

St Helen's Church Magazine

September 2023



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*Lord God,
strengthen our faith
and teach us to trust in your love
that we may live each day
with confidence
in the hope you give us
through Jesus our Saviour*

£We do not charge for our magazine but a donation is always appreciated to help with production costs£

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

**All enquiries and more information on all services and events:
www.sthelensdarleydale.org.uk**

September Letter on Compassion.

The word Compassion has always fascinated me and also challenged me. This word seems so important to any society which wishes to live by Christian Values. Yet, often it seems people try to circumvent it; and in the 21st Century, we still seem to find it a challenge to be open to people who are vulnerable. I feel it's both life giving and also extremely helpful, when appropriate, to allow other people see our own brokenness. In that open and honest relationship, we can serve and be served.

Jesus taught that we need to walk along with people, to listen to other people, to speak words of love, hope and challenge. Jesus shows us that Compassion is an important gift and value for any of His followers. Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.

The truth is, none of us are perfect and none of us have everything together. And yet, Jesus entrusts us to be people of Compassion in a joyful way. This September when we return to our normal routines after the holiday season, may we all work together for the needs of the people of the earth near and far. This September may we all work together to serve all of our community. May that compassion and love cause a ripple effect to all who experience it.

My hope and my prayer are that we never get tired in doing what is right; doing what is just, loving and yes, compassionate. Please don't get upset or anxious. Acts of compassion may well be very small things, very hidden or even common.



Please remember that you need to open your heart to the Love of God. I certainly know I do! Then we can be Christ like in our compassion.

God bless you and your loved ones. **Stephen Monk (Revd)**

Schools

Please remember to pray and support our local schools as pupils and all the staff return after the summer holidays. Let's keep them all very much in our prayers.



Stephen

MAST

For anyone who is unfamiliar with MAST, it stands for **Matlock Area Schools Trust**. **95%** of under 18's are not in church (a statistic from Scripture Union). MAST's mission is to reach the 95%.

Hannah Will and Chloe Clayson are the current MAST Schools Visitors. They support schools in Matlock and the surrounding area by visiting schools to deliver Collective Worship and to give 'Walk through the Bible Presentations' in R.E lessons. The schools include Winster and Churchtown schools. **But** it's not just that children are not in church, it's that they know so little about God and the bible – even in our church schools.

Of course, Hannah and Chloe hope and pray that children they work with will come to know God through their ministry. They also pray that seeds will be planted, take root in hearts and that in God's perfect timing -possibly now but possibly in the future, children/people will come to him.

We need to support Hannah and Chloe in our prayers and we are looking at ways we can work more closely with them, particularly in the new style of Family Community Service we are developing.

Chris Townsend

For your information and prayer

11th September As some of you will know, the vacancy for a priest in the Matlock area has been advertised twice but with no applications received.

The Archdeacon has called a meeting on the **11th September at 7.30pm, St Giles Church, Matlock**, to pray, discuss and try to discern the best way of moving forward. Clergy, Readers and members of our PCC will attend but anyone in our congregation is welcome to come along. Please do pray for this important meeting.

St Helen's September Diary



Special services and events to note:

Sunday 10th 11.00am Songs of Praise with Baptism

Sunday 17th 3.00pm Wedding Celebration service

We have made this the main service of the day in the hope that all our congregation will come to support those who have been married recently or longer ago in our churches or elsewhere. It's an opportunity to give thanks and remember vows taken. Plus, it's Back to Church Sunday, so why not invite a friend or neighbour?



Saturday 23rd 8.30am in the Church Hall –

Churches Together in Matlock and Darley Dale Prayer Breakfast.

Open to everyone. 8.30am breakfast. 9.30am Prayer
Further details to come.

Regular services and events:

Sunday 3rd 2.00pm Open Door

Family fun for everyone!

St Helen's Church, near Churchtown School, DE4 2GG.

2pm every 1st Sunday in the month

All welcome, disability friendly. GIVE US A GO!

Friday 8th 11.00am Ecumenical Holy Communion in church. Do come and share this special service with our Methodist brothers and sisters.



Monday 11th and 18th Monday Lunchers

meet 11.45am for 12noon

at the Whitworth Terrace Café:

Salt the 11th. Pepper the 18th



Saturday 9th Monthly Prayer meeting – 9.30 to 10.00pm in the church.

It's always the same day as the Coffee morning so spiritual food can be followed by food for the heart!



Saturday 9th 10.00am to 12noon in the Church Hall

Do support this if you can. 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!



Friday 22nd 11.00am Holy Communion



Sunday 24th New Beginnings:

Café opening **10.30am** for an **11am** start
All ages are welcome
Community based, café, modern approach, Live
music/worship.
Fun, child friendly, interactive, friendship.
For more info. 01629 55863 or 07817802585

Chill and Chat with Coffee

**Chill and Chat with Coffee restarts on Thursday
21st September** in St Helen's church hall. We run a



toddler group during term time from
8.45am to 11.00am with children's activities
and snack.



Our coffee bar offering drinks, biscuits and toast is also
open all morning for everyone with or without children. There is no
charge but if you are able, we welcome donations to cover the costs.
Do come and join us.

For further information contact Diana on **07526168354**.

**Thursday Coffee Social 12noon to 2.00pm
in the Church Hall**

A time to enjoy some company with tea/coffee and
light refreshments. **Bring your own packed lunch, if
you would like to.**



Contact: Chris Townsend for more details 01629 56622

**Why not book our church hall for your meetings, group sessions or
parties? For details and availability
Contact Chris Townsend on 01629 56622
or christownsend2@sky.com**

Home Groups and the Worship Group:

Thursday Ecumenical Home Group

14 Park Avenue

Meets fortnightly – contact Margaret Long on 735778
or email margaretlong583@gmail.com

Thursday Home Group – alternates between a Zoom meeting and a face-to-face meeting starting with a shared meal at Meadow Cottage, Snitterton - contact Diana Wills dwills@doctors.org.uk
Or telephone number as above (Chill and Chat with Coffee)

Worship Group – meets every Wednesday 6.00pm in church. Contact Dea Ayling or Stephen and Jayne Walker



Looking ahead

October:

Sunday 8th 11.00am Community All-age Harvest Service,
followed by Harvest Lunch. More details to come

**Sunday 15th 10.00am United Benefice Harvest Service at
St John's, Winster**

Sunday 29th 10.45am United Benefice Service at All Saints

November:

Sunday 5th 3.00pm Bereavement Service

Sunday 12th 10.45am Remembrance Service

Calling all bakers or cake mix buyers



We will be asking for cake contributions for some of our special services and events.

The social Committee will let you know what and when. Look out for (or listen out for) details in the magazine, Newsletter if produced, and announcements in church

The Lighter side of Church Life

Smile Lines

Off to school

Mother to young daughter after first day at school: "Well, dear, what did they teach you today?"

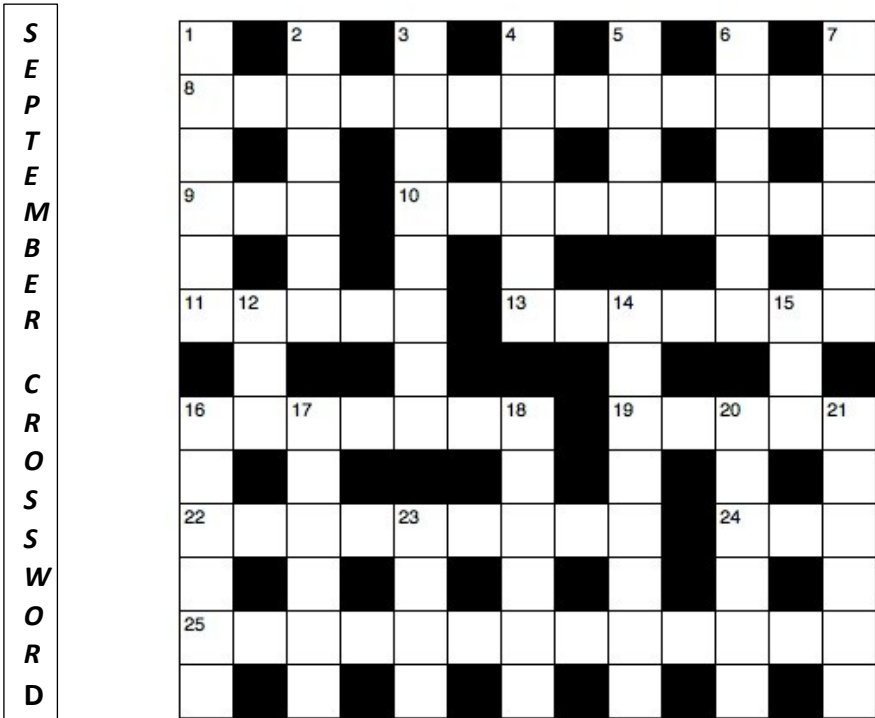
Daughter: "Not much. I've got to go back again tomorrow."

In common

I was the supply teacher for a class that was learning about groups. In one exercise, pupils were asked to label a group of items according to their common characteristics. Pictured were onion rings, doughnuts, and party biscuits. The correct answer would have been that all the items have holes in the centre.

But one health-conscious boy pointed out: "All of those things contain far too much cholesterol."

The things taught in colleges and schools are not an education, but the means of education. - *Ralph Waldo Emerson*



Crossword Clues

Across

- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)
- 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)
- 10 Uncomfortable (3,2,4) 11 ‘Yet I have loved Jacob, but Esau I have — ’ (Malachi 1:3) (5)
- 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)
- 16 ‘Jesus bent down and — to write on the ground with his finger’ (John 8:6) (7)
- 19 Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)

24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)

25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

1 Rough drawing (2 Kings 16:10) (6)

2 See 24 Across

3 Underground literature (including Christian books) circulated in the Soviet Union (8)

4 Lo, mash (anag.) (6)

5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)

6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)

7 Can be seen in a dying fire (Psalm 102:3) (6)

12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)

14 Second city of Cyprus (8)

15 United Nations Association (1,1,1)

16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)

17 Braved (anag.) (6)

18 — of Evangelism, outreach initiative in the 1990s (6)

20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)

21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)

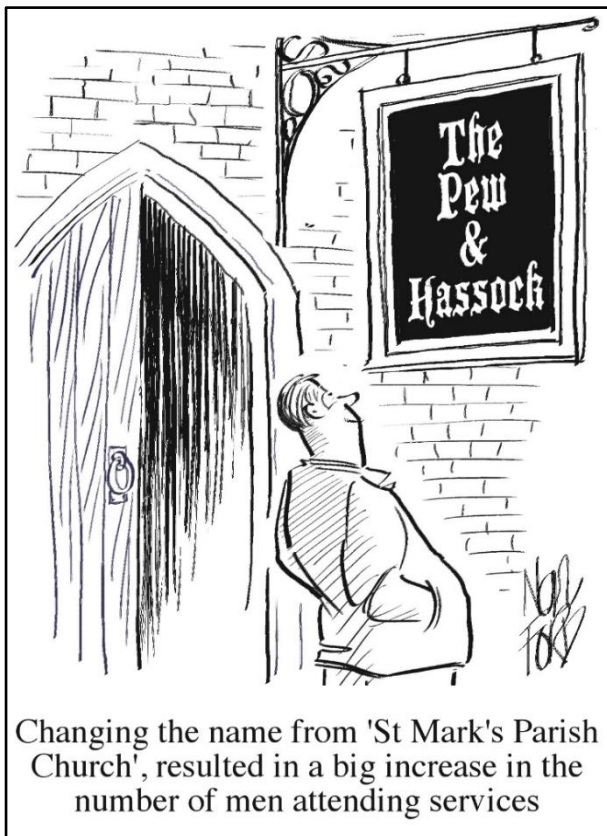
23 What Jesus shed in 5 Down (4)

Answers on Page 27

Observations on our Christian faith

You are a Child of God. Please phone home! - *Anon*

Prayer moves the hand which moves the world. - *Anon*



(Perhaps it beats the Men's Prayer Breakfast which has been suggested as an idea to reach menfolk for decades! *Chris, Editor*)

General ponderings.....

I wonder what Facebook employees do, to waste time at work?

Scientists have finally discovered exactly how much sleep a human being needs ... just five minutes more.

People say 60 is the new 40. The policeman who just pulled me over didn't agree.

Editor: This month brings us Back to Church Sunday (17th Sept), when church members are encouraged to invite their friends and neighbours to come along.



Come back to church!

To encourage you to attend, how about if we offered:

- Beds - for those who say Sunday is their day to sleep-in.
- Safety helmets – for anyone who fears the roof would fall in if they entered a church door.
- Blankets and hot water bottles – for those who find our church too cold.
- Fans and ice cream - for those who find our church too hot.
- Cushions - for anyone who find our seats too hard.
- Bicycles – for those who exercise on Sunday mornings.
- Hearing aids - for those who find the minister speaks too softly.
- Cotton wool - for those who find the minister speaks too loudly.
- Score cards - for all who want to rate the hymns/sermons/coffee.
- Ready-meals - for anyone who can't come because they have to cook Sunday lunch.
- Some flowers - for those who prefer to seek God in nature.
- Christmas poinsettias and Easter palms - for all those who have never seen the church without them.

See you Sunday!!

Spiritual Reflections

Editor: Canon Paul Hardingham considers the choosing of Matthew

Saint Matthew the tax collector

Jesus saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' He told him, and Matthew got up and followed Him. (Matthew 9:9).

This month we remember Matthew's call as one of Jesus' 12 apostles. It consisted of a simple invitation, 'Follow me', and an immediately response. The resulting meal at Matthew's house also helps us to understand the challenge of His call.

Jesus' welcome:

At the dinner many tax collectors and sinners came and ate with Him and His disciples (10). Jesus welcomed each person unconditionally, in a way that most Jews would not! In the same way, Jesus welcomes us and shows us how we should welcome others. Our welcome cannot be conditional, expecting people to be like us or to behave as we expect.

Jesus' challenge:

When the Pharisees saw this, they asked His disciples, 'Why does your teacher eat with tax collectors and sinners?' (11). The Pharisees were upset and avoided sinners, because they believed only the pure and untainted could have access to God. However, Jesus reminded them that they were witnessing God's love in action: 'It is not the healthy who need a doctor, but those who are ill.' (12). When God is at work in the lives of those we don't expect, we need to let Him open our hearts to embrace and encourage what He is doing.

Jesus' compassion:

But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners. (13). The Pharisees were so committed to keeping the law, that they had forgotten God's heart of compassion. Our religious practice is meaningless

without love and mercy towards others. In what ways can we express love towards others, especially those outside the community of faith?

Editor: Canon Paul Hardingham continues to his year-long series on the Spiritual Disciplines.

Spiritual Disciplines: Service

‘Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you.’ (John 13: 14-15).

We are all familiar with those requests for more to ‘*serve on a team*’ at church, whether the coffee rota or with the children. However, these can hinder our understanding of the spiritual discipline of service.



The discipline of service involves learning from Jesus’ example, when He washed the disciples’ feet. Like His disciples, we are all called to take the place of a servant and be willing to serve those around us. Richard Foster in *‘Celebration of Discipline’* contrasts *‘self-righteous service’*, human effort wanting to impress others and be rewarded, with *‘true service’*, which is rooted in our relationship with Jesus and delights in the service itself.

In his book, Richard Foster highlights the value of small, everyday sacrificial acts of service which flow from the place of being a servant: *‘service is not a list of things to do, though in it we discover things to do. It is not a code of ethics, but a way of living.’* He goes on to highlight a number of acts of service, including: hiddenness (working behind the scenes); small acts of service; guarding the

reputation of others; being willing to be served ourselves; practising hospitality; listening and bearing the burdens of each other. We need to pray for wisdom and discernment, so that we know when to say 'yes' and 'no' to serving. If we say 'yes' too much we can easily find ourselves becoming bitter or burned out!

Why not make it your prayer each morning: *'Lord Jesus, if it would please You, bring me someone today who I can serve?'*

Editor: The Revd Dr Jo White continues her series on finding faith in the fabric of our church buildings.

Reflecting faith – pews and chairs

Most of us think of pews as having been installed at the same time the church building was built, with occasional upgrades over time. But that's not the case.

Originally church floors consisted of little more than stone flags or beaten earth on which grasses or rushes were lain as a renewable winter covering for cleanliness and insulation. Each year, in late summer, the old and rotten rushes were cleared out and new ones taken to the churches in carts. There are still a number of English towns, in particular in the north of England, that celebrate 'Rushbearing' each year.

The people stood for all the services. However, it was recognised that the infirm and elderly needed support, and stone benches - often backless - were placed by the walls for them. It was not until the Protestant Reformation in the 1500s that wooden pews were introduced for everyone to be able to be seated.



Naturally, people being people, there were pews and then there were *pews!* Society was organised in classes or hierarchies and the and more important folk had the best

seats near the front so they could hear what the priest was saying and watch the service.

One's place to sit was arranged by your place in Society, so the poorer and least important were at the back.

Sermons alone could be lengthy; two hours was not unusual, and if you could pay for privacy to doze off and some form of personal heating for winters, then clearly that made sense.

This month

Have a look at the seating in a church near you. Are all the chairs or pews the same? Are some more elaborately decorated or larger? Is there a difference between the pews in the nave for the congregation and those for the choir and different again in the sanctuary? Does any of this reflect your faith?



In the (Church) News

Church of England announces £13 million of grants to reach children, youth and families

Awards of nearly £13 million have been made for dioceses to help churches reach more children, young people and families, from toddler groups to apprentice youth ministers. These come as the latest round of grants for mission from the Church of England.

The grants from the Strategic Mission and Ministry Investment Board of the Archbishops' Council aim to revitalise parishes and start new congregations. The investments build on already successful projects to create new congregations and reach children and young people in areas including Bolton, Bournemouth, Guildford, Southampton and Wakefield.

In the Diocese of Guildford, £3.27 million has been awarded for the first phase of a nine-year project to reach young people of secondary school age. In the Diocese of Manchester, £2.77 million

has been awarded to build on the Diocese’s Children Changing Places project.

Let’s pray that Derby Diocese will see some of this money funding projects and outreach in Derbyshire and in Matlock and the Dales! There is work going on in our schools but we need more help. As well as the third stipendiary (paid) minister perhaps the area could have a Youth Worker?
(See Page 4 Re the work of MAST and our growing link with them.

Parish ‘at very heart’ of God’s mission, General Synod hears

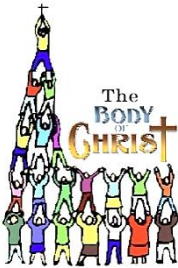
The General Synod has recently backed the parish as key to the spreading of the message of the Christian faith, in a debate where the local church was described as ‘at the very heart’ of God’s mission.

Members were told that the parish system is central to the Church of England’s Vision for growth, in a debate led by Revd Canon Kate Wharton, from the Diocese of Liverpool.

“The parish system exists not so that we can be territorial and protective of ‘our patch’ and work only in our own silos, but so that we can ensure that every single soul in the land is held within a system in which they matter and can be known.”

The General Synod members voted to welcome the Church’s commitment to increasing the numbers of ordinands, as well as an increasing emphasis on lay ministry and the expansion of Licenced Lay Ministers.

“This isn’t about survival, somehow bringing in enough people and enough cash to ensure we can keep going,” Canon Wharton said. “Rather, this is about a community of believers coming together to dream dreams with God about what might be possible in His perfect plan for their future.”



(This is also to the point, as we are still needing a third minister, and all the churches in Matlock and Darley Dale, South Darley and Winster, continue to do all we can to serve our communities. *Chris, Editor*)

(In the light of the recent global weather catastrophes and their consequences the following two items are very apt.)



General Synod calls on Church and Government to move faster on climate emergency

The Church of England’s General Synod has recently called for renewed action from the Church and Government to tackle the impact and causes of climate change.

A motion brought by the Diocese of Oxford called on all parts of the Church to review policies and procedures in order to give due priority to creation care. It also asked the Government to review planning regulations to aid the installation of renewable technology on church buildings that are listed or in conservation areas.

It also commended the National Investment Bodies for their decisions to divest from fossil fuels, called for regular prayer, and

encouraged the opportunity for confirmation candidates to make commitments to safeguard the integrity of creation.

Synod members also heard from National Advisors on Net Zero and Environmental Affairs, who said the recent approval of solar panels on the roof of King’s College Cambridge could prompt acceptance of more renewable installations elsewhere.

The motion asked for national services, such as the Parish Buying scheme, to build capacity to put cost-effective utilities and supplies within the reach of all parishes.

Additionally, it asks Bishops and the Liturgical Commission to encourage Confirmation services to consider including an additional question, inviting candidates to commit to striving to safeguard the integrity of God’s creation, and sustain and renew the life of the earth.

The Persecuted Church

Conflict in Sudan puts Christians at greater risk

Since the fighting broke out in Sudan this April, thousands have been killed and several million have been displaced.

Ceasefire attempts by the warring parties – the Sudanese Armed Forces (SAF) and the paramilitary Rapid Support Forces (RSF) – have failed, and the conflict has now spread beyond the capital Khartoum to the south. It is affecting the states of South Kordofan and Blue Nile, where there are large Christian communities who are already vulnerable.



“We are deeply concerned,” said bishops from South Sudan, where many are fleeing to. “The conflict is destabilising the region which is already fragile.”

Since fighting broke out, more than 165 churches have closed and at least 15 have been destroyed. Churches have also reported human rights violations such as rape, kidnap and looting. “There are many Christians still present in the war zones today who do not have any means to flee, who are suffering, and we cannot reach them,” says a local partner. “This is very tough for us; they are part of the body in Christ.”

“Christians in Sudan are especially vulnerable and on the receiving end in war times,” adds Fikiru. “We ask that churches worldwide do not grow tired or forget to pray for the situation in Sudan.”

Fear among Christians in Niger



On Wednesday 26th July, the army in Niger announced a coup and removed the country’s president, Mohamed Bazoum, from power. The West African country’s borders were closed, a nationwide curfew imposed, and all

government institutions were suspended.

General Abdourahmane Tchiani has since declared himself the new leader of Niger. This military takeover marks the ninth coup in the West and Central Africa region in the last decade.

“The country is in tension now,” shares an Open Doors partner in Niger. “We are not sure how the current situation will affect the church in Niger, because we don't know how this new government feels about Western support, especially France.

“We also don't know whether this military junta will be friendly with the church, given that there are many Muslims within the army who have extremist views,” they continued.

“If they are among this new junta, then persecution for the church may well be on the rise,” explains the Open Doors partner. “There is great fear among Christians now, because nobody knows what is going to happen during these protests. They did something like this some years back, which ended up in burning churches and Christian properties, such as shops and houses. Therefore, there is a need for prayer regarding tomorrow’s demonstration.

“Please pray for stability in the country, because there are a lot of rumours on social media. Also pray for the church in Niger, and let this new regime favour them.”

How China is increasing persecution of Christians

China has been trying to tighten its grip on Christians in China through a programme of ‘Sinicization’, a policy to compel churches to adopt the atheist ideology of the Communist Party.



According to reports, a recent conference in Jilin was attended by state-appointed pastors of the government-controlled Three Self Church. It called for Christianity with a Communist core to be exported around the world. And it concluded with a rallying cry to ‘change the face of world Christianity’ – which was greeted with thunderous applause.

So, what does this hybrid of Communism and Christianity look like in China itself? The official policy of Sinicization, of state assimilation and control, has led to a ban on online religious content and the tearing down of more than a thousand crosses from official churches. Pastors have been imprisoned, along with Chinese lawyers

who try to defend their legal right to display the cross of Christ on their buildings.

The Communist Party has insisted that pictures of Mao and President Xi Jinping are displayed in churches and demanded recently that a large hammer and sickle be put up beside a church sign in Zhejiang province.

Pastors who rock the boat are put under surveillance, singled out for harassment, and accused of extremism. Some who take up offerings have been arrested for fraud or illegal business operations.

The current wave of persecution in China has been described as the most severe since the Cultural Revolution.

Yet China watchers point out that thousands of Chinese Christians each year express what they think of Sinicization by voting with their feet to leave the Three Self Church. There is an exodus to the unofficial house churches.

Bob Fu, a partner of UK-based Release International, says that, despite worsening persecution, the church is growing: “Secular Purdue University estimates the number of Christians in China today has already – at minimum – exceeded 100 million.”

(And on a more positive note.....)

Chinese Christians learn in small groups – thanks to Bible Society

Church leaders in China have thanked Bible Society UK for sending them discipleship materials suitable for them to use in small groups.

The Abundant Life and *The Abundant Grace* have been widely used to help Chinese Christians grow in their faith in a country which is actively against them having any faith at all. Yet still Chinese believers want to learn; one church leader, Elder Wang, has 700 names on her list of people wanting to join small discipleship groups.

One church leader, Pastor Zhen, says: “The materials from the Bible Society were just what we needed. From one small learning group, we have grown to more than 20 groups now, consisting of 240 people. And from our church, we have gone to share this small learning-group format, using the Bible Society materials, with 14 other churches in Feicheng.”

If you want to help support Bible Society’s resources for Chinese Christians, please go to: <https://www.biblesociety.org.uk>

Looking at You

The importance in having a cause greater than yourself

A survey was conducted among people who lived to be more than 100 years old. What had kept them going so long? You’d have thought that they would recite their health diets, their miracle drugs, or their devotion to strenuous exercise. Instead, the one thing all these centenarians had in common was a purpose in life. They had had a good reason to get out of bed each morning.

St Paul writes: *‘For me to live is Christ’* (Philippians 1:21). For Paul, that kept him going. He lived to exalt the name of the Lord Jesus Christ, and to share the Good News.

Sadly, too many of us are instead like the man who said; ‘No matter what I’m working on, I’d rather be doing something else.’

A wise man once said: There are two most important days in your life. The day you were born, and the day you discover WHY you were born. God made you for a purpose. Have you discovered it yet? You haven’t really lived until you know what it is.

Freedom comes by filling your mind with God’s thoughts. - *Erwin Lutzer*

Coffee is good for you

If you like coffee, then this is good news: it seems that coffee is quite good for you. For one thing, coffee contains chemicals called polyphenols, which protect against inflammation in the body and which repair damage to cells.



One study, known as the European Prospective Investigation into Cancer and Nutrition (Epic), found that people who drank more coffee were less vulnerable to a range of chronic illnesses. Another study, at the University of Verona, found that it can help prevent a toxic protein called tau from clumping together – which might help in fighting Alzheimer's.

Coffee drinkers have also been found to have different species of bacteria in their gut microbiomes, compared with non-coffee drinkers. This is believed to be one of the strongest protective factors against colorectal cancers.

Harvard University recommends two to five cups of coffee daily, and the NHS recommends that no more than about two and a half cups of coffee are consumed in one sitting, and no more than five cups per day.

Are you always a bit late - for everything?

Is this you? - late for work, late for friends, nearly missing trains and flights, late for lunch dates, late for dinner dates, and late for just about everything else.



If you are habitually late for almost everything, is it an actual mental condition?

When a recent TikTok video called it 'time blindness', that struck a chord – the video has been viewed nearly five million times.

But some psychologists doubt you can just claim being late 'a mental condition'. Instead, they say that a major factor is our childhood

experiences of lateness - whether we have since tried to mimic our parent's behaviour about punctuality, or rebel against it.

Certainly, once we have got into the habit of acting in a certain way, we tend to do it long-term, unless we make a really conscious effort to change ourselves.

One common reason for lateness is over-optimism. If we are a bit too positive about our abilities, we may assume that we can leave at the last minute and still get somewhere else in time. We don't factor in any possible problems along the way. Whereas pessimists always imagine there will be problems with the journey, and so give themselves more time.

How fish may help you hear

Seafood, and oily fish in particular, may be able to help you hear better. A new study has found evidence that consuming oily fish such as sardines, salmon and mackerel may help slow down the onset of deafness. Scientists at the University of Guelph, in Canada, found that people with particularly high blood levels of DHA, found in seafood which is rich in omega-3 fatty acids, were 16 per cent less likely to have difficulty hearing, compared with those who had low levels. Scientists believe that the DHA may play an important role in signal transmissions between nerve cells, including the auditory nerves of the ear.

Some scientists suggest that we consider eating fatty fish at least three times a week, in order to increase our blood levels of DHA. This need not be expensive: according to the Cleveland Clinic, in the US, sardines – a tin of which cost just 47p at Tesco – contain some of the highest levels of omega-3 of any fish.



Crossword answers: ACROSS: 8, Kiriath Jearim. 9, Toe. 10, Ill at ease. 11, Hated. 13, Miletus. 16, Started. 19, Micah. 22, Leviticus. 24, Eli. 25, Mary and Joseph. **DOWN:** 1, Sketch. 2, Priest. 3, Samizdat. 4, Shalom. 5, Wept. 6, Breast. 7, Embers. 12, Art. 14, Limassol. 15, UNA. 16, Salome. 17, Adverb. 18, Decade. 20, Clever. 21, Height. 23, Tear

Ed's Endings

A full magazine as usual but you don't have to read it all or read it all at once. I put in the variety of articles that I think will help, inform and challenge you (from the Parish Pump website to which we subscribe). Do take a copy for family, friends or neighbours. You never know what seeds may be sown.

My very good friend and neighbour, Marjorie, had a copy for years and saved all her change for a donation. She did read it cover to cover. She and her husband Arthur wouldn't come to church as they were uncomfortable in social gatherings of any sort.

Sadly, Marjorie died unexpectedly on the 19th of August. She hadn't been well for a short while and we knew her health problems were serious but we didn't expect this.

She was the best of neighbours and friends and I shall miss her so much, but I know she had faith and is now in her Father's arms. Please pray for Arthur and their daughter, Debra

Blessings to all of you.

Chris

Deadline for all items for the next magazine – 17th September
To christownsend2@sky.com

United Benefice Services in September

St Helen's:

- 3rd 11.00am Holy Communion
2.00pm Open Door
- 8th 11.00am Friday Ecumenical Holy Communion
- 10th 8.00am Holy Communion (BCP)
11.00am Family/Community Songs of Praise
with Baptism
- 17th **3.00pm Wedding Celebration Service**
- 22nd 11.00am Friday Holy Communion
- 24th 11.00am New Beginnings. Café opens 10.30am

St Mary's:

- 3rd 10.00am Holy communion
- 10th 11.00am Family Community Service at St Helen's
- 17th 10.00am Joint Holy Communion
- 24th 4.00pm Evensong

St John's:

- 3rd No Service
- 10th No Service
- 17th 10.00am Joint Holy Communion at St Mary's
- 24th 4.00pm Café Service

Monday Zoom Service 7.00pm most Mondays

For more information and an invitation email:
christownsend2@sky.com