&E departments.

Looking ahead, Sir Stephen, the top doctor in England warns: “If A&E attendances increase at the same rate as they have over the past 10 years, NHS staff will need to manage *six million more A&E attendances every year from 2034*.”

In the end, that would mean “the equivalent of almost half the population attending A&E at least once every year – that is not feasible for a 21st-century health system. Instead, millions of patients will need to receive the care and support they need outside of a hospital.”

Sir Stephen’s warning came in a recent speech to the Liverpool Medical Institution.

**Crossword Answers: ACROSS:** 1, Corinthians. 9, Abandon. 10, Eglon. 11, Spa. 13, Deem. 16, Hi-fi. 17, Abijah. 18, Ohad. 20, Myth. 21, Now see. 22, Knit. 23, Tide. 25, Arm. 28, Nahor. 29, All done. 30, Kind-hearted. **DOWN:** 2, Of age. 3, ISDN. 4, Tens. 5, Idea. 6, Nullify. 7, Hardworking. 8, Enlightened. 12, Praise. 14, Mad. 15, Vigour. 19, Abishai. 20, Met. 24, Is one. 25, Arid. 26, Male. 27, Slur.

## United Benefice Services in March

### St Helen:

**2<sup>nd</sup> March:** 11a.m. Holy Communion at St. Helen's Darley Dale  
2 p.m. Open Door at St. Helen's Darley Dale

**5<sup>th</sup> March: 7 p.m. Ash Wednesday Service**

**9<sup>th</sup> March:** 8 a.m. Holy Communion (BCP) at St. Helen's Darley  
11 a.m. All Age Community Service

**Friday 14<sup>th</sup> March 11.00 a.m. Ecumenical Holy Communion**

**16<sup>th</sup> March:** 11 a.m. Holy Communion

**23<sup>rd</sup> March:** 11 a.m. New Beginnings at St. Helen's,  
Café open 10.30 a.m.

**Friday 28<sup>th</sup> March: 11 a.m. Holy Communion**

**30<sup>th</sup> March: 11 a.m. Mothering Sunday Service**

### St Mary:

**2<sup>nd</sup> March:** 10 a.m. Holy Communion at St. Mary's South Darley

**16<sup>th</sup> March:** 10 a.m. Holy Communion Service

**23<sup>rd</sup> March:** 10 a.m. Morning Worship

**30<sup>th</sup> March: 10 a.m. Mothering Sunday Service**

### St John:

**9<sup>th</sup> March:** 4 p.m. Informal Service at St. John's Winster

**23<sup>rd</sup> March:** 4 p.m. Informal Service at St. John's Winster

**Monday Evening Zoom Service 7.00pm to 7.30pm.**

Contact Chris Townsend for information and access invitation:  
[christownsend2@sky.com](mailto:christownsend2@sky.com)

**Don't forget clocks go forward on the 30<sup>th</sup>**



For information on all the above please visit:

[www.darleydale-southdarley-winster-churches.org.uk](http://www.darleydale-southdarley-winster-churches.org.uk)