



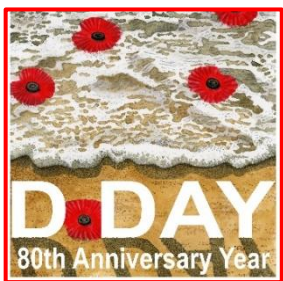
# *St Helen's November Church Magazine*



**We will remember  
them:**

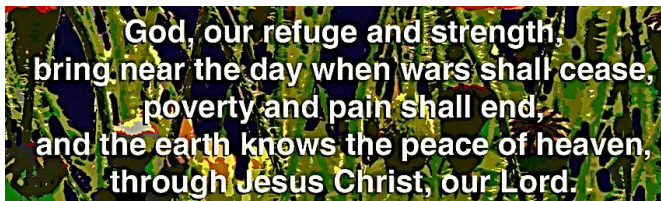
**Sunday 3<sup>rd</sup> November  
3.00pm  
Bereavement Service**

**Followed by refreshments in the hall**



**We will  
remember  
them:**

**Sunday 10<sup>th</sup> November  
10.45am  
Remembrance Service**



**We do not charge for our magazine but a contribution towards publishing costs would be most welcome.**

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

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

## Remembrance Letter for November 2024

### “Lest We Forget”

*“O God, you love justice and you establish peace on earth. We bring before you the disunity of today’s world: the absurd violence, and the many wars which are breaking the courage of the peoples of the world; militarism and the armaments race, which are threatening life on the planet; human greed and injustice, which breed hatred and strife. Send your Spirit and renew the face of the earth. Teach us to be compassionate toward the whole human family; strengthen the will of all those who fight for justice and for peace; lead all nations into the path of peace, and give us that peace which the world cannot give. Amen. “[A Prayer from Zaire, BCW, 797-98)*

In a previous parish we sometimes had a conversation in front of the Church Family in November about War and Peace and the Christian response. These two men were lifelong Christians and they were worshippers in the same church. One was in the army and was one of the very first British medics (with I think the Royal Artillery regiment) into Belsen Concentration Camp. One book summed that first entry as, “There were more than 60.000 emaciated prisoners in desperate need of sustenance and medical attention. Worse still there were 13.000 corpses lying around the camp, unburied and rotting.

Despite being experienced soldiers familiar with the horrors of war they had never encountered anything like this.” The young Richard Dimbleby sent back a radio report on the horrific situation and his superiors at the BBC refused to believe it. Dimbleby said quite simply, “This day at Belsen was the most horrific of my life.” Despite the war still raging around them the British armed forces worked so hard in a humanitarian role. Sadly, despite their best work – another 14.000 people died. My dad did his National Service very near to Belsen and many of the young British soldiers visited the Camp on occasions.

My dad isn’t the most poetic or emotional of men, but even as a kid I remember him saying that, “The birds didn’t sing in Belsen and there was a negative, dark depression of the spirit and the atmosphere.”

Both my dad and the soldier I spoke about were very much rooted in a Christian Faith. The other man in the conversation was also a Christian but was a 'conscientious objector.' Both in the first and the second world war conscientious objectors were treated the same, attacked in newspapers, magazines, in churches and in government. They were also attacked in the street. Many lost their jobs and so their families suffered alongside them. They were labelled cowards and a disgrace, though many of these men worked as medics and did feats of great bravery and courage. In Leicester the two men spoke of their faith and how they were inspired to live out the Gospel in so many ways. Both men lived amazing lives and were deeply spiritual. Yet, how could they both be right? This points to the complexity of the moral questions of war and conflict. One important fact was these two men were also very good friends. There was a mutual respect and affection.

My personal reflection of this is that we live in a free country, which is due to men and women fighting and dying for us so we have the right to hold different opinions. One recent war movie states "Freedom isn't Free!" I know it sounds saccharine but if you think about it, it's true. When working in London I did some work with homeless people and it seems many of them were former veterans, as is often the case. Whatever our views on war and the conflicts our country's been involved in, surely we owe a duty of care for all who have served and now suffer because of their service.

This November may we respect each other's views but also remember in solemn love and gratitude all who have died for their country in wars, in conflicts and because of terrorism.

**Revd. Stephen**

## **November Letter Part II**

November is a month of memories; it is a mixture of nostalgia, blessings, family stories, and maybe pain, loss and sorrow. As a priest I've spent a lot of time with people living in the 'Autumn' of their lives. Often people in this chapter of their lives look back with regret and with wistful

longing. But equally, it can be where we ask the question; ‘Where was God in all these chapters of our/their lives’? Sometimes with God’s grace we can look at the positive and negative of our lives and see that God’s never left us. Even in the darkest Days, God leads us on. In the Christian life we are often encouraged to reflect on the day before going to sleep. It consists of:

Where have I sinned today?

Where have I been kind, loving etc.?

Where has God blessed me?

Where have I failed?

And we say a prayer of sorrow, of regret and of thanksgiving etc. Then we are called to draw a line under the day. This is an ancient way of prayer and I would really recommend it. It’s also good for one’s mental health as well as one’s spiritual health.

In church we do much of this in our services. We remember the people who have died in our communities. We remember those who have died in wars and conflicts. We end the church’s year looking back and then we look forward to the future, all in the Grace of God.

We are blessed by our times of faithfulness, and we ask forgiveness for our brokenness. No church is perfect and no church member is perfect. As a priest I’m very conscious of my sins and failings. But you and God are very faithful in your patience and forgiveness.

In autumn we remember all our changes and movement towards God. In Derbyshire we are very lucky for the seasons of the year show us the journey of life in 12 months. Autumn and Winter always lead to Spring and Summer. In the Christian life we know God never leaves us nor forsakes us. As you remember so many things this November, even the most painful – please know that you are deeply loved by God.

In the greatest of changes in life we remember that God makes us all a promise. He “Abides with Me”. Finally, God never changes; His love

never stops for all of us. We are all held in the love of God, from the beginning of our lives to their earthly conclusion.

God bless you all and please feel free to join us as we remember the Military on the 10<sup>th</sup> November (and in the afternoon in the Whitworth Park) and on the 3<sup>rd</sup> of November at St Helen's Church, Darley Dale. we remember all our loved ones who have died in the past few years (or longer) Be assured of my love and prayers.

Yours

**Rev. Stephen Monk**

## **Keeping Warm**

We often feel that churches are always cold and poorly lit, but in recent years the heating bills have been eye watering. Like our home heating, it has become so expensive. I feel that there's no need to pray in discomfort. So, from when the clocks go back, we will be having some of our Sunday services in our Hall (St Helen's) and in the village Hall (South Darley). The Services will be the same, they will be as advertised and they will be warm. I know myself that cold dampness can cause a lot of pain when one suffers from arthritis etc. If people can volunteer to help set up, please let me know.

Also, in St Helen's the Thursday Coffee Social group is once more a welcoming space which is warm and serving a soup lunch every Thursday of every month from 11.00am.

## **Volunteering**

If you or a neighbour or friend would like to become more involved with any of our Church communities, please can you contact me on **[rev.stephenmonk@btinternet.com](mailto:rev.stephenmonk@btinternet.com)**

Also, if you have some new ideas or thoughts you'd like to share please do get in touch.

## Special Services at St Helen's in November



**Sunday 3<sup>rd</sup> November 10.00am United Benefice Toy Service at St Mary's.** Please bring new toys, games etc for children of all ages, boys and girls but unwrapped please.

### **Sunday 3<sup>rd</sup> November 3.00pm Bereavement Service**

Followed by refreshments in the church hall  
N.B. contributions of cakes would be most welcome.  
Please let Roz Woodley, Penny Dakin or any member of the Social Committee know in advance.



### **Sunday 10<sup>th</sup> November 10.45pm Remembrance Service**

After the service cakes/ buns decorated as poppies, made by the daughter of a friend of Revd. Julie, will be on sale to take home to eat ourselves or pop to friends, families, and neighbours. This is in aid of charity to remember that we have the freedom to help others fighting their own daily battles because we live in freedom. Please bring some cash with you to support **Mencap** and remind people that we 'remember them'. **Revd Julie**

## Special events in November

### **Parishes Weekend**

**Open to all parishes in the Matlock and Darley Dale areas**



### **Led by the Rural Missions team**

**When?** 15<sup>th</sup> November–17<sup>th</sup> November

**Where?** Masson Mill Cromford.

Refreshments provided.

**Why?** We need to step out and look at where we are going in our parishes and communities. How can we in our rural settings be a force for the Gospel? How can we support each other and how do we want our parishes to grow? The weekend is a mixture of worship, reflection, conversations within our own parishes and with other local parishes.

There are two sessions:

- 1) **Friday night 6.30pm to 9.00pm**
- 2) **Saturday morning 9.30pm – 1.00pm**

These are followed by a joint **Sunday Communion at Christ Church Holloway at 11.00am**. You are welcome to all or just individual parts. Stephen urges as many of us as possible to support this by attending.

It will be really helpful if we know in advance that you are coming. You can book a place on [www.ruralmissions.org.uk/matlock](http://www.ruralmissions.org.uk/matlock) or by letting the leadership team at St Helen's know and we will put your name down on the list.

## Churchtown School

**Churchtown School services in church:**

**Thursday 28<sup>th</sup> November 10.30am**

**Thursday 19th December 10.30am**



Please come and support the children if you can.

Margaret and Chris Long wanted to share how we were able to come to the school's rescue. Our church was open Thursday 17<sup>th</sup> October, as it usually is on a Thursday, when the school had to be evacuated. The children and staff were able to take refuge in the church. The children's corner and craft materials were much appreciated.

## St Helen's November Diary

Please note: No Open Door in November



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

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

**Thursday Coffee Social – most Thursdays**  
**12noon to 2.00pm** In St Helen's Church Hall –  
**but you can come for a cuppa from 11.00am**  
a space and time to relax and enjoy good company.  
Everyone is welcome. Now serving soup with bread.  
For more information contact **Ann Bradley**.



**Prayer Meeting Saturday 9<sup>th</sup> November**  
**9.30 – 10.00am in church**

You can pray as you feel led or prepare something in advance. You don't need to pray aloud at all, other than an Amen at the end of a prayer. Also, don't forget there's coffee/tea and cake afterwards - also now in church this month!



## **The Saturday Coffee Morning**

**Saturday 9<sup>th</sup> November 10.00am to 12noon**

### **In the church this month!**

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



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

## **Monday Lunchers**

**Salt – 11<sup>th</sup> November**

**Pepper – 18<sup>th</sup> November**

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

**Ann Bradley has stepped into the breach as Kath is retiring from a more active role. Ann can be contacted on 735776**



## **Ecumenical Holy Communion**

**Friday 8<sup>th</sup> November 11.00 a.m. at St Helen's**

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

## **Home Groups**

### **Thursday Ecumenical Home Group**

**Dates in November** Thursday 17<sup>th</sup> and 24<sup>1st</sup> at 7.30pm.

For more details contact Margaret on 735778



**Thursday Group** led by Diana Wills will not be meeting until after the Alpha Course has finished

For details contact Diana on: [dwills@doctors.org.uk](mailto:dwills@doctors.org.uk)

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



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## Looking ahead

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Christmas season is nearly upon us. Do look out for requests of mince pies, help with decorating the church etc.

Full details of services will be in the next magazine.

**Sunday 1st December 2.00p.m.** Open Door Christmas Celebration. Bishop Libby is our guest.



**Advent Carol Service 11.00am Sunday 8<sup>th</sup> December** when we will be welcoming the local Scout groups and, hopefully, the Guides and Brownies too. There will be light refreshments in the church before the

service from 10.40am

The Scouts will be holding their Christmas Fayre in the hall afterwards.

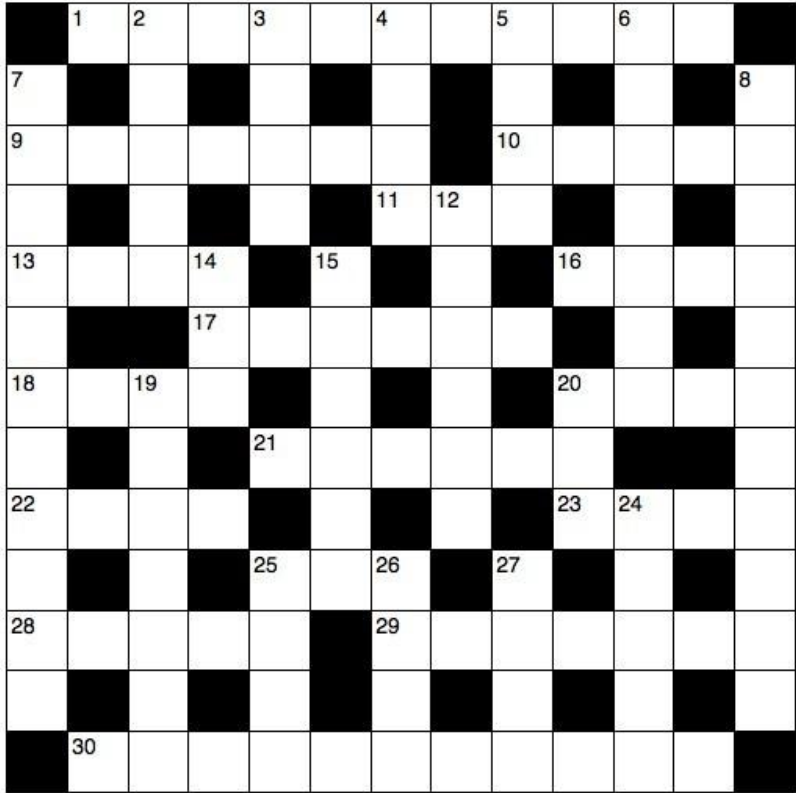
**Saturday 9th December 1.30p.m.** Memory Lane Christmas Celebration with Gatepost Theatre Company. All are welcome to join us.

**Saturday 14th December at 7.00 p.m.**  
**St. Helen's Carol Service**

**Sunday 22nd December 10.30a.m.**  
New Beginnings Christmas Celebration.



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**Crossword Clues**

**Across**

- 1 In David’s battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)
- 9 ‘No — , impure or greedy person has any inheritance in the kingdom of God’ (Ephesians 5:5) (7)
- 10 City on the banks of the River Nile (5)
- 11 Stamped addressed envelope (1,1,1)
- 13 Taverns (4)
- 16 ‘Be on your guard; stand — in the faith’ (1 Corinthians 16:13) (4)
- 17 ‘He will not always — , nor will he harbour his anger for ever’ (Psalm 103:9) (6)

- 18 and 27 Down Where the magi came from and what guided them (Matthew 2:1–2) (4,4)
- 20 Ancient Celtic alphabet of 20 characters (4)
- 21 She married Esau when he was 40 years old (Genesis 26:34) (6)
- 22 A great-grandson of Noah (Genesis 10:7) (4)
- 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
- 25 ‘My house will be a house of prayer; but you have made it a — of robbers’ (Luke 19:46) (3)
- 28 Annie (anag.) (5)
- 29 Plead with (Zechariah 7:2) (7)
- 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

### Down

- 2 ‘We have a building from God, an eternal house in heaven, not built by — hands’ (2 Corinthians 5:1) (5)
- 3 Uncommon excellence (Proverbs 20:15) (4)
- 4 ‘You have exalted my horn like that of a wild ox; fine — have been poured upon me’ (Psalm 92:10) (4)
- 5 — Homo (‘Behold the Man’) (4)
- 6 ‘He has given proof of this to all men by — him from the dead’ (Acts 17:31) (7)
- 7 ‘Our — is in heaven’ (Philippians 3:20) (11)
- 8 ‘This is a day you are to — ’ (Exodus 12:14) (11)
- 12 Assault (Psalm 17:9) (6)
- 14 ‘Jesus found a young donkey and — upon it’ (John 12:14) (3)
- 15 Liverpool dialect (6)
- 19 ‘Remember the — day by keeping it holy’ (Exodus 20:8) (7)
- 20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)
- 24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)
- 25 ‘If anyone would come after me, he must — himself and take up

his cross and follow me' (Mark 8:34) (4)

26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)

27 See 18 Across

Answers on Page 23



"...and don't forget we're coming into Nativity Play season – make sure we have extra tea-towels in stock!"

## 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 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 finally asked, "Which service, the 9 o'clock, or the 11 o'clock?"

### **What bishops do**

We were celebrating the 100th anniversary of our church, and several former pastors and the bishop were in attendance. At one point, our minister had the children gather at the altar for a talk about the importance of the day. He began by asking, "Does anyone know what the bishop does?" There was silence. Finally, one little boy ventured: "He's the one you can move diagonally."

### **When children tell Bible stories** (*real-life efforts that didn't quite make it...*)

- \* St John, the blacksmith, dumped water on Jesus' head.
- \* Jesus enunciated the Golden Rule, which says to do one to others before they do one to you.
- \* Jesus ruled that "a man doth not live by sweat alone."
- \* It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.
- \* The people who followed the Lord were called the 12 decibels.
- \* One of the opossums was St Matthew who was also a taximan.

## As for those signs found outside churches:

- \* A singing group called 'The Resurrection' was scheduled to sing at a church. When a big snowstorm postponed the performance, the minister fixed the outside sign to read, 'Resurrection is postponed - due to snow.'
- \* Come in and pray today. Beat the Christmas rush!
- \* Weight Watchers will meet at 7pm next Wednesday in the church lounge. Please use large double door at the side entrance.

## Growing your faith. Food for thought

*Editor: Canon Paul Hardingham considers the reality of warfare*

### **War and Peace**

John Lennon wrote: *'Imagine there's no countries, It isn't hard to do, Nothing to kill or die for, And no religion too. Imagine all the people living life in peace.'* But on Remembrance Sunday, we should reflect on war past and present, and consider the *real* way to peace.

***The way of war:*** *'What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill.'* (James 4:1-2). James reminds us that war has its basis in our own hearts, with the selfish desires that exploit, bully and kill others to get our own way. Sadly, when nations allow these inner selfish attitudes to determine their policy the result is war. Only God can establish true peace.

***The way of peace:*** Isaiah, 2,700 years before John Lennon, also imagined a future of peace without any war: *'They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.'* (Isaiah 2:4).

Only Jesus, the Prince of Peace, can bring true peace to our lives and world. Jesus did not experience the horror of battle, but He did die an horrific death at the hand of the Romans. He gave His life sacrificially, as He took God’s anger at our sin on Himself and went on to conquer death in His resurrection. He did this out of love for us, and calls us to love others in the same way: *‘Greater love has no one than this: to lay down one’s life for one’s friends.’* (John 15:13).



How can we demonstrate such love ourselves? We can be confident in God’s plan to bring an end to all wars when Jesus returns.

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*Editor: With Remembrance Sunday in mind, this article might be of interest...*

### **Should Christians go to war?**

Have you ever wondered how people of peace, like Christians, can contemplate the use of force? Certainly, the violence of the first quarter of the 21<sup>st</sup> century is staggering. Terrorist activity and military conflict worldwide – the resulting loss of life is never be something of which the human race can be proud. No wonder such mayhem causes us distress – and this distress should ideally drive us to prayer.

As for what Christians should do, here are some questions to consider:

**1. Do we believe in the validity of punishment?** The answer, surely, must be Yes – if there is such a thing as objective truth and a given morality by which human life is ordered. If this were not so, we would have to remove from our vocabulary such words as ‘reward’, ‘merit’, ‘justice’ and even ‘forgiveness’.

Punishment is not a popular word in circles that dislike the language of retribution, and who speak rather of ‘corrective punishment’.

However, St Paul said that secular authority is “God’s servant, an agent of wrath to bring punishment on the wrongdoer.” (Romans 13:4, NIV).

So, the treatment of wrongdoing must have a retributive element in it, if it is ever to be corrective.

**2. *Is there a difference between force and violence?*** The use of force is the disciplinary exercise of lawful authority – as seen, for example, in a well-run police force. This is a valid part of God’s order. St Paul said: “Everyone must submit himself to the governing authorities...he who rebels is rebelling against what God has instituted....” (Romans 13:1,2 NIV)

Of course, ‘force’ can become ‘violence’ under a repressive authority. Revelation 13:5-8 depicts such authorities as a blasphemous “beast”. Then the call can indeed be for civil disobedience. The earliest Trades Unions themselves were begun through Christian influence!

**3. *Do we assent to the depravity of the human heart?*** People are selfish. We can’t be trusted to behave well towards others. So, our societies need to agree rules for our order and survival. Without such restraints, and the power to apply them, chaos and anarchy are the result.

A Christian is called to shun all violence, but to also be committed to the disciplined use of force. Sadly, a lot of muddled thinking takes place (especially during times of international conflict) when the debate fails to take account of the difference between violence and force. Force is concerned with the upholding of law. Violence is concerned with the overthrow of law.

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*Editor: Paul Hardingham continues his series looking at what it takes to be a disciple.*

### **Whole Life Discipleship - ‘Growing Up Together’**

Andrei Rublev’s popular icon of the Trinity depicts the three mysterious strangers who visited Abraham (Genesis 18:1-15). It speaks powerfully of the relationship between the three persons of Godhead.



*'God as Being exists in community. The natural and simple demonstration of God's communal image for humanity is the gathering of the small group.'* (Gareth Icenogle).

Therefore, small groups provide an important place where we can grow as whole-life disciples, hence the significance of the number 3. As Paul writes: *'So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.'* (Colossians 2: 6,7). Small groups provide a healthy environment which encourages spiritual growth, as relationships are made and a sense of belonging established.

Groups go by different names: home groups, cell groups, care groups, discipleship groups etc. Whatever the name, the focus should be the same: a small gathering of people committed to spiritual growth. Unfortunately, it's easy for them to become inward looking and cliquey. So where do the challenges lie?

### ***Small groups are places for growth:***

Groups are not simply places to share information about ourselves and the Bible, etc. They are places of *formation*, where we can learn to grow Christ-like character i.e. developing the fruit of the Spirit, and then exploring the Spirit's gifts in a safe place of experimenting and making mistakes.

### ***Small groups are places for accountability:***

In a group we're not on our own, but we share the Christian journey with those who can encourage us on the way. These are the people who can hold us to account about how things are going: *'what is God doing in my life and how do I need to grow?'*

### ***Small groups are places for mission:***

Small groups also provide a place where we can *voice* the story of how God has been at work in our lives and is using us. This gives us the confidence that we need to share our story with work colleagues, friends, and family, as we speak of our faith in Christ.

One lady told how she took her granddaughter to church for the first time. As they knelt in the tall-sided pew, the little girl whispered, '*Who are we hiding from?*' It is harder to hide from ourselves or from one another in the smaller group, than in the crowd.

We have two home groups – see page 10 for details and contact number – new members always welcome. Plus, there is the Zoom service on Monday evenings which has become a warm and welcoming group; ideal if getting to church is an issue. Contact me by email. *Chris, Editor*

## Church News

### **Black History Month marked in cathedrals and churches**

Black composers, musicians and singers have just been celebrated as part of a series of events, from exhibitions and lectures to services and study days, marking Black History Month (October) in Cathedrals and churches across the country.

The events included the Archbishop of Canterbury presiding at a Eucharist at Southwark Cathedral in a service with music by St Saviour's and St Olave's School Gospel Choir and the Nigerian Chaplaincy Worship Team.

Southwark Cathedral said that the event aimed to "acknowledge the profound positive impact music has had on the black community, and the power of music to transform worship, to bring hope, and provide a space of healing, restoration and justice."

Another event was an Evensong for Black History Month, held at Gloucester Cathedral, and featuring music by black composers, including Samuel Coleridge Taylor and Nathaniel Dett.

Meanwhile, St Albans Cathedral hosted a talk with broadcaster and academic Dr Robert Beckford on the theme of social justice and gospel music.

And at Liverpool Cathedral, the broadcaster, and academic Professor David Olusoga, who has written and broadcast extensively on black British history, gave the Black History Month lecture.

Also, a statue of St Benedict of Palermo (1526-1589), Patron Saint of Racial Justice, was installed in the Franciscan Garden at St German's Cathedral, Isle of Man, to coincide with the start of Black History Month. It has been carved by the Zimbabwean sculptor Jonathan Mhondorohuma. Benedict was a former slave, becoming a Franciscan Friar, Novice Master, and then Superior.

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## **When poverty pushes people into dark places**

As Christmas approaches, the charity Christians Against Poverty (CAP) is warning that "Poverty has become more ruthless than ever. There are rarely simple solutions anymore. Families can't afford to live, let alone repay debt, as incomes don't cover the basics"

CAP tells the story of Bea, one of its clients. "Like nearly half of CAP's clients, Bea's income wasn't enough to live on. She and her husband had been made redundant and, no matter how careful she was, after paying for rent, food, and other essentials, the money couldn't stretch to the end of the month. "I got to the point where I didn't want to be here. I was in a black hole, and couldn't get out."

Nearly half of CAP's clients have attempted or considered suicide as a way out of debt, as on-going poverty and debt is literally driving people to the brink.

And so, this Christmas, CAP is asking for support, as “your gift to CAP could save lives. The holistic care and debt help local churches across the UK are providing is vital for people like Bea.”

*If you would like to send a donation, please visit: <https://capuk.org>*

## Looking at You

### **A key to longer life? Keep calm and carry on**

Scientists have long known that mental resilience, or our ability to bounce back in the face of trouble and adversity, has a powerful effect on us for the good. Such resilience has been linked to preventing disease, keeping chronic illnesses at bay, and helping us recover after trauma. Now it seems that our capacity to cope with and adapt to challenging life events may even delay our risk of dying for a good few years.



Scientists at the University of Sun Yat-sen, in Shenzhen China, have done extensive research into the health records of more than 10,000 Americans who had signed up for the US Health and Retirement Study. They found that those who scored high on qualities such as perseverance, calmness, a sense of purpose, self-reliance and stoicism had a much lower death rate than others who scored lower.

Writing in the journal *BMJ Mental Health*, the authors said: “Exposure to adversity, such as poverty or significant life events like job loss or bereavement, often leads to disruptions in psychological functioning. However, individuals differ in their ability to overcome and adapt to adversity, with some exhibiting resilience while others struggle.”

The Bible urges us to not try and cope with life on our own. Instead, it reminds us that God is always our refuge, ‘a very present help in trouble’. Psalm 55 says: ‘Cast your burden upon the LORD and He will

sustain you; He will never allow the righteous to be shaken.’ Now that sounds like resilience - with some heavenly back-up!

### Crossword Answers

**ACROSS:** 1, Charioteers. 9, Immoral. 10, Cairo. 11, SAE. 13, Inns. 16, Firm. 17, Accuse. 18, East. 20, Ogam. 21, Judith. 22, Seba. 23, Msgr. 25, Den. 28, Inane. 29, Entreat. 30, Chrysoprase.

**DOWN:** 2, Human. 3, Rare. 4, Oils. 5, Ecce. 6, Raising. 7, Citizenship. 8, Commemorate. 12, Assail. 14, Sat. 15, Scouse. 19, Sabbath. 20, Ohm. 24, Seeds. 25, Deny. 26, Nero. 27, Star.

## Ed's Endings

### Help needed!

If you have a green thumb (I will settle for a khaki one or even a very slightly green one. Darley Dale in Bloom has been given a large quantity of crocuses by the Town Council, of which 500 have been allocated to us! I am thinking along the edge of the main path (or paths) and as they are purple a good few in the Peace Garden.



Bulbs must be planted at a depth three times their size, so we don't have to dig for England! However, 500 is still a goodly number so I really do need help. If you could plant a few dozen or so, do get in touch. November is a good month for planting bulbs so they can be done at different times as convenient. Full training given. Your own trowel essential.

Chris

All items for the double December/January magazine to be with me by the 17<sup>th</sup> November, please. Thanks. **Chris**

## Services in November

### St Helen's:

- Sunday 3<sup>rd</sup>** 10.00am United Benefice HC/Toy Service at St Mary's  
3.00pm Bereavement Service
- Friday 8<sup>th</sup>** 11.00am Ecumenical Holy Communion
- Sunday 10<sup>th</sup>** 8.00am Holy Communion BCP  
10.45am Remembrance Service
- Sunday 17<sup>th</sup>** 11.00am United service Holloway Church
- Friday 22<sup>nd</sup>** 11.00am Holy Communion
- Sunday 24<sup>th</sup>** 11.00am New Beginnings (Café 10.30am in Church Hall)

### St Mary's:

- Sunday 3<sup>rd</sup>** 10.00am United Benefice HC/Toy Service
- Sunday 10<sup>th</sup>** 10.45am Remembrance Service
- Sunday 17<sup>th</sup>** 11.00am United service Holloway Church
- Sunday 24<sup>th</sup>** 10.00am Morning Worship

### St John's:

- Sunday 3<sup>rd</sup>** No service
- Sunday 12<sup>th</sup>** 10.45am Remembrance Service
- Sunday 17<sup>th</sup>** 11.00am United service Holloway Church
- Sunday 24<sup>th</sup>** 4.15pm Café Service

### Monday Evening Zoom Service

Most Mondays 7.00-7.30pm

Details and invitation: [christownsend2@sky.com](mailto:christownsend2@sky.com)

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