

June, July, August, 2024

Dean Row Chapel, Wilmslow SK9 2BX

website: www.deanrowunitarianchapel.co.uk



Services at Dean Row every Sunday at 11.15 a.m.

Meditations – Wednesday 11.00am – 11.30am

Hale Chapel, Hale Barns, WA15 0AQ

Hale Chapel website: www.halechapel.co.uk



Services at Hale Chapel every Sunday at 9.30 a.m.

Minister Rev Jeff Gould Tel. 01625 402952

Mob 07989858963 jeffreylanegould1959@talktalk.net

Worship services at Hale Chapel and Dean Row Chapel
Services will be conducted by the Minister
unless otherwise indicated

	Hale Chapel 9.30am	Dean Row Chapel 11.15am
June		
June 2	Commemoration of D-Day	Commemoration of D-Day
June 9	Women's League Sunday	Women's League Sunday
June 16	Father's Day	Father's Day
June 23	Summer	Summer
June 30	The Minister will be on holiday, Guest Preacher	
July		
July 7	Sea Sunday	Sea Sunday
July 14	Bastille Day	Bastille Day
July 21	Sunday Service	Sunday Service
July 28	Sunday Service	Sunday Service
August		
August 4	Sunday Service	Sunday Service
August 11	Sunday Service	Sunday Service
August 18	Sunday Service	Sunday Service
August 25	Sunday Service	Sunday Service
September		
Sept. 8	Sunday Service	Sunday Service
Sept. 15	The Minister will be on holiday, Guest Preacher	
Sept. 18	Sunday Service	Sunday Service
Sept 29	Michaelmas	Michaelmas

Good Advice by Jan Beaumont

Now today I am asking a question.
And I'd like you to give it some thought.
What on earth would you say to your much younger self?
What is it you wish you'd been taught?

Just imagine if you could time travel.
And meet yourself so long ago.
What have you learned in the years that have passed?
That you feel is important to know?

One thing that I'd say is to travel.
Meet people of every race
Just learn all you can about others.
And don't spend all your life in one place.

Take care of yourself and stay healthy.
Make sure you're a genuine friend.
Be generous, be loyal and be honest.
It will carry you through to the end.

Remember not everything's serious.
Don't forget to make sure you have fun.
Making memories is just so important,
They're what's left when the other stuff's done.

Don't leap into things far too quickly.
Consider the options instead.
For each situation is different
Some are ruled by your heart ... some your head.

Make sure that you're kind and you're loving.
Respect others ... and yourself as well.
But whatever you do just jump right into life
So you've got some good stories to tell!

THE MINISTER'S LETTER

If legislation had not passed in 2016 that made the State Pension Age 66 for my age group, I would have retired this year. I can well remember my early years of ministry, in which I often asked myself if I had the energy to carry me through to the age of 65! Now that I have arrived at that particular landmark, I am contemplating continuing in full time service in ministry until the age of 70. This has come as a surprise to me as much as to anyone else. The Psalmist declares: 'The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. [Psalm 90.10] What ought we to do with those years that we are given to live and work?

Much of my ministry over the past thirty-five years has been spent in the company of retired persons. This has given me an invaluable insight into the potential pitfalls and benefits of life after work. Service in the life of the Church doesn't always follow the same rhythm and pace as would apply in secular employment, and the decision to bring one's life of vocational efforts to an end isn't an automatic response to reaching a particular age. Retirement can also involve continued service in a variety of ways: supporting full time clergy when they are on holiday or ill; assisting with baptisms, weddings and funerals when the workload is too demanding for the current incumbent; teaching ministers in training (and many other roles).

In October 2022 I took part in a pre-retirement course for clergy that was facilitated by the United Reformed Church. It was an extremely convivial and collegial five days of helpful information sharing and candid exchanges of pastoral perspectives. It amazed

me how many clergy I met on the course who were struggling to make it to their retirement, and it was equally astonishing how some ministers simply could not face the inevitability of stepping down and allowing someone else to fill their pulpit. I didn't find myself in either camp, but I did assume that when I could draw my State and Minister's Pension, I would do so. Lo and behold, my sense of vocation has altered those plans. That service beyond the 'normal' retirement age is contingent on the approval of those with whom I hope to minister.

JEFF

DEAN ROW CHAPEL

Dean Row Chairman's Newsletter

Dear Friends,

At last we are seeing the possibility of Summer. Although we have had days of pouring rain, and in most gardens flooding, perhaps we can look on the bright side and look forward to not having hose pipe bans.

For those of you who had some of Derek's home-grown tomatoes, I hope that they are doing well. We have (at the time of writing) one teeny tomato on one of our plants. The donations this year have been given to Christian Aid- I think about £100.00.

We have lots to look forward to in Chapel events. On the 20th June, our outing to Lytham St Anne's wonderfully organised by our Chapel Social Group Co-Ordinator Anne Smith. The 29th of June will be our Quiz and Fish and Chip Night and then, the event we have been looking forward to, which was postponed due to illness, the concert 'Songs From The Shows' by SUPERTONIC on 27th July.

I am sure that those of you who were able to attend Chapel on 26th May, enjoyed the wonderful celebration of Gisela Schröder-Fink's Grandson's Baptism. I believe that a grand party was had in the Hall afterwards. Unfortunately, I was not able to attend the cake-fest as we went to the Clink for lunch to celebrate Derek's birthday and my son Mark and his wife Deborah were celebrating their Silver Wedding.

You will be pleased to know that Nellie and Florrie are thriving and enjoying the better weather to go out to play and sleep on the veranda chairs. I do sometimes wish I was a cat, maybe in a future life and only with good and loving parents.

Love to you all. Enjoy your summer.

Chrissie

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WARDEN'S REPORT

It's been a relatively quiet time with the usual power hosing, gardening and painting of the entrance vestibule and vestry entrance.

The flags in front of the hall have had some remedial pointing and levelling.

Ian Barber, our gardener, is having a shoulder operation and may be out of action for a short time. The volunteers will try to fill in for him where possible. We wish him a speedy recovery.

We're planning to have a skip delivered in the next few weeks to get rid of debris from the Chapel grounds and other items from the loft etc. An announcement will be made for volunteers in due course.

Enjoy your Spring and Summer.

Ian

Dean Row Chapel Social Group

We were fortunate to welcome David Briggs as a speaker during April. He gave a very interesting talk about his ancestors the Hankinsons, they were very involved in the life of the chapel and in Wilmslow over 200 years ago.

David is a trustee of the Booth Centre for the Homeless in Manchester. Thank you to everyone who gave very generous donations which were very much appreciated.

On the 31st May a group of us will be going to the Cheadle Hulme School for a production of Joseph and the Amazing Technicolor Dream Coat. This will be performed by the Alderley and Wilmslow Musical Theatre Company; they have been rehearsing for this in our hall since before Christmas.

We now have our outing to Lytham to look forward to in June. Fingers crossed that we will enjoy fine weather.

Anne Smith, Social Group Co-Ordinator

Happy memories of Maggie Cupper from Chris Casey

I find myself smiling when I think of my friend Maggie she loved life, holidays to Venice and food especially duck. I laughed with her one day until I cried when she said to me "Chris I wish ducks had four legs" rest in peace Maggie, we loved you dear.

Submitted by Pat Spence

Baha'u'llah

**'The supreme need of humanity is cooperation and reciprocity.
The stronger the ties of fellowship and solidarity amongst men,
the greater will be the power of constructiveness and
accomplishment in all the planes of human activity.'**

Message from the Treasurer

Whenever I write for the Newsletter it seems to be that I am appealing for funds...sadly, this is no exception!

We now know that we need to rebuild the bellcote and we have had both a survey and a structural surveyors report. We have a few building firms that are recommended for historic building repairs, but we have not yet asked for quotes as we have to await comments and hopefully planning permission from the local authority conservation officer. This may take upwards of six months. We are advised that the work will cost at least £100,000 and while we hope to be able to make appeals for grants towards the repairs when we have some prices but will undoubtedly have to do some fundraising.

I hope that we can initially raise about £25,000 from our own membership and congregants. This is a massive sum, but we will do our best. I have set up a separate fund to hold donations received and we have a few hundred pounds already.

If I can appeal to all our friends to consider making donations as you are able, I am happy to receive money directly into the bank. Once again, the chapel bank account is at Barclays. Sort Code 20-53-77 Account Number 80326143 alternatively cash or cheque donations are always welcome.

Peter Shaw

Christian Aid Week from Jenny Williams

A great afternoon was had by all at Dean Row on Sunday 12th May in way of celebrating the start of Christian Aid week. It was a great event and Cathy Fozard and I would like to say a huge thank you to all who attended and those who worked so hard helping set up and clear up. We made approximately £700 including the raffle and Chrissie Wilkie's kind donation of the tomato plant profits.

The total so far from the envelope collection from Dean Row & Hale is £327.50 which including the gift aid makes it a total of £380.25 so far. The two lent lunches from Dean Row made £543.00. Many thanks to all involved in raising this great amount of £1,570.50 for Christian Aid.



**The Chapel Hall decked out for the Christian Aid Lunch.
Lots of happy people, grateful to be able to make a
contribution to the good work of Christian Aid.**



A delicious plate of pastries and strawberries to end the Christian Aid Lunch

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Dean Row Events June, July, August 2024

Saturday 29th June 7.00pm

Quiz and Fish and Chip night in the Hall

Sunday 7th July – Chapel Summer Lunch

Saturday 27th July 7.30pm

Songs From The Shows by SUPERTONIC

Wine and snacks during the interval

Exercise classes Monday mornings in the Chapel Hall

Stroke Club Wednesday Mornings in the Chapel Hall.

Meditation Wednesday 11.00 in the Chapel Vestry

Chapel Rotas June, July, August, September 2024

If you need to change your dates on the list, please contact a substitute from the list in the hall, for Chapel Opening Ian Booth 01625 262819, Coffee Rota, Anne Gemmell 0161 637 5347, C Wilkie 0161 439 8262

DATE 2024	OPENING	SIDESMAN DUTY	COFFEE DUTY
JUNE 2	Mr P Shaw	Mrs B Robinson Mrs S McFadyen	Mrs A Gemmell Mrs D Salthouse
JUNE 9	Mrs C Wilkie	Mr A Earp Mrs E Earp	Mrs C Wilkie Mrs J Davies
JUNE 16	Mr J Wenham	Mrs A Gemmell Mrs D Salthouse	Mr J Wenham Mrs B Wenham
JUNE 23	Mr I Booth	Mr I Booth Mrs B Booth	Mrs B Robinson Mrs S McFadyen
JUNE 30	Mr P Weigh	Mr P Weigh Mrs M Weigh	Mr I Booth Mrs B Booth
JULY 7	Mr P Shaw	Mrs E Godfrey Mrs E Taylor	Chapel Lunch
JULY 14	Mr P Weigh	Mrs A Gemmell Mrs D Salthouse	Mrs C Wilkie Mrs J Davies
JULY 21	Mrs C Wilkie	Mrs C Wilkie Mrs J Davies	Mr J Wenham Mrs B Wenham
JULY 28	Mr I Booth	Mr I Booth Mrs B Booth	Mrs B Robinson Mrs S McFadyen
AUGUST 4	Mrs C Wilkie	Mr A Earp Mrs E Earp	Mrs C Wilkie Mrs J Davies
AUGUST 11	Mr I Booth	Mr I Booth Mrs B Booth	Mr P Astley Mrs J Astley
AUGUST 18	Mr K Dennell	Mrs B Robinson Mrs S McFadyen	Mr K Dennell Mrs S Dennell
AUGUST 25	Mrs C Wilkie	Mrs A Gemmell Mrs D Salthouse	Mrs C Wilkie Mrs J Davies
SEPT. 1	Mr P Weigh	Mr P Weigh Mrs M Weigh	Mrs E Godfrey Mrs E Taylor
SEPT. 8	Mr I Booth	Mr A Earp Mrs E Earp	Mr I Booth Mrs B Booth
SEPT. 15	Mr P Shaw	Mr P Weigh Mrs M Weigh	Mrs A Gemmell Mrs D Salthouse
SEPT. 22	Mr I Booth	Mr I Booth Mrs B Booth	Mr P Weigh Mrs M Weigh
SEPT. 29	Mrs C Wilkie	Mrs C Wilkie Mrs J Davies	Mr P Astley Mrs J Astley

HALE CHAPEL

HALE CHAPEL – CHAIRMAN’S NEWSLETTER

MAY 2024

Well Spring has finally sprung – what a relief! As I said in my last contribution, this winter has been exceptionally rainy, I really do not recall a wetter one. But now, as if by magic, the mud and pools of water have vanished and it is now complete luxury to walk them in the warm sun on nice firm and dry ground.

As I write this, I’ve got two days to go until my first trip to Menorca of the year and the thought of sunshine and blue skies is very appealing. I think I am a pretty regular attender at Chapel from October through to May – but I admit I am less regularly seen there during the summer. When not there in person, I am there in spirit.

Hale Chapel supports a thriving book club which meets regularly to discuss the chosen book once everyone has had a chance to read it. I am not myself a member, but I get copied into emails. I did see that Richard Coles first detective novel ‘Murder before Evensong’ was chosen a few months ago. I have read that myself and enjoyed it. His second book however is not as successful – very little plot and a great weight of detail to wade through about the life of a C of E vicar in the 1970’s. He needs to stick to the plot!

Recently the book club attempted Wilkie Collins ‘The Moonstone’. That is a very long and dense Victorian novel, widely regarded as the first true detective novel. I believe the book club struggled with it which did not surprise me. I read it in its entirety while I was studying Law at Newcastle University back in the late 1960’s. I rather enjoyed it – I had lots of time on my hands and frankly there

was nothing much else to do!

A couple of newsletters ago, I wrote in some detail about World War 1 and my visit to the Western Front sites with my daughter. I have never had quite the same interest in World War II, I don't know why. But as I write this, I am very conscious that we are closing in on 6th June which will be the Eightieth anniversary of D-Day. That was a momentous day indeed and so many brave British and American troops gave their lives that day to start the true fightback against the Nazis and ensure our freedom. We owe those servicemen (soldiers, sailors, and airmen) so much. I am sure there will be suitable commemorative services in France on the day. It is possible there will be survivors of D Day alive to attend the events – those survivors would now have to be in their late Nineties or over one hundred years of age. If any do indeed attend it will be a very emotional and moving occasion.

Lest we forget

Alastair

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Hale Chapel Secretary Helen Wilson

Lest We Forget

Recessional by Rudyard Kipling

God of our fathers,
Known of old,
Lord of our far flung battle line,
Beneath whose awful hand we hold
Dominion over palm and pine
Lord God of hosts be with us yet,
Lest we forget – Lest we forget

A few days ago I went to the funeral of the 99 yr old father of my friend. He had been in The Royal Corps of Signals during WW2. He was also a member of the Special Operations Executive (SOE) formed in 1940 to conduct espionage, sabotage and reconnaissance in German occupied Europe and Asia, Also to aid local resistance movements. The Executive was active from 22nd July 1940 to 15th January 1946 known as 'Churchill's Secret Army'. Communications were co-ordinated by The Royal Corps of Signals in many countries usually in encrypted code to agents working in the field behind enemy lines.

Poem codes were often used e.g. 'Yours' by Leo Marks issued by the Signals Corps to a British Agent Violette Szabo who was eventually captured, tortured and killed by the Nazis.

The life that I have
Is all that I have
And the life that I have is yours.
The love that I have of the life that I have
Is yours and yours and yours.
A sleep I shall have
A rest I shall have
Yet death will be but a pause,
For the peace of my years
In the long green grass
Will be yours and yours and yours.

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Hale Chapel Events – Submitted by Helen Wilson

Coffee Mornings in the chapel vestry-10.30 - 12 noon

Please bring a tasty treat to share

Wed 5th June, Wed 3rd July, Wed 7th August, Wed 4th September

Chapel Congregational Lunch-

At Ringway Golf Club, Hale Barns Sunday 7th July 1pm

To commemorate the chapel anniversary. Please sign up on the sheet in the vestry. Pay on the day with cash or cheque made out to Hale Chapel.

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## CHRISTIAN AID LUNCH AT DEAN ROW CHAPEL



**Dean Row Chapel Officers:**

**Chair**

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**Secretary**

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**Warden: Ian Booth 01625262819**

**Women's League Secretary:**

**Anne Gemmell Tel. 0161 637 5347**

**Flower Secretary:**

**Bridget Wenham Tel 01625 820772**

**Honorary Life President**

**Tony Cupper**

**Items for Newsletter to Chrissie Wilkie  
Hale Chapel Officers and Executive Committee**



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**Chapel Hall –**

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**Bookings Co-Ordinator Sharon Kupusarevic Tel:**

**07801 140809**

# <<<< STORIES AND JOLLY JAPES >>>>

## Tongue-in-cheek letter from Uncle Eustace by The Revd Dr Gary Bowness

(Borrowed from Christ Church Woodford Parish Magazine)

### On why a church should always resist change

The Rectory  
St James The Least

My dear Nephew Darren

I am not the least surprised you have got yourself into trouble; innovation is never to be encouraged. New ideas tend to cause revolutions. The move from incandescent light bulbs to energy saving ones may ultimately change the Church of England.

Change is something everyone claims to be in favour of, provided it has no measurable effect on their own lives. I remember as a young curate once suggesting that at the Harvest Supper, tables might be enlarged so that eight people could sit together rather than the traditional six, thus helping more people to get to know one another. The response would have been similar if I had suggested we travel to London to murder the Prime Minister. I was firmly told that tables for six had been perfectly adequate for parishioners in Queen Victoria's day. For the rest of my curacy, I was regarded as a revolutionary, to be watched carefully.

So, at your last visit to our church to suggest that our 11:00 am Mattins might be moved to 10:30 am, in order to encourage those who wanted to have more of the day free to themselves, certainly lobbed a hand grenade among the post-Service coffee cups. The only person who was mildly in favour was Colonel Wainwright, who quickly realised that it would give him an extra half hour at the gin and tonics before lunch.

Should you ever feel that people lack imagination, you should watch them in action when they find reasons for resisting an unwelcome suggestion. One said that the time couldn't be moved, since it would then be too early for the local bus, omitting to mention that none of our congregation travel to church by bus and that the service doesn't run on Sundays anyway. Another pointed out that it would confuse those who didn't attend church, not explaining why if they never attended, it mattered what time the service was. A third rather touchingly mentioned that it wouldn't give the rector time to enjoy his breakfast after the rigours of the 8am Service.

Your suggestion did, however, serve one useful purpose; it brought our congregation together in united opposition. They may not necessarily always know what they are for, but they certainly know what they are against. For that, I thank you.

Your loving uncle  
Eustace



## HOW TO HARNESS THE POWER OF YOU

*“Putting myself first feels really selfish”  
“I feel guilty if I take time for me”*

### **Do you recognise these feelings?**

You serve no one when life's stresses get too much to handle and you're struggling to function. Stop. Before you get to the point of feeling ill. Just imagine how much there is to be accomplished, not only for you but all those around you - when you're **strong, powerful and in a more certain position.**

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Having others to care for, children, parents, as well as a busy career and numerous other demands

can, and does, take its toll. Ultimately, we give in to feelings of despair and can end up exhausted. Then it's a trip to the doctors; needing to treat symptoms of can't sleep, can't stay awake or can't stop worrying. Whichever; we're just not coping.

Rather than look to change our environment we too often look inward. Our response being one of hopelessness, helplessness or feeling less than; just not enough. 'How come I can't just take it all in my stride?' 'How come everyone else seems to manage?'

## The reason - we work back to front.

We look after everyone and everything else first, then we look after us; when and *if* time allows. Unfortunately, with this ideology, 'time and care for us' gets pushed further and further away and consistently becomes completely out of reach. Turning this thought process on its head goes initially against the grain.

## However...

Being able to reframe a new perspective is ultimately a win-win for all concerned. The very familiar analogy of giving yourself the oxygen on a plane first can seem extremely overused and almost flippant – *it isn't*. Although a well-known metaphor, the message is one of stark consequence; it's nothing about being kind; it's everything about saving as many souls as possible in a life and death situation. Putting your

oxygen on first saves lives. Putting yourself first, saves everyone around you.

The more mentally and physically fit we are, the more we achieve for others.

If your priority is other people, then serve you first in order to effectively care for others. Let's face it, if an emergency crops up, you make the time to deal with it, right? So, you do have time; it's just about appreciating priorities and order of focus. We often fire-fight with the next issue that presents itself. It's a pattern of behaviour that left unchecked only gets worse.

## **What does it mean - put yourself first?**

It's certainly not about putting yourself ahead of others. It's about ensuring you are refreshed, rejuvenated and strong enough to support those you care about effectively; be that family, friends or work. Maybe an exercise class, a walk - with a friend or on your own or take a day and go to the beach with a book (ooh, imagine that), even just a bath. Go to bed at 9 to read for an hour, gardening for time with yourself. Even just get some proper sleep! Whatever it is, step back and **MAKE** the time just to **do it - renew your strength.**

## **What if you could feel a bit less stressed?**

It's simple and very internally effective to disassociate. (*Not to be confused with dissociation which means to disconnect from oneself*). To disassociate means to metaphorically step aside; put a gap between you and your worries. When you're not *'in'* your situation but rather *'beside'* it, it can decrease the attached emotion quite significantly. Get detached from your emotion. When you look *at* the situation; not feel the situation *within* you, there's a shift. Just try it - physically pretend to take your worry from within you and place it in another part of the room, or outside, just away from you. Then come back and notice, just notice the space between you and your worry and how that distance makes you feel. Just having that stress out of you so you can look *at*

it, makes such a difference.

## Here's an example of a clients aha moment.

They felt hugely at the beck and call of work and family. Although worn out and emotional, they also felt like they were serving no one very well; least of all themselves. Trying to be everything to everyone they were failing miserably and feeling low. As they explored each of these areas it became apparent to them that no one was asking for what they were giving. They laughed so hard at their aha moment 😊. The problem had indeed emerged from the client's perspective of what was necessary, the feeling of having to struggle constantly in order to be effective. After making a few quite small but significant changes, their life; rather than overwhelming, became so much more fun and lived from a feeling of joy, engagement and empowerment. Those around noticed for the better too.

## Recently, I had to walk away...

A family member had been poorly and I found myself on an emotional rollercoaster, in my willingness and need to help. I was choosing to go up and down with how they felt and it wore me out; without me realising. When it all got too much, I tried to make changes but circumstances wouldn't allow. It was then I had to step away and spend a few days in my own space. I needed to personally catch up, relax and most importantly, completely let go. I'm back now; slightly more disassociated and a lot more effective. Nothing much has changed, except me; my perception.

## Here's some help:

Unconsciously, we can get absorbed in a path, a way of being, a focus and it's only when we make a change that we appreciate we were in too deep.

If this resonates for you – take an action now – read these questions, very slowly, don't skip through the questions; actually, write down an

answer to each one and think about it.

## **‘Go on – I dare you; make a change’**

- **What one thing (even a very small thing) can (and importantly will) you stop in order to step back a little?**
- **What one thing can/will you introduce in order to gain essential revitalising and regenerating ‘me time’?**
- **What difference will doing the above make, both to you and ultimately those around you?**
- **Think! - what fundamentally makes you ‘you’; what makes you feel that strong, confident person (that you take a deeper intake of breath when you think about it) and what element of that is missing for you, right now, what needs attention?**

**“Taking care of yourself doesn’t mean me first, it means me too.”**

J J Kornfield

### ***Conclusion:***

*Don’t keep doing what you’ve always done and hope for a different result - Reclaim yourself in order to be effective for others.*

*When you allow the power of you to come into play, just watch the space around you change for the better.*



*Author: Linzi Wood, Life Coach, Cheshire.*

[www.lwlifecoaching.co.uk](http://www.lwlifecoaching.co.uk)

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## **This is probably the best answer I've ever heard to the question, "Why did God create evil?"**

Why did God create evil? The answer struck me to the core of my soul!

A professor at the university asked his students the following question:

- Everything that exists was created by God?

One student bravely answered:

- Yes, created by God.

- Did God create everything? - a professor asked.

"Yes, sir," replied the student.

The professor asked :

- If God created everything, then God created evil, since it exists. And according to the principle that our deeds define ourselves, then God is evil.

The student became silent after hearing such an answer. The professor was very pleased with himself. He boasted to students for proving once again that faith in God is a myth.

Another student raised his hand and said:

- Can I ask you a question, professor?

"Of course," replied the professor.

A student got up and asked:

- Professor, is cold a thing?

- What kind of question? Of course it exists. Have you ever been cold?

Students laughed at the young man's question. The young man answered:

- Actually, sir, cold doesn't exist. According to the laws of physics, what we consider cold is actually the absence of heat. A person or object can be studied on whether it has or transmits energy.

Absolute zero (-460 degrees Fahrenheit) is a complete absence of heat. All matter becomes inert and unable to react at this temperature. Cold does not exist. We created this word to describe what we feel in the



absence of heat.

A student continued:

- Professor, does darkness exist?

— Of course it exists.

- You're wrong again, sir. Darkness also does not exist. Darkness is actually the absence of light. We can study the light but not the darkness. We can use Newton's prism to spread white light across multiple colors and explore the different wavelengths of each color. You can't measure darkness. A simple ray of light can break into the world of darkness and illuminate it. How can you tell how dark a certain space is? You measure how much light is presented. Isn't it so? Darkness is a term man uses to describe what happens in the absence of light.

In the end, the young man asked the professor:

- Sir, does evil exist?

This time it was uncertain, the professor answered:

- Of course, as I said before. We see him every day. Cruelty, numerous crimes and violence throughout the world. These examples are nothing but a manifestation of evil.

To this, the student answered:

- Evil does not exist, sir, or at least it does not exist for itself. Evil is simply the absence of God. It is like darkness and cold—a man-made word to describe the absence of God. God did not create evil. Evil is not faith or love, which exist as light and warmth. Evil is the result of the absence of Divine love in the human heart. It's the kind of cold that comes when there is no heat, or the kind of darkness that comes when there's no light.

The student's name was Albert Einstein (unverified)

**Submitted by Jenny Williams**

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## Is it really Summer ?

Astronomical Summer begins on the 20th June to 22<sup>nd</sup> September. Meteorological summer is 1<sup>st</sup> June to 31<sup>st</sup> August. The summer solstice is 20<sup>th</sup> June the day with the longest period of daylight and the shortest night of the year, when the Sun is at its highest position in the sky in the Northern Hemisphere. It is seen as midsummer and marked by many different rituals and festivals. The hottest daily temperature ever recorded in the UK was on the 19<sup>th</sup> July 2022 recorded 40.3 C. The warmest ever summer in the UK was in 2018 when daytime temperatures averaged 15.76C.

Submitted by Helen Wilson

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## <<< PRAYER AND POETRY CORNER >>>

These two prayers taken from Christ Church Woodford Parish Magazine – with permission.

### The Host's Prayer

Lord of creation, may my every guest  
By all my kitchen skill be much impressed  
I know you were content with loaves and fishes,  
But these days they expect less homely dishes.  
May they not spot the traps I've set for mice,

But be beguiled by sense of bread and spice;  
Let meals run smoothly from the rough terrine  
To summer pudding with sauce mousseline.  
And please Lord, let them never guess  
It's mostly been acquired from M&S

Lindsay Stanford

(From Favourite Prayers by Deborah Cassidy)

## **A prayer for when I am sad**

God, I am sad. But you are good,  
and You are there.

You listen to me when I cry.

I can cry to You and tell You what is wrong.

Even when I don't know what to say,

I can just pray, "Help me, God, I'm so sad".

You promise that whatever I am going through, You will be  
there,

Thank you for always loving me,  
Even when I am really sad.

Thank you for this day,

Even though it's not been the best day.

Show me how to cheer up.

Help me to be happy.

Help me to see and remember

All of the good things

You have blessed my life with,

And dry my tears.

In Jesus name, Amen

.....

If I could catch a rainbow  
I would do it just for you  
and share with you its beauty  
On the days you're feeling blue.  
If I could build a mountain  
You could call your very own  
A place to find serenity  
A place to be alone  
If I could take your troubles  
I would toss them in the sea  
But all these things I'm finding  
are impossible for me.  
I cannot build a mountain  
Or catch a rainbow fair  
But let me be what I know best  
A friend who's always there.

---

**I Didn't Go To Church Today by Ogden Nash (American Poet**

**1902- 1971)**

I didn't go to church today  
I trust the lord to understand.  
The surf was swirling  
blue and white,

The children swirling on the sand.  
He knows, He knows  
How brief my stay  
How brief this spell of Summer weather,  
He knows when I am said and done  
We'll have plenty of time together

Submitted by Helen Wilson

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### **Today Dear Lord I'm 80**

By Kathleen Smith,  
from MISCELLANY 2005-2006  
British League of Unitarian and Liberal Christian Women

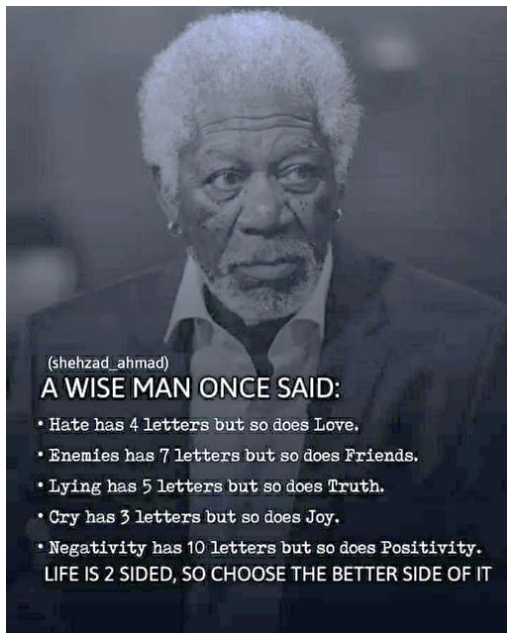
Today dear Lord I'm 80  
And there's much I haven't done,  
So, I hope dear Lord, you'll let me live until I'm 81.  
But then, if I haven't finished all I want to do,  
Would you let me stay a while until I'm 82?  
So many places I want to go,  
So very much to see.  
Do you think that you could manage to make it 83?  
The world is changing very fast,  
There is so much more in store,  
I'd like it very much to live until I'm 84.  
And if by then I'm still alive  
I'd like to stay till 85.  
More planes will be up in the air

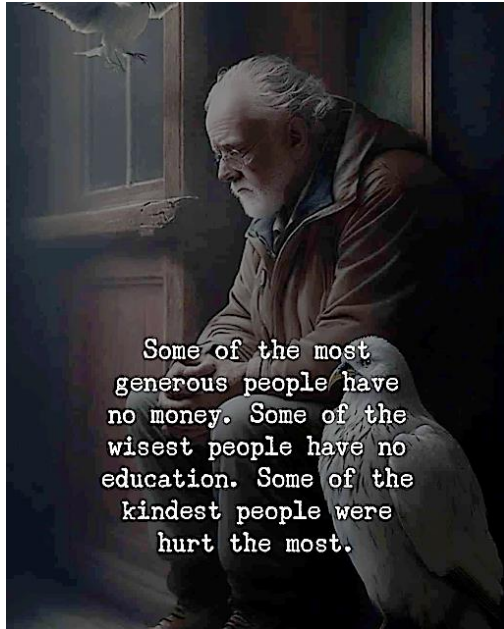
So I'd really like to stick,  
And see what happens to the world when I'm 86.  
I know, dear Lord, it's much to ask  
(And it must be nice in heaven),  
But I would really like to stay until I'm 87.  
I know by then I won't be fast  
And sometimes will be late,  
But it would be so pleasant  
To be around at 88.  
I will have seen so many things,  
And had a wonderful time,  
So I'm sure that I'll be willing to leave at 89...  
Maybe!

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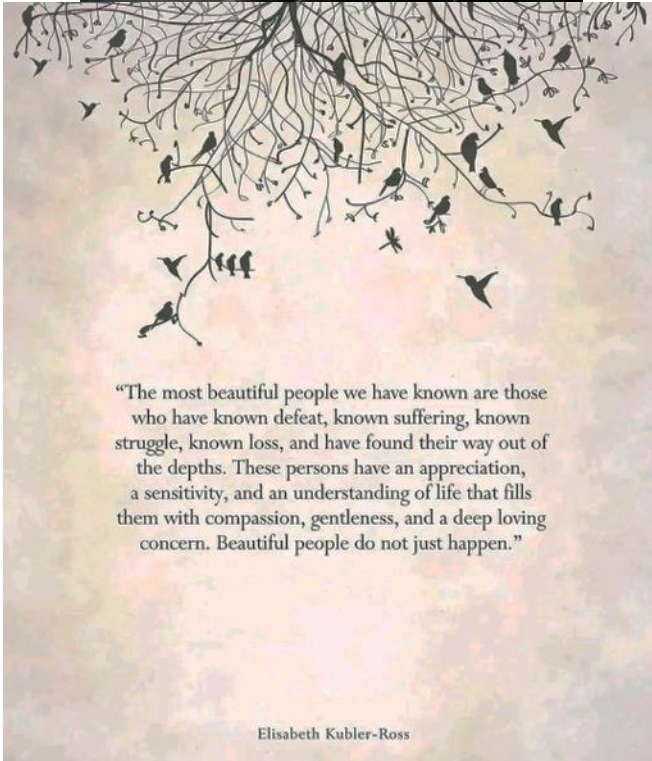
## Words Of Wisdom

Submitted by Jenny Williams and others





Some of the most  
generous people have  
no money. Some of the  
wisest people have no  
education. Some of the  
kindest people were  
hurt the most.



“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

Elisabeth Kubler-Ross

## SUCCESS

*To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.*

*—Ralph Waldo Emerson*

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It's too bad that even at our age, we're not mature enough to meet for "a" drink; because it will somehow turn into 7 drinks, 5 shots, 3 bottles of wine and a two day hangover.

---

So many people from your past know a version of you that doesn't exist anymore.

---

## For Today

1. Drink your coffee.
2. Stay focused and positive.
3. Don't freak out.
4. Remember stabbing people is wrong.
5. Are you wearing pants?



You may think that you are completely insignificant in this world. But someone drinks coffee from the favorite cup that you gave them. Someone heard a song on the radio that reminded them of you. Someone read the book that you recommended, and plunged headfirst into it. Someone smiled after a hard day's work, because they remembered the joke that you told them today. Someone loves them self a little bit more, because you gave them a compliment. Never think that you have no influence whatsoever. Your trace, which you leave behind with every good deed, cannot be erased.



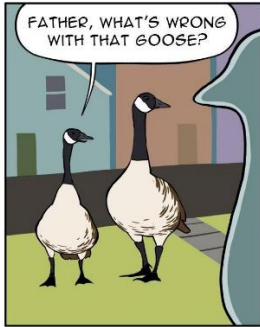
## <<<<<CARTOON CORNER>>>>>

Apparently, he was a taxi driver  
in a past life.



I HATE having a messy house.

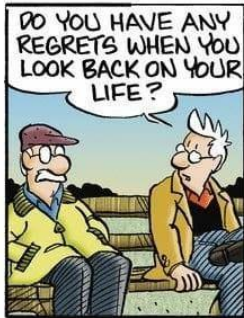
Not enough to actually clean it.  
but enough to give it a really  
disgusted stare from my seat on  
the couch.



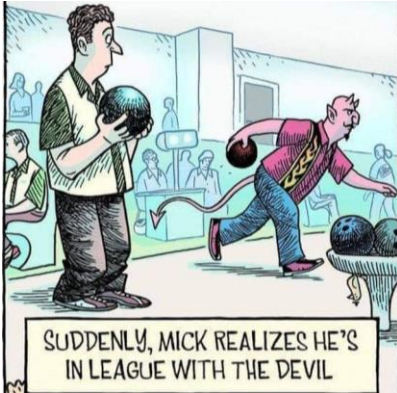
@toonzash

### Pickles

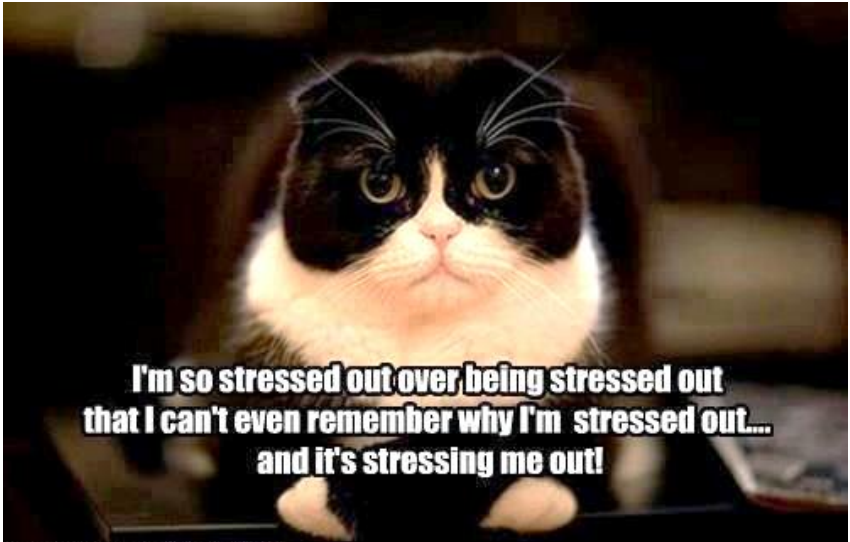
By Brian Crane



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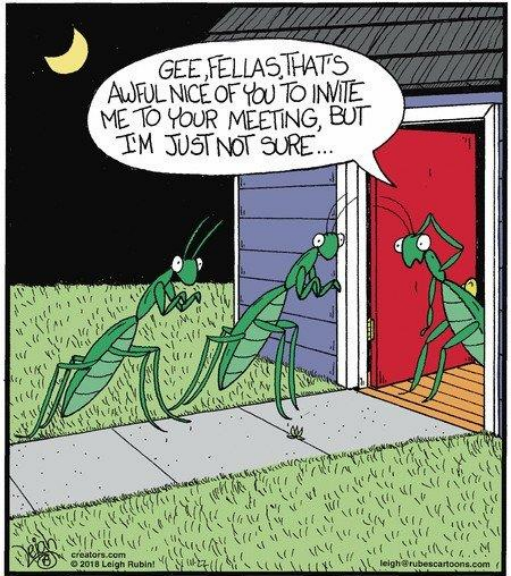
| DESTINATION      | HOW TO GET THERE    |
|------------------|---------------------|
| Nowhere          | Road                |
| Anywhere         | Midnight Train      |
| Georgia          | Midnight Train      |
| Clarksville      | Last Train          |
| Heaven           | Stairway            |
| Hell             | Highway             |
| Hotel California | Dark Desert Highway |



Them: your pets are spoiled  
Me: they are competitively  
compensated for the user experience  
they provide





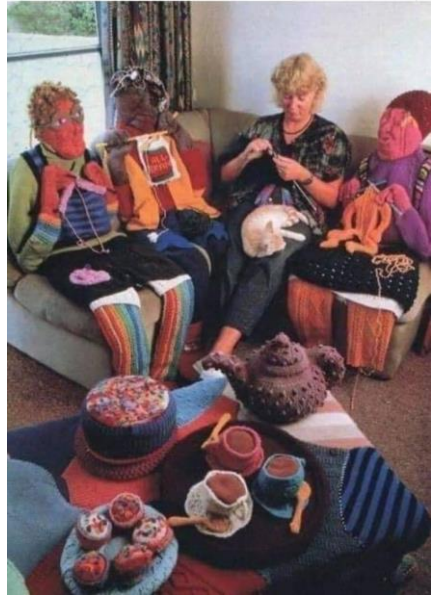


The lesser-known agnostic mantis

Looks like this pigeon just had a pretty intense phone call



Her psychiatrist told her to make new friends so she did.



*Dickens' First Encounter with a Martini*

### FAMOUS DOGGY MOTTOS...

WHY LIE IN YOUR BED WHEN YOU CAN LIE IN THE MIDDLE OF THE FLOOR AND GET IN EVERYBODY'S WAY?



© COPYRIGHT OF THE LEASH (ROBERT FANACENT) 2015

FACEBOOK.COM/OFF THE LEASH DAILY DOG CARTOONS

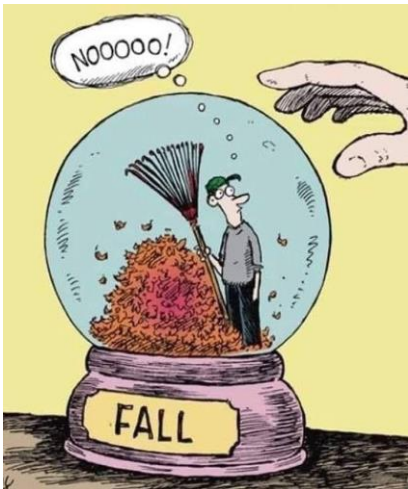
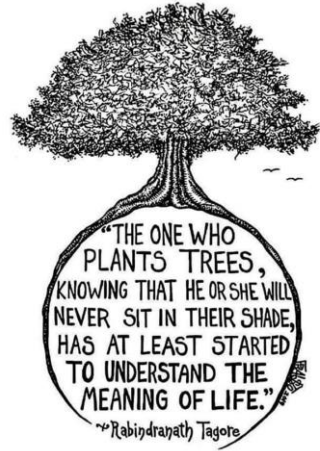
### my plan

step 1: buy 15 identical cats

step 2: invite someone over

step 3: when they ask how many cats you have say "just one but he's really fast"

It's OK to talk to yourself...and ok to answer yourself. But sad when you have to repeat what you said because you weren't listening!!



**The fact that my entire body cracks like a glowstick whenever I move and yet refuses to actually glow is very disappointing.**

reedy

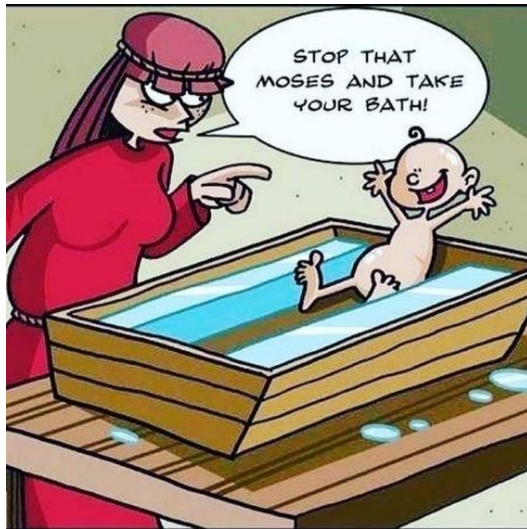
## Wireless Doorbell



Sitting on his charger



**Today's Observation**  
**Spilling a full coffee**  
**you paid for is the**  
**adult equivalent to**  
**letting go of a**  
**balloon.**



Everyone is obsessed with physical appearances, but remember: TRUE beauty lies in your boundless, untamed fury at the absurdity of existence.



*"...and how did that  
make you feel?"*

# <<<< RECIPES >>>>

## Easy Summer Recipes



### Chicken saltimbocca bake

**Prep:**15 mins, **Cook:**45 mins, **Easy, Serves 4**

Try this chicken saltimbocca bake for a special meal that's quick to prepare and packs in lots of flavour. You really can't go wrong with this traybake

### Ingredients

- 750g small waxy potatoes, such as Ratte or Anya
- 2 tbsp [olive oil](#) or rapeseed oil
- 3 [garlic cloves](#)
- 150g mixed [olives](#)
- 50ml marsala or white wine
- 6 slices [prosciutto](#)
- 6 boneless skin-on [chicken thighs](#)
- small bunch of [sage](#), leaves picked
- 250g green beans

## Method

- **STEP 1**

Heat the oven to 200C/180C fan/gas 6. Slice the potatoes lengthways to about the thickness of a £1 coin and tip into a large [roasting tin](#). Add half the oil and the garlic cloves (unpeeled), then season and toss to coat. Spread to an even layer, then scatter with the olives and pour over the marsala along with 100ml water.

- **STEP 2**

Tear the prosciutto strips in half. Open up the chicken thighs and season. Put a sage leaf on top of each piece, then wrap loosely with a strip of prosciutto. Lay the wrapped chicken on top of the potatoes, then cook in the oven for 35 mins.

- **STEP 3**

Trim away the stem ends of the green beans, toss in the remaining oil and seasoning, then place in little bundles around the chicken, along with a few more sage leaves. Return the tin to the oven for 15-20 mins until the beans are tender, and the potatoes and chicken are cooked through and crisping at the edges.

\*\*\*\*\*



# Chickpea tagine &

## COUSCOUS

**Prep:**10 mins, **Cook:**20 mins, **Easy, Serves 4**

Make a quick veggie one-pot for dinner – this recipe is ideal to make on a camping stove. It uses canned chickpeas and tomatoes spiced up with harissa

Dairy-free, Egg-free, Vegan, Vegetarian

## Ingredients

- 3 tbsp [olive oil](#)
- 1 bunch of [spring onions](#), trimmed and sliced
- 4 [garlic cloves](#), finely chopped
- small bunch of coriander, leaves picked and roughly chopped
- 170g tagine paste
- 1 [lemon](#), zested and juiced
- 400g can [chopped tomatoes](#)
- 50g [pitted dates](#) or prunes, roughly chopped
- 2 x 400g cans chickpeas
- 230g jar piquillo peppers, roughly chopped
- [couscous](#) of your choice, to serve

## Method

- **STEP 1**

Heat the oil in a frying pan over a medium heat, or cast [iron skillet](#) over ashen coals, and fry the spring onions, garlic and half the coriander for 2 mins until softened.

- **STEP 2**

Stir in the tagine paste and half the lemon juice, and cook for 1 min more until fragrant. Add the tomatoes, dates, lemon zest and 100ml water, season to taste and cook for 10 mins until the mixture is thick and rich.

- **STEP 3**

Stir in the chickpeas and peppers and cook for 5 mins to warm through. Drizzle in the remaining lemon juice and season well. Remove from the heat and add the remaining coriander. Serve with your favourite couscous on the side



## Greek pasta salad

**Cook:35 mins, Easy, Serves 4, Vegetarian**

### Ingredients

- 300g fusilli pasta spirals – or you can use farfalle (butterflies) or penne (quill tubes)
- 225g bag prepared fresh baby spinach

- 250g punnet cherry tomatoes, halved
- 100g black olive
- 200g feta cheese, broken into rough chunks
- 3 tbsp olive oil

### **Method**

- **STEP 1**

Tip the fusilli into a large pan of boiling salted water and boil for 10 minutes. Throw in the spinach, stir well and boil for another 2 minutes. Drain into a colander or sieve and leave to drip-dry.

- **STEP 2**

Tip the tomatoes, olives and feta into a big bowl, grind lots of black pepper over and then drizzle with the olive oil.

- **STEP 3**

Toss in the drained pasta and spinach, and let everyone help themselves.

---

## **Pineapple Fruit Cake**

12oz mixed fruit

Plus 8oz SR Flour

4oz Chopped glace cherries

2 medium eggs

6oz Fine soft brown sugar

6oz Block margarine or butter

1 tin (432grms) Crushed pineapple drained

### **Method**

Pour all above ingredients into a pan and melt over a low heat.

Cool.

Lightly stir in 8oz self-raising flour and 2 medium eggs.

Line a 2lb loaf tin, fill with the mixture and bake in fan oven 125C./250F/Gas Mark 2 for 2 hours.

**This recipe was taken from MISCELIANY  
probably submitted by Hazel Kay Peter Shaw's Auntie**

# Hello Sunshine! Recipe

## Lemon Whip

### **Ingredients**

2 eggs

50g Caster Sugar

Juice of 2 lemons + zest of 1 lemon

### **Method**

1. Whisk the eggs and sugar in a bowl, then add in the lemon juice and zest.
2. Place bowl over a pan of simmering water and continue to whisk until creamy but not too thick- should take about 5 minutes.
3. Pour the mixture into four ramekin dishes, cover and keep in the fridge until ready to serve. It can be made the night before if preferred.

Serve with a topping of lemon zest, grated chocolate and with shortbread.

**Submitted by Helen Wilson**