

# St Helen's Church Magazine

## November 2023



**12<sup>th</sup> November 10.45am**  
**Remembrance Service**



**5<sup>th</sup> November 3.00pm**  
**Bereavement Service**

Followed by refreshments in  
the Church Hall

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



**Revd. Stephen Monk - Rector of St. Helen's**



10 Normanhurst Park, Darley Dale, Matlock DE4 3BQ Tel. 734257  
Email: rev.stephenmonk@btinternet.com [Tel:734257](tel:734257)

**Churchwardens**

**Steve Walker**



01629 55863

**Chris Long**



01629 735778

**Joint Parochial Church Committee Members for St Helen's**

Penny Dakin (Secretary)	
David Wills (Treasurer)	<a href="mailto:davidr.wills@icloud.com">davidr.wills@icloud.com</a>
Freda Brill (Safeguarding)	733360
Chris Townsend	56622
Ann Bradley (Verger)	735776
Roger Young (Deanery Synod)	<a href="mailto:mrrby54@gmail.com">mrrby54@gmail.com</a>
Susan Young (Deanery Synod)	

**Church Social Committee**

Roz Woodley	733033	Penny Dakin	
Sandra Brown		Janet Rickinson	
Stephen Monk	734257	Chris Townsend	56622

**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](http://www.sthelensdarleydale.org.uk)

## November Letter

*'Blessed are you pure of heart, poor, broken, sad, bereaved or wrongly accused. You who are meek, persecuted, and hungry are of worth and value. Blessed are you all indeed. You are blessed for showing mercy and for wanting peace and righteousness.'*

These words are heard often in the month of November, sometimes at Services of Remembrance on or near the 11<sup>th</sup> November, to remember all who made the ultimate sacrifice in wars, conflicts or peace keeping. It's also used in funeral services and memorial services. Since I was ordained 23 years ago (*you're right, I don't look old enough!!*) I've always had an annual service to remember those whose funerals we've taken in the last few years. Having said this, everyone is welcome to come and remember their loved ones (details on our website). Another element of this service is to raise money through a collection for either Marie Curie or Macmillan charities.

Some find the use of the word 'Celebration' in regards to funerals very difficult to understand. To explain it in a few words, we celebrate a person's life, love, action and simply who they were. Sadly, in this past year we've done this for the greatest age span: from babies to people over 100 years old. Every person no matter what age is a precious child of God. We know from the Bible that Jesus wept for the loss of his friends who died, people he cared for, his stepdad Joseph, Lazarus etc.

God weeps for our loss. We all go through a spectrum of emotions when we lose a loved one. Everything from deep anger at God to feeling numb and lost. When you come to one of our churches or one of the chapels at the Crematoriums to say goodbye to a loved one, you are not then forgotten. Nor is your loved one. Our congregations hold you in our prayers.

I purposely never give advice at funerals due to the fact that everyone's grief and loss is theirs; it's unique and precious to you. But I would say never keep your grief locked inside. Don't repress or suppress your pain, for it will certainly eat you up like cancer.

In our world today people may think with some justification that the world has gone to pot. Such violence, war and abuse; such damage to our world and the creatures we share it with. But this speaks of human greed and sin not an absence of God. So often we can see our fallen state – from us as individuals to a sense of national sinfulness, if we reflect on how we treat the needy, the sick and dying, the elderly, 'the widow and orphan', as the Bible puts it. Recently, I was with my son in Matlock and it was a bad day (by this I mean my arthritis was really bad and my mobility was wobbly!). Well, my son asked me for a £1 to give the man sitting outside the Co-op and to the woman outside Iceland. I was so self-obsessed that I'd missed both of these people.

Have you ever been so self-centred that you miss the needs of people around you? If by now you are reaching for the anti-depressants, please pause. The world is in a mess in so many ways, as are we and all nations BUT that's why Jesus came all those years ago to enter our stories, my story, your story - to say 'we can do better'. If we turn to Christ, ask for forgiveness for our sins (and yes, sorry, but we all have plenty of them!); and then try to forgive other people who have hurt us, Salvation will be ours. Forget what you've heard or read or been told. What is needed to be saved (this is a question people have asked me for decades as they reach the end of their lives)

1<sup>st</sup> Be sorry, truly sorry for one's sins. Whatever they are, Jesus promises us forgiveness from His Cross.

2<sup>nd</sup> Accept Christ as your Lord and Saviour – He loves you.

3<sup>rd</sup> Start to have a couple of chats with God each day, be honest with Him (we call this praying).

There are many reasons why people don't go to church - from laziness (this was me for years), to being hurt by a church community or by

feeling unloved. This November why not try coming to church again, not simply to make up numbers – but to teach us from your story. And, to realise a church is a group of sinners who are trying to live a better life in the love of God. But most of all come to the church which should be a place of respectful inclusion and feel the deep love of God for you and all your loved ones living and dead.

Finally, my philosophy has always been everyone is welcome and everyone has something to offer the community and everyone is deeply precious in the sight of God.

Remembering you and your loved ones this November.

**Stephen Monk (Revd)**

### **Dignity Bags**

It's a fact that financially, like many charities our Churches are not as safe or stable as we'd like. I say this not because I want to see lots of money in our accounts but so that we can serve our communities and preach the Gospel of Christ. Often people think we 'get' lots of money from the Church of England. The fact is we don't. Each parish has to pay money into the Diocese for the services they provide.

AND YET, let's be honest. In our society there are more and more people falling through the cracks, more needing our foodbanks, drop ins, and more of our young people needing breakfast clubs so they can be in a position to learn.

All these things we support but in Advent, from the 3<sup>rd</sup> of December I'd invite you to take a bag from the back of our churches to prepare for a Charity in Chesterfield which serves and supports homeless men and women. The list of the requirements will be advertised in the coming weeks. We call them dignity bags for a reason. In the eyes of Jesus everyone has a precious dignity. If anyone would like to sponsor the bags, please drop me an email or speak to your treasurer or churchwardens.

*A Couple of prayers to use in November*

Bless those who mourn, eternal God, with the comfort of your love that they may face each new day with hope and the certainty that nothing can destroy the good that has been given. May their memories become joyful, their days enriched with friendship, and their lives encircled by your love. (You can pause here to name those known to you). Amen.

*(A Jewish Mourning Prayer)*

Those who are worn out and crushed by this mourning, let your hearts consider this:

this is the path that has existed from the time of creation and will exist forever.

Many have drunk from it and many will yet drink.

As was the first meal, so shall be the last.

May the master of comfort comfort you.

Blessed are those who comfort the mourners.

*Finally, a prayer for those who feel overwhelmed at this time.*

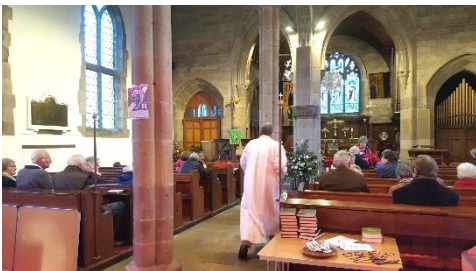
O Lord, we call upon You in our time of sorrow, that You give us the strength and will to bear our heavy burdens, until we can again feel the warmth and love of Your divine compassion. Be mindful of us and have mercy on us while we struggle to comprehend life's hardships. Keep us ever in Your watch, till we can walk again with light hearts and renewed spirits. Amen

*Grief  
is the  
price  
we pay  
for  
Love*

# St Helen's Gallery



Harvest at St Helen's:  
With Churchtown  
School's display of  
poems and prayers



Gathering for the United  
Benefice Harvest Service at St  
John's Winster

**Macmillan Coffee Morning.** We have now raised **£520** from our 3 Macmillan Coffee mornings!



# November Diary

## Special Sunday Services:

### 5<sup>th</sup> November 3.00pm Bereavement Service

Do come to support, remember, mourn and celebrate with those who have lost someone dear to them in the past few years and those whose loss is much longer, while remembering your own loved ones

Afterwards, we provide refreshments in the Church Hall.

**If anyone can bake a cake for this, we would be most grateful.**



### 12<sup>th</sup> November 10.45am Remembrance Service



### 19<sup>th</sup> November 10.00am Toy Service St Mary's Church



St Mary's has been holding a Toy Service for many years but in the past few we have joined in as Benefice. New toys for all ages (not gift wrapped) are requested to be distributed to families, who would not otherwise have any presents, by Derby City Mission.

### 26<sup>th</sup> November, 10.30 in the Church Hall for 11.00am in church, New Beginnings.

This will be a Communion Service but in New Beginnings style – getting us to think about it with fresh eyes and helping those less familiar with church to find out what it means.

Afterwards there will be a **Bring and Share lunch** in the hall – so do come and bring something to share!

**All welcome.**



## Special Events:

**Saturday 11th November** starts with the monthly **Prayer Meeting** which lasts 30 minutes, **9.30am in the church** (you might need to wrap up warm).

**10.00am Church Cleaning morning.** Roz Woodley has started a



list. You can choose a section to do or be allocated one. We reckon one to two hours, with a goodly number of volunteers, is all that will be needed. All cleaning materials will be supplied but do bring your own rubber

gloves.

Rosemary our cleaner does an excellent job with the regular cleaning but cannot take on those extras which need more hands!

**10.00am to 12noon is our monthly Coffee**

**Morning** in the Church Hall. After the prayer meeting and during cleaning you can pop in for a cuppa and some cake! What could be better?



**Calling all bakers!** If anyone could bake a cake for the Coffee Mornings from now on, it would be very helpful. Sandra Brown will still lead the Coffee Mornings, but needs help with baking for them due to her increasing family commitments.

## Community Events

**Saturday 11<sup>th</sup> Remember Together -**

**Remembrance Concert**

**1.30pm to 3.30pm, Darley Dale Methodist Church**

All are welcome for an afternoon of entertainment by Gatepost Theatre Company to commemorate lives lost in conflict and those who are currently serving.

Sponsored by the Town Council and Memory Lane.



## **Tearfund's Big Quiz Night**

**Saturday, November 18th, 2023**

**7.00 for 7.30 start**

**Holy Trinity Church, Matlock Bath**

**Bring your own drinks (wine/ beer/ soft) and nibbles**

**Teams of 6-8, or come and join a team on the night**

**Donations to Tearfund on the night.**

**Suggested minimum £5.00 per person**



## **Darley Dale in Bloom Christmas Wreath Making**

**22nd November 2-3pm at the Methodist  
Church Hall**

**Wreath making demonstration with Sam O'Reilly**

All materials provided. Bring garden gloves and secateurs if possible

£30 includes festive refreshments

Cheques payable to "Darley Dale in Bloom"

To book your place, send payment with your name & Tel No.

To Caroline Dale-Leech MBE, Red House Stables, Darley Dale. DE4 2ER

If paying by BACS please email to advise of payment  
redhousestables@hotmail.co.uk A/c name: Darley Dale in

Bloom Sort Code: 16-17-30 A/c No: 10141313

ref: your surname/wreath

## Regular Events and Activities

**Open Door – meeting on the 3<sup>rd</sup>  
2.00 -3.00pm  
for their Christmas Party – for the young  
and the young at heart!**



### **Chill and Chat with Coffee – Thursdays 8.45 to 11am term time only**



Coffee bar open for tea, coffee, toast and biscuits throughout the morning. Children's snack followed by singing and story time at 10.15. No charge but donations to cover the costs welcome if you are able.

*The church is also open for quiet reflection and prayer*

### **Thursday Coffee Social (TCS) 12noon to 2.00pm Every Thursday including half-term!**

In November we will be adding soup and a roll to our refreshments. Everyone is welcome to come.



Also, in November **Pat Dolman** will be coming one Thursday with her wonderful knitted toys and neck warmers all for sale for the charity

which helps people with Myeloma. She will be there during Chill and Chat with Coffee and TCS.

Look out for the date and bring extra pennies. There will be festive toys too!

## Monday Lunchers – Whitworth Terrace Café

Salt – 13<sup>th</sup> November

Pepper – 20<sup>th</sup> November

11.45am for 12 noon for friendship and food.



## Home Groups and the Worship Group:

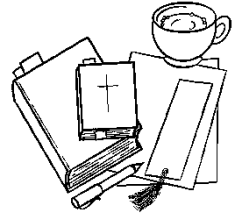
### Thursday Ecumenical Home Group

14 Park Avenue

Meets fortnightly –

Contact Margaret Long on 735778

or email [margaretlong583@gmail.com](mailto:margaretlong583@gmail.com)



**Thursday Home Group** – meets weekly on Zoom or as arranged

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



**The Worship Group** – meets every Wednesday

6.00pm in church. Contact Dea Ayling or Stephen and Jayne Walker for more information and if you are interested in joining

## Looking Ahead - December

**Saturday 2<sup>nd</sup> December 6.00pm Advent Service at St Helen's**

**Saturday 2<sup>nd</sup> December 10.00am to 3.00pm and Sunday 3<sup>rd</sup> 12noon to 3.00pm – Gingerbread spectacular at All Saints Church.** More details to come and see poster/flyers in church.

**Saturday 9<sup>th</sup> December**

9.30am Prayer Meeting – St Helen's

10.00am to 12noon – Coffee Morning

**Sunday 10<sup>th</sup> December – All Age Advent Carol Service with the Scout groups.**

Followed by their Christmas Fayre in the Church Hall

**Saturday 16<sup>th</sup> December 6.30 Carol service with Cromford Community Band**

(we will be needing mince pies for this!)



**More on Christmas services to come in the December Magazine!**

**Special Events:**

**Friday 8<sup>th</sup> December – Town Council Carol Service**

**Saturday 9<sup>th</sup> December – Memory Lane 12.30 to 4.30pm  
7.30pm Wyns Tor Singers concert**

**Christmas Tree Festival from 10<sup>th</sup> December, St John's, Winster**

## **Spiritual Reflections**

*Editor: Canon Paul Hardingham considers our response to those who hate us.*

### **How to Deal with Enemies**

In the season of Remembrance, we consider those who have heroically given their lives in war. However, Jesus calls all of us to a radical heroism in our daily lives: *'You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you: Love your enemies and*

*pray for those who persecute you, that you may be children of your Father in heaven.’ (Matt 5:43-45).*

***Love Your Enemies:***

Our ‘enemies’ are rarely life-threatening; they can simply be impatient, judgmental, self-righteous or just plain disagreeable! Whether the conflict is with a family or church member, work colleague or neighbour, our attitude toward them should be one of love. We will naturally want to retaliate, but Jesus commands us to love!

***Pray for Your Persecutors:***

It’s only when we are ready to pray for someone whom we find difficult, that God can soften our attitude towards them. Like us, they are those in need of God’s forgiveness and grace. Dietrich Bonhoeffer, the German pastor executed by the Nazis at the end of World War 2, wrote:

*‘This is the supreme demand. Through the medium of prayer, we go to our enemy, stand by his side, and plead for him to God. For if we pray for them, we are taking their distress and poverty, their guilt and perdition upon ourselves and pleading to God for them.’*

***Become More Like Jesus:***

When we start loving our enemies and praying for our persecutors, we become more like Jesus Himself. He willingly laid down His life for us, prayed for His persecutors and gives us the power to love our enemies as He did.

At a time when we recognise that we all need heroes; how will we respond to this call to radical heroism in our own life?

---

*Editor: by the Revd Jo White.*

**Reflecting faith – Remembering Our Loved Ones**

For the last couple of months, we’ve been looking at seating in the church building.

Perhaps you've noticed that on the more 'special' items there are dedication plaques to the person who donated the money to buy the item or in whose name the item was purchased.

In some churches, pretty much everywhere you look you will find such labels, whilst in others they are much rarer.

Of course, many people donate financially and give specific items in their own name or in memory of someone else without wishing for this to be publicly noted. But often when folk donate something they do like it made clear.

A couple of centuries ago people would leave money after their death for a mass to be said for their soul. In some rich cases this would be every day for a year or even longer.

The 'very' rich paid for a new altar to be placed in the church building or even in an extension to the building – a chantry. This is where their personal mass would be conducted each day. In these cases, a stipend would also be paid to cover the cost of a separate priest to do this task, rather than the rector or vicar having it as an extra daily task. A room would often be provided for that priest above the chapel.

This all stems from the belief that we have sinned and will be punished in purgatory or hell but can 'buy' time off through prayers.

Today our theology has moved back to a more biblical understanding, that Christ is the one who bore our sins on the cross, and we can't earn our way to heaven; we can only get there by faith in Him.

But we still love and think about the people whom we loved, even though they are dead. Some Christians believe that, as we prayed for them in life, why should we stop just because they are dead?

As C.S. Lewis wrote; *"I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me."*

*This month*

As you remember your loved ones whom you see no more, hold them close in ways that make sense to you, and reflect your faith in God's loving grace and mercy.

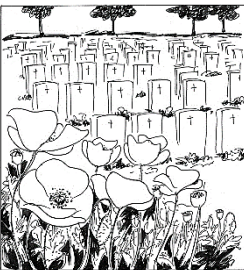
**Food for thought:  
Why go to church?**

A church-goer complained to his minister: "I've been coming to church every Sunday for 30 years, and in that time, I have heard thousands of sermons, but for the life of me, I can't think of a single one now. So, I think I have wasted my time."

The minister thought for a moment and replied: "I've been married for 30 years, and my wife and I have cooked thousands of meals. For the life of me I can't recall the entire menu of a single one of those meals now. But I do know that each one nourished us and gave us strength to carry on living. If we had not had those meals, but snacked on rubbish instead, we would have been stunted and eventually starved. Without regular Christian nourishment, we also will starve – spiritually."

***Editor: With Remembrance in mind, here are some observations on war...***

The tragedy of war is that it uses man's best to do man's worst. - *Anon*



Mankind must put an end to war, or war will put an end to mankind. - *John F Kennedy*

In war, whichever side may call itself the victor, there are no winners, but all are losers. - *Neville Chamberlain*

## Smile Lines

### Died in the services

Little Alex was staring up at the large brass plaque that hung on the side wall of the church. The plaque was covered with names, and it seemed to fascinate the seven-year-old. "All those names," he said to the minister. "Who are they?"

"Well, they were people who used to go to this church," explained the minister. "This is a memorial to all the young men and women who died in the services."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he asked, "Which service, the 9 o'clock, or the 11 o'clock?"

### Someone out there must be very good at Scrabble!

Presbyterian – Best in prayer  
Astronomer – Moon starrer  
Desperation – A rope ends it  
The eyes – They see  
The Morse Code – Here come dots  
Slot machines – Cash lost in me  
Animosity – Is no amity  
Election results – Lies; let's recount  
Snooze alarms – Alas! No more Z's  
A decimal point – I'm a dot in place  
The earthquakes – That queer shake  
Eleven plus two – Twelve plus one

### Help

A minister was asked to give the grace at a parish dinner. "Thank you, Lord, for this food, and we pray for strength to eat it!"

<b>N</b> <b>O</b> <b>V</b> <b>E</b> <b>M</b> <b>B</b> <b>E</b> <b>R</b>  <b>C</b> <b>R</b> <b>O</b> <b>S</b> <b>S</b> <b>W</b> <b>O</b> <b>R</b> <b>D</b>	1		2		3			4	5		6		7
	8							9					
	10									11			
			12		13							14	
	15												16
	17		18					19		20			
	21									22			
23								24					

**Across**

- 1 'The Lord Jesus... took bread, and when he had given — , he broke it' (1 Corinthians 11:24) (6)
- 4 'He has taken me to the banquet hall, and his — over me is love' (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)

19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)

21 Material used to make baby Moses' basket (Exodus 2:3) (7)

22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)

23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)

24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

## **Down**

1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)

2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)

3 Buddhist term relating to belief in reincarnation (5)

5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)

6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)

7 A three (anag.) (6)

9 Athenian council addressed memorably by Paul (Acts 17:22) (9)

13 Abide by (Galatians 3:5) (7)

14 Persian princes (Daniel 3:2) (7)

15 Force (Galatians 6:12) (6)

16 See 6 Down (6)

18 Paste (anag.) (5)

20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

## **Answers on Page 23**

**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**

## Smile Lines 2

### Did Noah fish?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?"

"No," replied Johnny. "How could he, with just two worms?"

### Thine

A Yorkshireman wanted an inscription on his wife's grave to read: 'She was Thine'. The engraver mistakenly put 'She was Thin'. The man wrote to explain that they had left off the 'e'. The next attempt read: 'E', She was Thin.'

### Rural deans

The following notice was once seen at a conference at Launde Abbey, the Leicestershire Diocesan Retreat House. It read: 'Rural deans in stables.'

### Notice on a church in Cheshire:

'This is the House of God; this is the gate of Heaven.'

(This door is locked in winter months.)

## In the News

### Concern over the provision of RE in schools

A group of cross-party peers, MPs and religious educators has criticised the lack of funding for the teaching of religious education (RE). It has called on the Government to address the crisis in teaching and recruitment.

There were 30 signatories to a letter to the Secretary of State for Education, Gillian Keegan. They described the current provision of RE as a ‘postcode lottery’, in which some children receive a well-taught religious education, while others receive “either ‘tokenist’ RE, or none at all.”

The letter went on to point out that half (51 per cent) of the RE lessons in secondary schools are currently being taught by non-specialist teachers. Pupils are now three times more likely to be taught RE by someone with no qualifications at all in the subject. And RE is on track to recruit only 44 per cent of its target by the end of the current recruitment year.

The group is concerned that students who do not receive good RE education “are consequently ill prepared to play their part in our complex religious and non-religious society, with all the opportunities created by its diversity.”

---

## **What children worry about**

Millions of children, some as young as ten, are worried that they will not have enough money for their future.

So reports the annual *Good Childhood Report* from the Children’s Society.

The recently published report found that more than one third of ten-to-17-year-olds said that they were either ‘very’ or ‘quite’ worried about having enough money in the future. If the percentage of children interviewed is applied to the whole UK population, then it would suggest that about 2.3 million young children are worried about their future.

The report also found that children are worried about the environment (37 per cent), crime (33 per cent), new illnesses or pandemics, inequality, and online safety (all 30 per cent), homelessness (26 per

cent), unemployment (25 per cent), and the refugee crisis (22 per cent).

In comparison with ten years ago, the study suggests that this age group is significantly less happy with their friends, appearance, school and schoolwork, and their life as a whole.

---

### **Emergency appeal for Libya flood victims**

The development charity, Christian Aid, has launched an emergency appeal to help people impacted by the devastating flooding that struck Libya in recent days.

More than 11,000 people have died and at least 10,000 are missing after a catastrophic storm burst two dams and flooded the eastern port city of Derna.

Christian Aid is working with Dan Church Aid (DCA), their Act Alliance partner, to provide medical support, establish shelters, and distribute basic items such as blankets and bedding, sanitation and hygiene items.

Michael Mosselmans, Christian Aid's Head of Humanitarian Division, said: "The scenes in Libya are heart-breaking. With critical infrastructure, including hospitals and homes, washed away by the flooding we are seeing people without the basics such as access to clean water and proper sanitation to prevent the risk of diseases."

"Every prayer, every gift, every action brings hope to people hit by disaster." If you can help, please visit: <https://www.christianaid.org.uk>

---

### **Appeal for victims of earthquake in Morocco**

More than 3,000 people have been killed by Morocco's recent devastating earthquake. There have been dozens of aftershocks already since the 6.8 magnitude quake.

The Christian community in Morocco is small, but determined to help. Believers have rushed to donate blood to help the injured.

The Barnabas Fund's Christian project partners in Morocco want to take food, blankets, clothes and medicines to suffering people in the affected areas. If you can help, please visit: [www.barnabasaid.org](http://www.barnabasaid.org)



## Looking at you

### The best time to exercise, if you want to lose weight

The two-hour window between 7am and 9am is the best time to go running or 'work out', if you want to lose weight.

A recent study by scientists at Franklin Pierce University has found that early morning exercise can help you lose weight more easily, reduce your BMI, and slim down your waist. It is thought that the 'fasted state' after you wake up could be the reason for this weight loss edge.

As one assistant professor of exercise physiology explains: "Exercise can burn fat and glucose," Dr Ma said. "After an overnight fast, the glucose stored in our body is low. Therefore, when we exercise our muscles are likely to burn more fat." He recommends 40 minutes of aerobic exercise before breakfast, such as running or biking.

The findings have been published in Obesity, The Obesity Society's (TOS) journal.

### Crossword Answers

**ACROSS:** 1, Thanks. 4, Banner. 8, Esher. 9, Azariah. 10, Compare. 11, Ishma. 12, Doorposts. 17, Oaths. 19, Galatia. 21, Papyrus. 22, Frail. 23, Listen. 24, Hyssop.

**DOWN:** 1, Trench. 2, Ashamed. 3, Karma. 5, Ananias. 6, Neigh. 7, Reheat. 9, Areopagus. 13, Observe. 14, Satraps. 15, Compel. 16, Gallop. 18, Tapes. 20, Lofty.

# Services in November

## St Helen's:

5<sup>th</sup> 11.00am Holy Communion

3.00pm Bereavement Service

Friday 10<sup>th</sup> 11.00am Ecumenical Holy Communion

12<sup>th</sup> 8.00am Holy Communion BCP

10.45am Remembrance Service

19<sup>th</sup> 10.00am United Benefice Toy Service at St Mary's

Friday 24<sup>th</sup> 11.00am Holy Communion

26<sup>th</sup> 10.30am New Beginnings (Café 10.30am in Church Hall)

## St Mary's:

5<sup>th</sup> 10.00am Holy Communion

12<sup>th</sup> 10.45am Remembrance Service

19<sup>th</sup> 10.00am United Benefice Toy Service

26<sup>th</sup> 10.00am Morning Prayer

## St John's:

5<sup>th</sup> No Service

12<sup>th</sup> 10.45am Remembrance Service

19<sup>th</sup> 10.00am United Benefice Toy Service

26<sup>th</sup> 4.00pm Café Service

## Monday Evening Zoom Service

Most Mondays 7.00-7.30pm

Details and invitation; christownsend2@sky.com

For more information about St Helen's visit our website:  
[www.sthelensdarleydale.org.uk](http://www.sthelensdarleydale.org.uk)