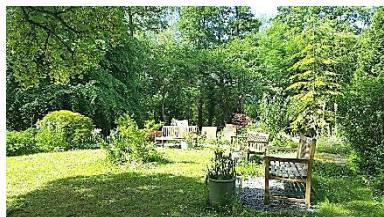




# St Helen's Church Magazine

## May 2023



### The Coronation of King Charles III:



★ You are warmly invited to join us at a special **Commemorative Service on Sunday May 7<sup>th</sup> 11.00am**, followed by traditional British refreshments in the Church Hall

★ Come and see us at the **Whitworth Park**

**Coronation Family Fun Day, Monday 8<sup>th</sup> May, 12noon to 4.00pm**

**Pentecost – Sunday May 28<sup>th</sup> 10.00 a.m.**

**United Benefice Service at St. John's, Winstler**



*We do not charge for our magazine but a regular donation will help towards production costs.*

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



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

**Churchwardens**

**Steve Walker**

**Chris Long**

(New photos to come)

**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		
Stephen Monk	734257	Catherine Mann
Chris Townsend	56622	

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

## A Thought for May

Neurosis has been defined as a state of mind that causes us to be anxious about things that are not real or not real at that moment. This is replacing the things we should be worried about. So often, we in the Derbyshire Dales forget or cannot see the great beauty around us due to so much noise and worry in our minds and souls. These worries, and at times these sins, separate us from the love of God and also the appreciation of our World.

What keeps us from being open to the reality of the world? Could it be that we cannot accept our powerlessness and are only willing to see those wounds that we can heal? Could it be that we do not want to give up our illusion that we are masters over our world and, therefore, create our own Disneyland where we can make ourselves believe that all events of life are safely under control? Could it be that our blindness and deafness are signs of our own resistance to acknowledging that we are not the Lord of the Universe?

It is hard to allow these questions to go beyond the level of rhetoric and to really sense in our innermost self how much we resent our powerlessness. I find it easy to realise I've no power over many things due to having a lot of surgery and the progression of my spinal / arthritic complaint. When you find it hard to walk and you're sharing a walking frame you know that you're a bit powerless!

I'm not calling everyone to be fatalistic, but to see that there is liberation in accepting we are powerless over certain things. A great example of this is as one comic said with great solemnity; "I'm afraid 100% of us are going to die at some stage!" It's true, but as Christians we believe the Easter message and Witness that death is not the end. We believe God loved the whole world so much that he's allowed His Son to die in agony for us.



We live in a world where so many people are not content, or who suffer from various mental health issues. You and me – we are called to deal head on with the powerlessness of the world with Love, Hope and Faith in God. It's bland to say; "God loves you so don't worry" but, it is true! During many spinal procedures I've been powerless and in agony and yet I know God is God and He's walking with me. I believe the same is true for you also, and those you love and those you worry about.

We are so often exhausted with our battle for survival. The astonishing thing is that the battle for survival has become so "normal" that few people really believe that it can be different. Stress is vital for life but not 24/7. As people of faith, we must trust in the Lord. We must hand Him the things which are too big for us to cope with. We also owe it in Jesus' name to hold in prayer every member



of our community. Even if people don't believe in God, we are called by Christ to hold them before God; enfold them with love and prayers. This is the service we owe to the world in the name of God.

*"Oh, how important is discipline, community, prayer, silence, caring presence, simple listening, adoration, and deep, lasting faithful friendship. We all want it so much, and still the powers suggesting that all of that is fantasy are enormous. But we have to replace the battle for power with the battle to create space for the spirit." Henri Nouwen.*

We continue in prayer for King Charles. We know that to be faithful to his promises he too needs our prayers. Yet he also needs the silence and stillness the quote above speaks of.

Please have the faith to hand over your worries to the Lord. Let God be God. Let His love enfold you and support you in this journey in the world. Remember, we are lucky – think of the beauty around us. Be still even for a little time each day and give thanks for all of God's creation.



God Bless you and keep you in His love. Know that you are deeply loved.

As ever yours.

**Stephen Monk**

Evangelism is not selling Jesus, but showing Jesus. - *Lee Camp*

## **New Beginnings**

If you haven't noticed there is a lot of chewing gum on the road by the wall where we park for church. I expect a lot of it comes from people waiting to go into church for a baptism, wedding or even a funeral. One reason for this is that going to church makes a lot of those who don't come regularly nervous. They don't know what to expect; are worried they will say or do the wrong thing. So many are really pleasantly surprised by the welcome and Stephen or Julie's warm and relevant words.

Many people outside the church just don't think it's for them. We live on a materialist world, where science and things seem to give people everything they need. Yet there is so much pain, fear, worry and confusion in so many. The Good News is still very much needed.

We live in this new high-tech age so we need to share this good news in new ways. As well as the more traditional services we offer, we are starting a service to reach out to our community, to do things in a fresh way to help them see Christianity and church are not just for old people (like most of us) but for everyone.

Posters are already on display in the community, and there are flyers for distribution. An advert is going into Community Voice on a regular basis.



You may prefer the traditional but do pray for and support this new service. If we don't change and grow, in 10 to 15 years will there be a congregation left?

Let's be prepared and committed to sacrificing what we like and want, to reach out to our

community and to ensure there is a living and lively church for them, not just now but in the future, as God wills.

As an Easter people we are a missionary people, taking out and sharing the Good News of Jesus – salvation and new life. You only have to look at local, national and international news to see how urgently people need to find this for themselves.

*Chris, Editor*

**ST HELEN'S CHURCH - DARLEY DALE**

Invites you to

# New Beginnings

Starts **25th June** 2023 then every 4th Sunday of the month

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



## Help needed

If you like the Great Outdoors:

- 1) It's mowing season again and while we still have room for a few more burials in the churchyard it is our responsibility to keep it mowed. At the moment this is just down to Chris Long. If anyone feels they could help him with this, have a word with him.
- 2) I can always use a helping hand in the Peace Garden. Thankfully, Ian Sutton's wife, Helen Boocock, has taken on the role of Chief Weeder, for which I am really grateful. More weeders welcome, though.



I just need to add that this would be at a time to suit you but please check with me first as you may not be familiar with some of the plants in the garden and think they are weeds. Mostly, in the borders it's war on all plants yellow – dandelions, celandine and buttercups – plus nettles!

But if you prefer the Great Indoors:

- 3) Refreshments after church. Sometimes, there hasn't been coffee after church because no one has volunteered and put their name on the rota. Roz has been wonderful by bringing milk on many occasions, but she isn't able to come every Sunday. We now have long-life milk in the Resources Cupboard as a standby, but the coffee and tea etc. still has to be made. Do think of joining the rota even, if only occasionally. All training given on-the-job.
- 4) As you find out more about the New Beginnings Service do think and pray how you may support this. More information will be out soon as to what else is needed. For example, i) folk will be needed to welcome people, both into the church and church hall; and 2) to help out with prayers/activities.

Who could you invite to come? How about popping flyers through your neighbours' doors?

**Chill and Chat with Coffee** was a new venture for St Helen's, as we hadn't had a play group for many years. Thanks to Diana and David's vision and commitment, it happened and has quietly grown so that numbers of children and babies now vary between 15 to 20 each week. They can't take any more on at the moment which is great and a real answer to prayer.

The main team consists of David on refreshment duty, with Diana, Linda, Katrina and Dea, as available each week on tiny tots duty and on activities and crafts, with help from Vanessa too as needed. You can see what they do on one of the noticeboards in the Church Hall. 11.00am to 12noon is the coffee and chat bit when the age range becomes somewhat older!



### Mayor of Matlock's Civic Award 2023

#### *Community Spirit and Well-being*

This certificate is presented to *Chill and Chat with Coffee*  
In recognition of long-standing positive communication and contribution to the well-being of Matlock community members.

Signed

A handwritten signature in black ink, appearing to be 'P. Cruise'.

Councillor Paul Cruise, Mayor of Matlock 2022-2023

Sunday 12<sup>th</sup> March 2023

CCC recently achieved a Community Award. It's on the table with the display stand in the Church Hall – do have a look at it.

Well done, CCC team. God bless you all!

## Churches Together in Matlock



One of the good things to come from stipendiary (paid) clergy not being replaced in the area, is working together and sharing more with the Matlock churches. As part of this we have joined

Churches Together in Matlock, which includes all denominations, not just the Anglican churches.

At the moment Diana Wills and me are representing St H's and the Benefice but if anyone wants to know more and get involved, that would be great.

From our involvement we will share news of events and happenings, to which we are invited to join in or attend.

We will also look at ways we can do more together, sharing ideas, gifts and even person-power. What a great witness this will be to all our communities to see that though we are many churches and different denominations, we are one Christian family!

Coming up soon – **Thy Kingdom Come Saturday May 20<sup>th</sup> 11.00 till 4.00pm in the Imperial Rooms, Matlock.** Free to all so please do pop in. More information to come.



Thy Kingdom Come is now a global initiative to

encourage us to pray and reach out to those who do not know that God loves them and gives His love in new life through His Son. There are a range of materials available for free for churches, individuals, families and children. Some will soon be available to take as the Revd. Audrey has sent for them.

***With Pentecost coming this month....***

Before Pentecost the disciples found it hard to do easy things; after Pentecost, they found it easy to do hard things. - AJ Gordon



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**A way to help our  
environment look and  
feel better**



## **Darley Dale in Bloom Hanging Basket Competition**

There are two categories

- Hanging Basket competition - Private dwelling
- Hanging Basket competition – Commercial property

Please note the competition is only open to Darley Dale Residents.

**Forms will be available at church**

Completed forms need to be returned by 1 July: to Mrs Caroline Dale-Leech, Tally Ho, Red House Stables, Old Road, Darley Dale, Matlock, DE4 2ER

Judging will take place at the end of August and winners will be notified after this date. Prizes donated by Forest Garden Centre will be presented at the Darley Dale Celebration Evening in September 2023

Why not give it a go? Get those green fingers flexing!

## *St Helen's Church Hall*



Why not book our Church Hall for your receptions, parties, meetings or groups? For availability and charges

Contact Chris Townsend on 01629 56622 or christownsend2@sky.com

## St Helen's Diary

### **Chill and Chat with Coffee**

Every Thursday, term time only:

Dates in May – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>



Come and join us for a cup of tea, coffee, toast or snack and chat

in St Helen's Church Hall



**8.45 am to 11.00am** for parents, grandparents and carers with children. Toys, activities and stories

**11.00am to 12noon** Coffee or tea with biscuits. Open to everyone.

Followed by the new **Thursday Coffee Social**

**12 noon to 2.00pm** in the Church Hall.

A time to enjoy some company with tea/coffee and light refreshments. Bring your own packed lunch.

Crafts and activities will be on offer!



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## Open Door- May 7<sup>th</sup> 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!

## 12<sup>th</sup> May 11.00am at St Helen's Ecumenical Holy Communion –

now once a month on a Friday, alternating between St Helen's and Dale Rd Methodist church.

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## 13<sup>th</sup> May Prayer Vigil Day in church.

Do come whether for 10 minutes or an hour or more.

Prayer changes things!



Come in the morning and pop into the hall for coffee and cake! ↓

## 13<sup>th</sup> May 10.00am to 12noon

**St Helen's Saturday Coffee Morning** in the Church Hall

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! Last month was the first

of four in aid of Macmillan Cancer Support. Sandra Brown, with cake donations from other bakers, put on a marvellous spread and raised £71!

## Dates for the Monday \* Lunchers\* in May

With a new name but the same friendship, fun and food!

**Salt** meets on the 15<sup>th</sup> and **Pepper** on the 22<sup>nd</sup>

**11.45pm for 12noon at the Whitworth Terrace Café**

N.B. June dates are Salt 12<sup>th</sup> and Pepper 19<sup>th</sup>



**David and Diana Wills**  
invite you all to



**Afternoon Tea for Christian Aid.**

**2.00 – 4.00pm, Saturday and Sunday**

**20<sup>th</sup> and 21<sup>st</sup> May AND 27<sup>th</sup> and 28<sup>th</sup> May**

**Meadow Cottage, Snitterton DE4 2JG**

Everyone is welcome. PLEASE NOTE parking is limited. How about a car share?

Homemade cakes and scones (including Gluten Free). More information and online giving can be found on:

<https://giving.give-star.com/online/christian-aid/st-helen-s-church-christian-aid-ukrainian-fund>

(It doesn't mention the 20<sup>th</sup> and 21<sup>st</sup> but they are definitely happening!)

**Home Groups and Worship Group** – check with Home Group leaders for dates and times.

**Thursday Ecumenical Home Group 14 Park Avenue**

– contact Margaret Long on 735778  
or email [margaretlong583@gmail.com](mailto:margaretlong583@gmail.com)

**Thursday Home Group** – meets by Zoom, with a once-a-month shared meal and face-to-face study at Meadow Cottage, Snitterton - contact Diana Wills on [dwills@doctors.org.uk](mailto:dwills@doctors.org.uk)

**Worship Group** – meets every Wednesday at church.  
Contact Dea Ayling or Stephen or Jayne Walker

### In the Benefice



**Café in the Church at St John's, Winster, 1.00 to 4.00pm every Saturday and Sunday.**

Homemade cakes, scones and savouries, fresh coffee and tea all served to you at your table.

### In the area

**The Beavers and Cubs** – are having an **Open Day on Monday 8<sup>th</sup> May in the Community Garden. 10.00 to 3.00pm** (as part of the Big Help Out Day) and are looking for people to come along and consider volunteering.

**July 2<sup>nd</sup> 2.00pm to 5.00pm** they are holding their **Fun Day** with activities in the Scout Hut and on the Church Field. They would love to see us there.

### Services to note in May

**7<sup>th</sup> May 11.00 a.m. United Benefice Service at St Helen's to commemorate the Coronation**

## **14<sup>th</sup> May 11.00 a.m. Service for Baptism Families (St H's)**

All families who have had their children baptised in recent years have been invited to join us for a special service. More info to come.

## **28<sup>th</sup> May Pentecost 10.00 a.m. United Benefice Service at St. John's, Winster**

### **Ascension Day - There is a service of Holy Communion at All Saints Church, Matlock Bank, 7.30pm. Thursday 18<sup>th</sup> May**

The preacher is one Revd. Stephen Monk! Might be worth hearing?

*Editor: By Canon Paul Hardingham:*

### **The Coronation of King Charles III**



On 6<sup>th</sup> May His Majesty King Charles III will be crowned alongside Camilla, The Queen Consort, in Westminster Abbey. How can we pray for him, as he approaches this important event? Paul says: *'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.'* (1 Timothy 2:1,2).

*For God's presence* - to guide every aspect of King Charles' life as he prepares for his Coronation and future roles. At his Accession, he was proclaimed Defender of the Faith, the Supreme Governor of the Church of England. Charles has talked about *'the Sovereign's particular relationship and responsibility towards the Church of England - the Church in which my own faith is so deeply rooted.'*

*For God's wisdom* - as he provides leadership that will honour God and promote the wellbeing of our society. King Solomon prayed for wisdom for himself: *'So give your servant a discerning heart to govern your people and to distinguish between right and wrong.'* (1 Kings 3:9).

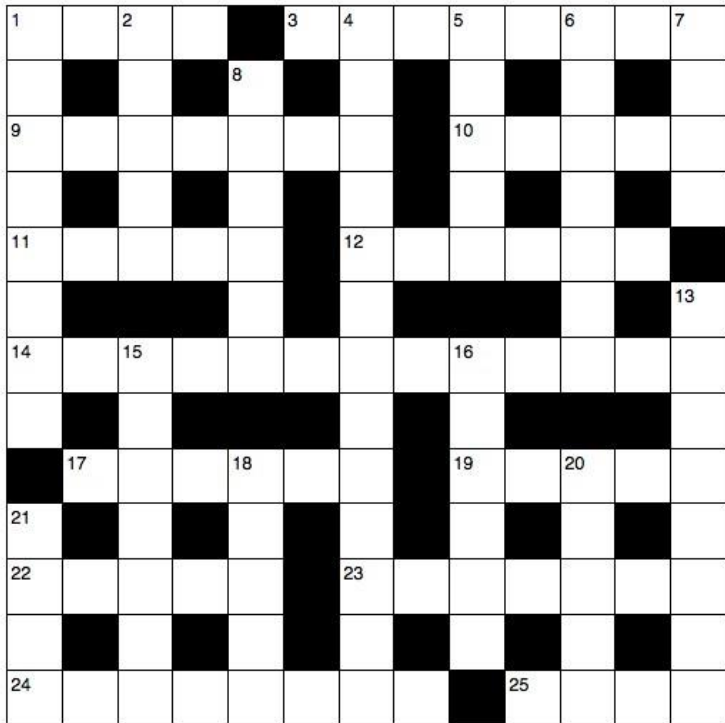
*For God's love* - to strengthen all relationships within the Royal Family; for reconciliation, understanding, forgiveness and good communication.

*For God's purpose* - to be fulfilled through the work of the King and Queen Consort and their family in the years to come. He has said: 'and whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect and love, as I have throughout my life.'

*A Prayer for the new King:*

*Everlasting God, we pray for our new King. Bless his reign and the life of our nation. Help us to work together so that truth and justice, harmony and fairness flourish among us; through Jesus Christ our Lord. Amen.*

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**Across**

- 1 'Therefore let us — passing judgment on one another'  
(Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts  
16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the  
Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be  
disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)

### **Down**

- 1 The name of the street where Judas lived in Damascus and  
where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as  
righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster  
Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew  
27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his  
friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)

- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)  
20 Establish by law (5)  
21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)

<b>Answers on Page 29</b>
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## Smile Lines

### **With the coming elections in mind: Political systems**

What is the difference between Capitalism and Socialism?

Capitalism is the exploitation of man by man. Socialism is the exact opposite.

### **When Children and RE mix...**

*When children meet the Bible, the result can be unpredictable. As in these answers to a school chaplain's efforts to teach RE...*

~ The Kingdom of God is no ordinary place like the bathroom at home.

~ Jesus said: If you want to divorce your wife leave a note for her on the table.

~ Jesus healed a man with a weathered hand.

~ Some of the seed from the sower was carried off by Satan.

~ The last verses of Mark's gospel were written later by a unanimous person.

~ Jesus first proclaimed the gospel to the Jews: He told them to make love to each other.

~ An altar is a stall for candles.

~ An example of Holy Orders are the Ten Commandments.

~ An epistle is the wife of an apostle.

### **Found in church pew-sheets....**

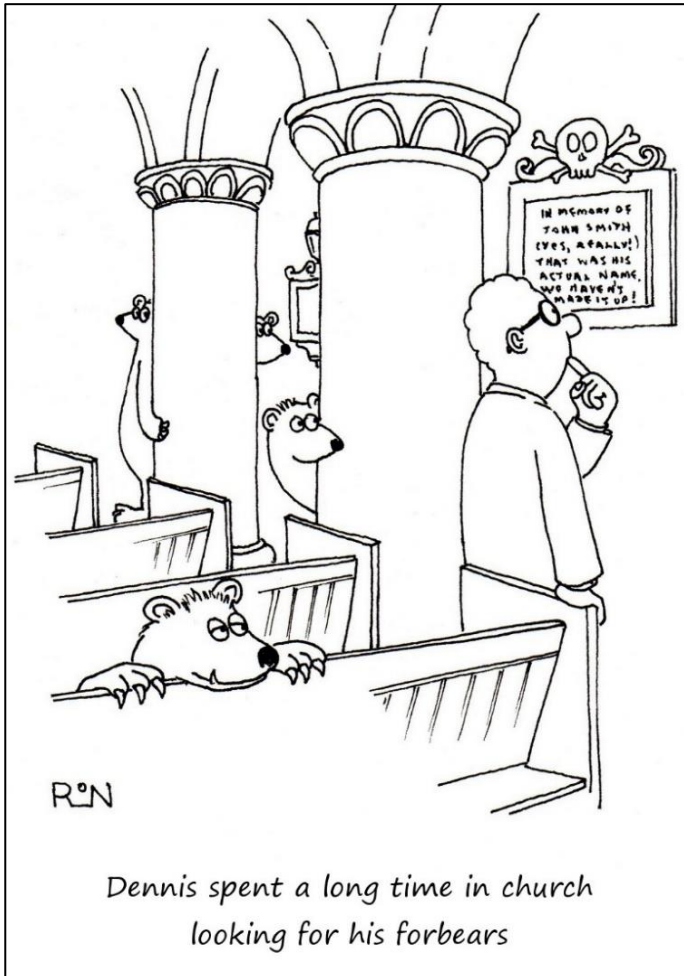
The youth group will be presenting Shakespeare's *Hamlet* in the church hall this Friday at 7pm. The congregation is warmly invited to attend this tragedy.

Weight Watchers will meet at 7pm at the church. Please use the large double door at the side entrance.

### Miscellaneous observations

How come it takes so little time for a child who is afraid of the dark, to become a teenager who wants to stay out all night?

I burn about 2000 calories every time I put on fitted sheets by myself.



***And also with the elections in mind:***

If you want to find out what's wrong with a man or woman, elect them to public office.

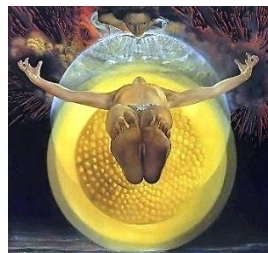
There are two sides to every question, and if you want to be popular, you take both.

**To help grow our faith.....**

*Editor: Paul Hardingham ponders the Ascension*

**Where did Jesus go?**

In Salvador Dali's picture of Jesus' ascension all you can see are His feet! As we celebrate the event this month, it prompts the question 'where did Jesus go?' Peter says Jesus 'has gone into heaven and is at God's right hand' (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side.



*Sitting:* At Pentecost Peter says Jesus is 'exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear...' 'The Lord said to my Lord: "Sit at my right hand"' (Acts 2: 33-4). Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a

foretaste of the life of heaven i.e., eternal life, forgiveness, healing, release and God's provision for our lives.

*Standing:* When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he cried out: *'I see heaven open and the Son of Man standing at the right hand of God.'* (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! He has a bigger plan and purpose for our lives than we might imagine (including the difficulties), and we are called to trust Him daily.

*Praying:* *'Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.'* (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side!

The Ascension reminds us that the risen Jesus lives in the immediate presence of God and both transcends and embraces our present experience. This truth lies at the heart of the *up* language used to describe the event.



*'Heaven relates to earth tangentially so that the one who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find Him.'* (Tom Wright).

## **After the Ascension, what?**

The New Testament tells us that Jesus ascended into heaven, and now intercedes for us at His Father's right hand. Have you ever wondered what this means?

Some have thought that the Lord is somehow constantly 're-offering' the sacrifice of His death before the Father in heaven, and in so doing is 'pleading' on our behalf. But the New Testament is clear in its insistence that Christ's death was historically once and for all achieved.

Hebrews 7:25,27 tells us "...He is able to save to the uttermost those who draw near to God through Him, since He always lives to make intercession for them.... He has no need, like those high priests, to offer sacrifices daily.... Since He did this once for all when He offered up Himself...."

Instead, Jesus is now in heaven to 'represent us before the Father' (1 John 2:1). He is there to escort you into the Father's presence every time you turn to God in prayer. That is why Christian prayer always ends with 'In Jesus Christ's Name'. He is our only way through.

*Editor: The Revd Dr Jo White continues her series.*

## **Reflecting faith – The Lectern**

Have you ever considered the furniture that we have in our churches? Close your eyes and think what your own sitting room looks like and the furniture you have chosen to go in there. Most of us will have chairs, a sofa, one or more tables of different sizes, a fireplace and a television. Which way are the chairs facing? What's the focal point?

Churches are no different in that they have most fixtures and fittings in common, and in set places.

In an Anglican church the focal item is the altar at the centre, with the lectern – from where the Bible is read out loud during services - on the right side as you look at it, and a pulpit on the left-hand side.

In a Methodist church the pulpit is often behind, but built higher than the altar, and probably with a mobile lectern to be placed as chosen.

This demonstrates a key difference between the two denominations. The former holds the bread and wine in greater importance whilst the latter gives that status to the preaching and the Word of God.

Such variations reveal the way in which we 'reflect our faith' through our buildings.

The word 'lectern' derives from 'to collect, gather', and again, 'to speak', so together it means 'to gather words, to pick out words.'



The words in church which we read from the lectern have been certainly carefully chosen and then written down. There have been centuries, indeed millennia, of time, thought, prayer and energy going into preparing the Bibles that we read today!

It is a privilege to be asked to read from the Bible during a service, as that will form the basis for the sermon, the hymns and indeed the whole theme for that day or even that week.

*This month:* Have a look at the lectern in your place of worship or the place where the Bible readings are read from. What material is it made from? What shape is it? Does it have any distinctive features? Then consider how that passage or those passages are continued and expanded through the different elements of the service.



*Editor: Canon Paul Hardingham continues his new series on the spiritual disciplines that help us to grow and deepen our faith. It will run throughout this year.*

## **The Spiritual Disciplines: Prayer**

An important spiritual discipline is *prayer*, where we can both listen and talk to God. However, it's not always easy, and as Pentecost tells us, we have the Holy Spirit to help us to pray.

*'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.'* (Romans 8: 26,27)

### *The Spirit helps us in our weakness*

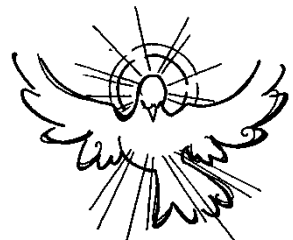
We often don't know how to pray for a person or situation. The Holy Spirit is alongside to help: *'He bears the burden with us'*. He enables us to connect with God and assures us that He loves to hear our prayers: *'And by Him we cry, 'Abba, Father.'* (Romans 8:15).

### *The Spirit helps us in our ignorance*

When we don't know what to ask in prayer, the Spirit prays for us with a perfect understanding of God's will. The Spirit pleads on our behalf in *'wordless groans'*, which go beyond mere words. We are never alone when we pray, since the Spirit takes our words and brings them to the Father.

### *The Spirit helps us in our requests*

The Spirit intercedes for us according to the will of God. He translates the prayers we can't articulate or the requests we get wrong, so that they come to God in accordance with His will. In prayer we attune ourselves to the Spirit with our words or groans. Reading the Bible alongside our prayer is helpful, so that



we can pray in agreement with God's Word.

**When we pray, lets confidently ask: 'Come Holy Spirit.'**

## In the (church) News

### **Bishop protests about election law changes**

A senior Church of England bishop has raised serious concerns about new election laws that he believes could adversely impact "the poorest and the most marginalised."

The Bishop of St Albans, Alan Smith, has spoken out against new regulations that mean voters will have to bring photo ID with them when they come to the polling stations. The new rules come into force at local elections in May.

Bishop Smith, who convenes the CofE bishops sitting in the UK's House of Lords, said: "All the evidence suggests that this is likely adversely to affect the poorest and the most marginalised.

"If you're struggling to make ends meet, and you're working long hours, to have to go and get another form of identity if you haven't got one readily at hand...it's much more likely to mean that people may say, 'It's just too difficult.'

"We already have a problem getting people out to the ballot boxes, so why make it more difficult?"

The controversial new rules were introduced in response to allegations of voter fraud, but figures released by the [Electoral Commission](#) show low levels of proven fraud across all types of elections.

Bishop Smith said: "We're asking 47 million people to have to go through extra hoops for what is a pretty minor problem."

In response to the change in election law, the bishop is encouraging all churches to publicise the change so that people are not caught out at the polling stations.

He said: “I would encourage people, if it’s possible, to put up a poster, raise it with people – we want to encourage people to engage in the democratic process.

“That’s what healthy democracies do – we want to actively try and get as many citizens as possible thinking about how society can best serve and care for people, but particularly look out for the people who are struggling for various reasons.”

.....

### **Bishop of Durham responds to immigration proposals**

As Christians we need to pray and to seek a just and compassionate solution to all who seek asylum here, as championed by the Bishop of Durham in the article below. (*Chris, Editor*)

The Bishop of Durham, Paul Butler, who speaks for the Church of England on refugees, has recently issued the following response to the Home Secretary's statement on the Illegal Migration Bill.

He said: “No one wants to see people risking their lives to reach safety, but we must ask is this Bill the right response - one that is built on compassion, justice and moral leadership?

“It’s likely to push thousands of people, including children, into a prolonged legal limbo and imprisonment, and does nothing to support timely and effective consideration of asylum requests.

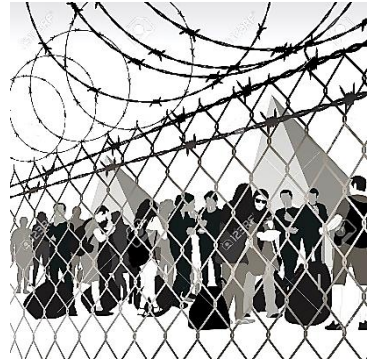
“It would label all those crossing the Channel illegal entrants and therefore people to whom we do not owe a responsibility and would criminalise the act of claiming asylum - without acknowledging that many are highly vulnerable people escaping persecution and war, who have been left with no safe routes.

“Providing safe and legal routes is part of the solution and not one only to be explored after Channel crossings have ended.

“The Home Secretary acknowledges the growing global refugee crisis, which we can’t solve on our own, but it is disappointing that the Government has decided to not take on a greater role in leading the world to equitably support those forced to flee their home.

“The consequences of this will be felt by vulnerable migrants, and by poorer countries in the global south already supporting the vast majority of the world’s refugees.

“We must not abdicate our legal and moral responsibility to some of the world’s most vulnerable by simply treating asylum seekers as a group not to be welcomed or integrated, but detained and returned. We must do and be better.”



## Looking at You

### How your friends may be keeping you alive

Take care of your friendships, and they will take care of you.

A recent study has found that if, in later life, you enjoy your friends on a regular and frequent basis, then the joy that they bring you may even halve your risk of death within five years.

The book of Proverbs (27:9) compares the balm of ointments and perfumes to the soothing effect of a good friend, and an analysis of

the research would seem to confirm this. People in their later years who socialised every day were healthier than those who didn't. Even those who saw their friends only once a week were healthier than those who saw no friends on a regular basis.

In fact, the team reported having found a 'dose response', with the greater the frequency of socialising, the greater the likelihood of living longer. As one doctor put it: "The more frequent the social activity, the more prolonged the survival time."



It is thought that having regular contact with friends encourages healthier thinking, better personal habits, increased physical activity, and reduces stress.

Yet according to Age UK, more than two million older people in England live alone, and more than a million older people can go for a month without speaking to anyone.

The study was published in the *Journal of Epidemiology & Community Health*.



We have been asked to advertise this. For information. Anyone interested in going?

**Kintsugi Hope Presents...**

# Mental Health Friendly Church Training Day

## JOIN US AS WE EXPLORE WHAT A MENTAL HEALTH FRIENDLY CHURCH LOOKS LIKE

If you are a small group leader, pastoral worker, lay leader or anyone involved in caring or support roles in your church, this training will help you to:

- Understand our emotions and explore a robust theology of mental health
- Understand the Mental Health Continuum
- Explore how the church can help eradicate stigma
- Gain an overview of mental health conditions and how the church can respond
- Encourage compassion and a gentle presence in our churches and communities
- Cultivate our own and others' wellbeing
- Develop mental health friendly communities

St Peter's in the City, St Peter's Street  
Derby

17/06/2023  
10am-4pm

Tickets £12  
includes refreshments and workbook



**BOOK NOW [KINTSUGIHOPE.COM/MHFC](https://www.kintsugihope.com/mhfc)**

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## Crossword Answers

**ACROSS:** 1, Stop. 3, Call upon. 9, Regular. 10, Octet. 11, Inner. 12, Hudson. 14, Holy Communion. 17, Myself. 19, See to. 22, About. 23, Iterate. 24, Monarchy. 25, Stet.

**DOWN:** 1, Straight. 2, Organ. 4, Abraham's faith. 5, Lloyd. 6, Puteoli. 7, Note. 8, Cleric. 13, Innocent. 15, Lay down. 16, Ussher. 18, Enter. 20, Enact. 21, Balm

## Ed's Endings



On Saturday 1<sup>st</sup> April Stephen led our Benefice Vision Day, when members of all three churches met to listen,

consider, discuss and pray



about the future.



Following on from this David and Diana Wills have produced a questionnaire and plan to talk to as many of us as possible to find out our thoughts and views on the future structure of Sunday services. Please be open to speak to them. Be honest but be constructive. We as the family, the body of Christ need to disagree agreeably. So, no moaning and negativism, no criticising and complaining. Let's work together and move forward in love.

The new pattern of services is as follows:

1<sup>st</sup> Sunday – 11.00am Quiet, reflective Holy communion

2.00pm Open Door

2<sup>nd</sup> Sunday – 8.00am Holy communion BCP

10.00am/11.00am Family Service, alternating with  
St Mary's

3<sup>rd</sup> Sunday – 11.00am Holy Communion, various styles

4<sup>th</sup> Sunday - New Beginnings 10.30 coffee in the hall; 11.00 informal  
praise and worship etc. in the church

(See Pages 5 & 6)

5<sup>th</sup> Sunday – united Benefice, rotating around all three UB churches

Plus, the two Friday Holy Communions, the second and fourth Fridays  
11.00am, the first being ecumenical and shared with the Methodist,  
sand alternating between St Helen's and the Methodist church.

Please do pray that we find the way forward, maintaining tradition as  
is appropriate with new styles of worship.

Evangelism is not selling Jesus, but showing Jesus. - <i>Lee Camp</i>
---

John Burn sent this prayer to our Home Group and I think it sums it all  
up.

**New beginnings:**

Lord Jesus Christ,

We are not good at letting go of the past.

We are not good at recognising that there are times when we need to  
move on in life and take a step forward in faith if we are ever truly to  
grow.

We prefer the security of the familiar,

We prefer the comfort of that which does not stretch or challenge us  
too far and we are wary of the prospect of change, afraid that it might  
ask more of us than we are willing to give.

We are not good at letting go of the old and putting on the new.

We are not good at turning away from our former way of life and taking instead the way of the Cross.

We are reluctant to abandon & bury old habits, fearful of being thought different, and unwilling to deny ourselves the pleasures of this world for the promise of the world to come.

So, we try to keep a foot in both camps and to combine the old self with the new.

We think we can balance the two - but of course we can't and the result is we compromise both and embrace neither.

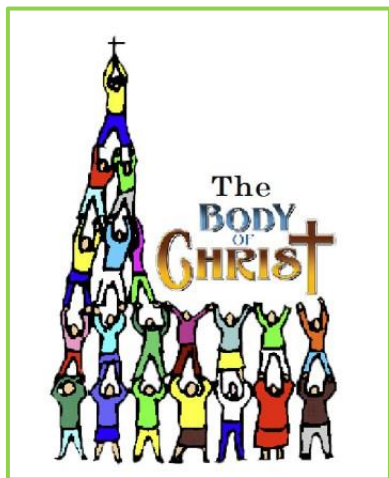
Help us to understand that, while the old has its place, there are some areas of life where a complete break is needed, a turning away from what has been before we are ready to receive what shall be.

Lord Jesus Christ, you want to work within us to finish the new creation you have begun.

Give us courage to trust you completely so that you may refashion our lives to your glory We ask it in your name

**Amen**

*(Number 1353 in '2000 prayers for Public Worship' Nick Fawcett)*



Apologies for any grammatical or factual errors. I haven't been able to get this proofread. I am sure some will have slipped through the net of Spellcheck!

Blessings

**Chris**

All items for June's magazine to me by the **19<sup>th</sup> of May** please:  
christownsend2@sky.com

## United Benefice Services in May

### St Helen's:

- 7<sup>th</sup> May** 11.00am **Coronation Commemoration Service**  
2.00pm Open Door
- 12<sup>th</sup> May** (Friday) 11.00am Ecumenical Holy Communion
- 14<sup>th</sup> May** 8.00am Holy Communion (BCP)  
11.00am Service Celebrating Baptism
- 21<sup>st</sup> May** 11.00am Holy Communion
- 26<sup>th</sup> May** 11.00am (Friday) 11 a.m. Holy Communion
- 28<sup>th</sup> May** **10.00am United Benefice service at St John's**

### St Mary's:

- 7<sup>th</sup> May** No Service
- 14<sup>th</sup> May** 10.00am Family Service
- 16<sup>th</sup> May** (Tuesday) School Family Service
- 21<sup>st</sup> May** 10.00am Joint HC (with St John's) tbc
- 28<sup>th</sup> May** **10.00am United Benefice service at St John's**

### St John's:

- 7<sup>th</sup> May** No Service
- 14<sup>th</sup> May** 4.00pm Café Service
- 21<sup>st</sup> May** No Service  
(10.00am Joint Service St at Mary's)
- 28<sup>th</sup> May** 10.00am United Benefice Holy Communion

**Monday Zoom Service** 6.45pm for **7.00pm start** (finishing approx 7.30pm) – details and invitation from Chris Townsend: christownsend2@sky.com