

The Vicar Writes...

June 2009



Dear Friends,

Isn't it strange how many people crave a sea view? Estate Agents will go to great lengths to satisfy the demand for one...even inventing the term '*sea glimpse*' when the reality is that you can only actually '*see*' the water at the end of '*Old Harry*' from the upstairs box room...when there is an '*r*' in the month and the wind is coming from the south!

Yet what is it that you 'glimpse' when you look out to the horizon in front of you? The unromantic soul will see nothing other than a rather boring expanse of...*nothing*, that looks cold and even threatening; and yet conversely, you do not have to be Poet Laureate to be inspired by its vastness...and its' ever changing character. The sea is certainly never still. It has a new story to tell each day...and a vast store of secrets untold.

The sea – and all it contains – is just one of the great wonders of creation. Human kind is another. Yet when human frailty seems all too prevalent around us, it can be hard to imbue it with the value it deserves. It too is never still...and it has a new story to tell each day...and a vast store of secrets untold.

Yet religious people tend to put human kind on something of a pedestal...at the top of the pile marked 'creation'. We are *animate*...we *think*...we *respond*; and it is this '*breath*' that sets us apart.

Christians are not alone in taking this a step further, believing that the Creator craves a *particular* relationship with us: one that only gains its true value when it is met by a loving heart and a willing response. When that relationship is 'set free' we flourish...and all things are possible. When it is not, life is '*a rather boring expanse of nothing that looks cold and even threatening.*'

There had been many false dawns in the unfolding of the Gospel of Jesus Christ: his *birth*...the *miracles* he performed...and the apparent acceptance of his ministry on *Palm Sunday* by the crowd. Yet then came *Good Friday* and the frail candle of Light was snuffed out seemingly forever; but the wonder of *Easter Day* dawned, and with it the possibilities of Love were rekindled in the hearts of the faithful. Yet even then, the disciples were to be left again – apparently bereft – as their Lord *ascended* into heaven to be with his Father in glory.



As the month of *June* begins, the Church has just celebrated what happened next: *Pentecost*...the festival that has colloquially become known as the '*birthday of the Church*' as the disciples were 'born again' through the coming of God's Holy Spirit upon them (*Acts 2*). The wonder is that the gift was for all...'*all*' who turn to the Lord with '*a loving heart and a willing response*'. For them, all things are now possible.

*"Thus says the Lord God to these bones:
I will cause breath to enter you, and you shall live."*

(Ezekiel 37.5)

CHURCH ROOMS REFURBISHMENT – The Church Council has decided that it is time to replace the ageing central heating boiler in the Church Rooms. The current boiler is placed in one of the WCs and only provides hall *heating*; i.e. it does *not* provide hot water to the kitchen or other taps in the toilets. As a result of this the kitchen dishwasher (so essential for fêtes and other larger gatherings) does not work as efficiently as it should. The new boiler will be now be sited in the kitchen and will provide hot water for both the kitchen and all toilet hand basins. An extra radiator in the hall will also be provided. In addition to this, the kitchen units and surfaces will be replaced, new flooring laid and a complete redecoration. This will be done *after* all the new plumbing has been done.

This whole project will cost approximately £11,000; and has been made possible through the very generous donation of half this sum by a church member. General church funds will cover the rest.

The work will begin on Monday 8th June and should be completed by the end of the month. Although the Hall itself will generally be available throughout the work, it does mean that the kitchen will *not*. We will try to maintain after service coffee etc. throughout this time (with the use of an independent water boiler); but there is bound to be an element of unavoidable disruption.

NEW DEPUTY CHURCHWARDEN – It is my pleasure to announce that I have asked Brenda Dyer to fill Edwina Warburton-Gray's shoes as one of our two deputy churchwardens. Brenda is a much valued member of our congregation and is also a *Lay Pastoral Assistant*. She joins David Fenton in this important post.

With best wishes

A handwritten signature in black ink, appearing to read 'Jeremy Oakes', written in a cursive style.

TRINITY SUNDAY – 7TH JUNE



Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space – unapproachable in its fiery majesty – is the Father. The light that flows from it, and which illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. The light and the heat are from the sun, are of the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4 *'Hear O Israel, The Lord our God, the Lord is one..';* Isaiah 45:22 *'Turn to me and be saved...for I am God, and there is no other'.*

Genesis 1:1-2 *'In the beginning God created.... And the Spirit of God was hovering...'*

Judges 14:6 *'The Spirit of the Lord came upon him in power...'*

John 1:1-3 *'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.'*

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells his disciples: *'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'*

In other words, the sun eternally gives off light and heat, and whenever we stand in its brilliant light, we find that the warmth soon follows.

THE BLUE POOL



No wonder each year thousands of visitors to Dorset head for Furzebrook near Wareham...to view one of the county's leading tourist attractions, the Blue Pool. The pool was cut into the landscape by clay-diggers in the 19th century and the diffraction of light from minute particles of clay suspended in the water creates an illusion of colour from deep blue to shades of green, depending, I'm told, on the variations of cloud and sun.

The pool was first opened on 8th June 1935. Many people who go there regularly are convinced that the water appears to be a different colour every day. *"One day one colour, one day another!"* said a friend. I cannot vouch for that but I clearly recall a remark my friend made after one of his visits, *"Our life day by day is like that, isn't it? One day full of colour and promise and the next...well, you know what I mean."* I certainly do. (Maurice S Ennals)



LAST CHANCE

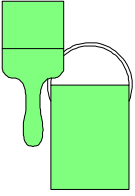


The minister was very ill, and was told by his doctor not to have too many visitors. However, when his agnostic friend called, the unbeliever was ushered into the minister's bedside.

"I do appreciate," said the agnostic, *"you seeing me when so many of your friends have not been able to see you."*

"Well, it's like this," said the minister. *"I feel confident that I shall see my friends in heaven, but I was worried that this might be my last chance to see you!"*

PAINTING THE CHURCH



There was a Scottish painter named *Smokey MacGregor* who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. He got away with this for some time, but eventually the Lutheran Church decided to do a restoration job on the outside of one of their biggest buildings.

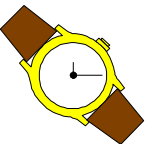
Smokey put in a bid, and, because his price was so low, he got the job. So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine.

Well, *Smokey* was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking *Smokey* clear off the scaffold to land on the lawn among the gravestones, surrounded by telltale puddles of the thinned and useless paint.

Smokey was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried: "Oh, God, Oh God, forgive me; what should I do?" From the thunder, a mighty voice spoke, "Repaint! Repaint! And thin no more!"



TIMING



They tell a story at Canary Wharf in London about how a man who dropped his watch from the top floor, took an express lift down and caught it before it hit the pavement. It seems his watch was slow.

CARDINAL IS CLOSER TO SAINTHOOD



Cardinal Paul Newman is closer to becoming the next English person to be made a saint by the Vatican. Born in London in 1801, he was part of the "Oxford movement" of Church of England clergy who wanted to bring the Anglican Church back to its Catholic origins. However due to conflicts with Anglican bishops he converted fully to Roman Catholicism at the age of 44.

A group of theological consultants agreed that the unexplained healing of an American man, who was suffering from a severe spinal disorder, was the result of praying to Cardinal Newman for a miracle. By attributing the miracle to Newman the Pope can now declare him "Blessed". According to Vatican rules on bestowing sainthood on a person, one more miracle will be required for Cardinal Newman to be a fully fledged saint.

Oxford University theologian, Father Ian Ker, who wrote Cardinal Newman's biography, welcomed the news. He said, *"Newman was definitely a saint and he was a very English saint. He had a great sense of humour like St Thomas More. He also had a great gift for friendship which has been lost in the modern age."* According to Father Ker, Newman is highly respected among Catholics all over the world because he pre-empted many of the modernising reforms of the Second Vatican Council of the 1960s.

The Vatican is expected to give a formal announcement of Cardinal Newman's beatification in the next two months. Prime Minister Gordon Brown has invited the Pope to come to the UK and perform the ceremony in person, either in the autumn or next year. There is a possibility that the ceremony could even be held in St Peter's Square in Rome because of the worldwide influence of Cardinal Newman's theology.

STILL WORTH £50



A well known speaker started off his seminar by holding up a £50 note. In the room of two hundred people, he asked, *"Who would like this £50 note?"* Hands started going up. He said, *"I'm going to give it to one of you, but first let me do this."*

He proceeded to crumple the note up. He then asked, *"Who still wants it?"* Still the hands were up in the air. *"Well,"* he replied, *"what if I do this?"* And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty.

"Now who still wants it?" Still the hands went into the air. *"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth £50."*

Many times in our lives we are dropped, crumpled and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value in God's eyes. To him, dirty or clean, crumpled or finely creased, you are still priceless to him.



BATH-TIME

Sir Winston Churchill used to rehearse his speeches at every opportunity. One morning, when he was in his tub, his valet heard his voice speaking sternly above the splashing. Opening the door, he asked; *"Were you speaking to me, sir?"* *"No, of course not,"* replied Churchill, annoyed at the interruption. *"Couldn't you tell? I was addressing the House of Commons."*

RETREAT HOUSE FACES CLOSURE



RETREAT

A Tudor manor house used as a place of reflection and for retreats by the Church of England may be forced to close unless £1 million can be raised by September. *Launde Abbey* in Leicestershire has been told that it needs to spend £2.5 million on renovations in order to meet modern health and safety requirements, or else it cannot be used. So far the Abbey has raised £1.5 million through loans from the Church of England.

Visitors to the Abbey have included the Archbishop of Canterbury, Dr Rowan Williams, the Archbishop of York, Dr John Sentamu, and even our own Vicar! On average the abbey has 20,000 visitors per year.

The abbey was originally built in 1119 as an Augustinian priory and later became the home of Gregory Cromwell who married Elizabeth Seymour, the sister of Henry VIII's third wife Jane Seymour. The medieval building now needs to update the kitchens, bedrooms and dining rooms, carry out extensive rewiring, cover exposed pipes, flatten uneven floors and provide wheelchair access.

The Archbishop of Canterbury appealed for support for the Abbey saying, "*Launde Abbey has been an oasis of peace, tranquillity, prayer and renewal for thousands of people over the last 50 years. Retreat houses offer a tranquil environment where we can pause and pray, finding spiritual nourishment in our otherwise hectic world*".

Tim Stevens, the Bishop of Leicester, said, "*It's a very fine Tudor building. We don't just want to see it shut up because of health and safety reasons, as it's so much more than just a building. It has helped thousands of people of all faiths and none get away from it all to re-assess and take a closer look at their lives. It would be a great shame if we lost this great house of retreat.*"

NEWSROUND



Offering a welcome for all: church accessibility guidance updated - A thoroughly updated guide on how to make church buildings as accessible as possible to people with disabilities has been reissued. *'Widening the eye of the needle'*

helps those responsible for church buildings understand legal principles and the practical steps necessary to comply with all the relevant access and disability-related legislation.

Growing churches sit down for 'Big Lunch' - Churches are being encouraged to grow their own produce - or use local food - and break bread with their own community as part of the Eden Project's nationwide 'Big Lunch' on *July 19th* which aims to bring communities - both rural and urban - together to create a new sense of neighbourhood and make the most of what they have on their own doorstep. Many churches have already planted herbs and vegetables for their home grown *'loaves and fishes'* meal they plan to host. The aim is to reach out into the local community, especially the lonely and isolated, and share good food and sunshine.

Online Bible verses give hope to hopeless in current financial situation - Words of hope and specially selected Bible verses have been added to the Church of England's Matter of Life and Debt online initiative to help those suffering from the misery of hopelessness in the current financial situation. Finding hope when struggling with debt complements practical advice and resources for escaping problem debt with simple ways to develop a sense of hope for the future. The new pages advise website visitors to look beyond the here and now, to count their blessings, and to remember that they are valuable to God, even if they lose the 'status' that comes with jobs and money. Find the new pages at www.cofe.anglican.org/debt/findinghope.

COLUMBA OF IONA

(Columba will be remembered at the midweek service of Holy Communion on Wednesday 10th June)



Columba was born around 521 in Donegal of the royal Ui Neill clan, and trained as a monk. He founded the monasteries of Derry, Durrow and probably Kells but in 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid forties go into such voluntary exile? Various explanations include: voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure who combined the skills of scholar, poet and ruler with a fearless commitment to God's cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba's death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse. He died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

CALENDAR FOR JUNE

Mon	1		Visit to Abbey House Glastonbury (to 3rd)
Tue	2	10.00 am	Gardening Group
Wed	3	10.30 am	Holy Communion (<i>at St Nicolas</i>)
Thu	4	10.00 am	Parish Art Group
Sun	7	8.00 am	Holy Communion
TRINITY SUNDAY		10.30 am	Parish Communion (<i>Sun Club in church</i>)
		6.00 pm	Evening Prayer
Tue	9	10.00 am	Gardening Group
Wed	10	10.30 am	Holy Communion (<i>at St Nicolas</i>)
Sat	13	12.30 pm	Wedding
Sun	14	8.00 am	Holy Communion
		9.15 am	Holy Communion (<i>at St Nicolas</i>)
TRINITY 1		10.30 am	Matins (<i>Sun Club in church room</i>)
		6.00 pm	Evening Prayer
Tue	16	10.00 am	Gardening Group
Wed	17	10.30 am	Holy Communion (<i>at St Nicolas</i>)
Thu	18	10.00 am	Parish Art Group
Sun	21	8.00 am	Holy Communion
		9.30 am	Family Service
TRINITY 2		10.30 am	Parish Communion (<i>NO Sun Club</i>)
		6.00 pm	Mid-Summer Songs of Praise
Tue	23	10.00 am	Gardening Group
Wed	24	10.30 am	Holy Communion (<i>at St Nicolas</i>)
Thu	25	2.45 pm	Mothers' Union
		4.00 pm	Magazine Collation
Fri	25	4.15 pm	"Reflections" Prayer Group
Sun	28	8.00 am	Holy Communion
		9.15 am	Holy Communion (<i>at St Nicolas</i>)
TRINITY 3		10.30 am	Matins (<i>Sun Club in church room</i>)
		6.00 pm	Evening Prayer
Tue	30	10.00 am	Gardening Group

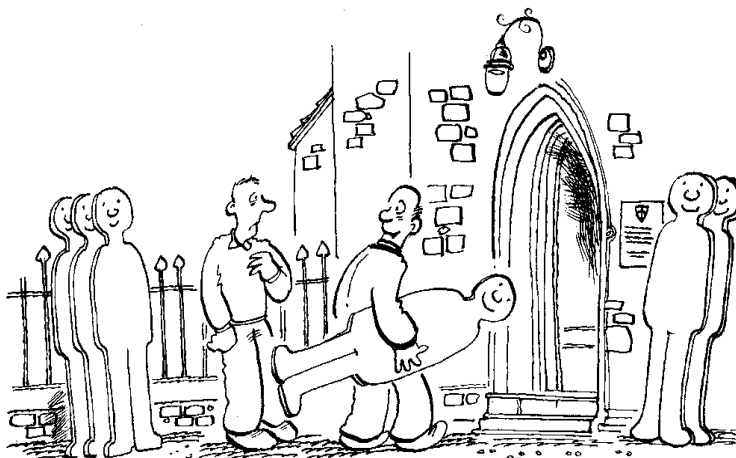




N.B. NO CREAM TEAS! - Despite previously publicised plans, there will now be **NO CREAM TEAS** served on Sunday 21st June. As explained in the Vicar's letter (Pg. 3) the installation of a new boiler and the refurbishment of the Church Hall kitchen now makes this impossible. Please watch the 'Notices' to see if it might be possible to hold this popular event in July.

MID-SUMMER SONGS OF PRAISE – On Sunday 21st June at 6.00 pm we will be holding a special evening service to mark Midsummer's Day. ***Do you have a favourite hymn that might be appropriate for the season?*** If so, suggest it to the Vicar and it might be included in the service. The service will also contain an opportunity for prayers for healing to be said with those who wish to receive this ministry.

MOTHERS' UNION – This month's meeting is on Thursday 25th at 2.45 pm in the Committee Room.



... I thought my church attendance figures would benefit from some 'quantitative easing'...

SELBORNE – A PLACE OF PILGRIMAGE



If you're interested in places of pilgrimage, don't overlook one of Hampshire's best-known villages – Selborne, a few miles south of Alton. This is where the famous naturalist-parson, the Reverend Gilbert White, was born in 1720 and in the parish church of St Mary there is a memorial stained glass window.

White's house is now a museum. Here is his library, together with mementoes of Captain Lawrence Oates, the explorer who accompanied Scott to the South Pole, walking to his death in a blizzard. Oates had no links with Selborne but a member of his family, seeking a suitable place to house family memorabilia, bought White's house and set up a trust fund to administer a combined Oates and White museum.

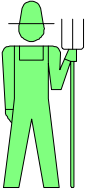
Gilbert White is buried in the churchyard, his gravestone marked 'GW 26th June 1793'. Lawrence Oates' body was never found but a cairn, placed near to where he gave his life, described him as '*A very gallant gentleman*'. Two simple inscriptions yet who could forget them? So often in life it is the simple things, the simple words and the simple actions we remember most.



HOW DID YOU COME TO FAITH?

This is Jack's story: He had been verging on belief for some time when he read books by the writer and philosopher Sir Francis Bacon. In one of these books, that great man had asked a simple question: "*Who taught the ant to bite every grain of corn she buries in her hill lest it should take root and grow?*" Jack realised there could only be one answer.

PASTURES NEW



A wise farmer rotates his crops: no one thing should always be grown in the same place. Change and diversity are the key to long-term health. It is the same for us: for us to be at our most productive, we must not be surprised if God suddenly rests us from 'growing corn', and gives us something else to do. Often it is something we would never have imagined!

Life is lived in seasons: in each of our lives, there is a time to do this, a time to do that. Too many of us lose our sense of self-worth and direction because we don't understand when we're leaving one season and entering another in life. We struggle and want to hang on to what we had but sometimes God wants to give us something new, to make us productive at every stage of our life.

God will never put you in a place too small to grow. You may be asked to grow in ways that seem uncomfortable at first, but he is out to develop you fully, in every aspect of your being – not just the ones at which you are already good!



WEDDING REPORT IN LOCAL PRESS



*The bridal veil was fragile net,
the bridal gown was lace.
The bride wore slippers on her feet,
a smile upon her face.
The bride wore gloves of softest silk,
bright garlands graced her hair,
her large bouquet was softest pink...
PS: The groom was also there.*

PRAYER: A BEGINNER'S GUIDE



The good thing about prayer is that there's only one way to go wrong, and that's not to do it. The best way to do it is to just get on and do it. If prayer at its simplest level is listening to God and talking to him, you don't need long books to tell you how to do it, you just need a conviction that prayer is a good thing to do, that you're someone God wants to hear from and that he's worth talking to.

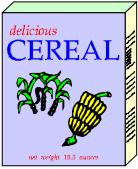
Is prayer a good thing to do? Never mind for the moment about whether prayer 'works' or not: Jesus prayed and he encouraged his disciples to pray too, so if we're following him, we need to be praying.

Are you someone God wants to hear from? The message of the Bible is that however unworthy, sinful and useless we may feel as human beings, God can't wait to hear from us and is sitting on the edge of his seat like a love-struck teenager, hand poised ready to pick up the phone the second it rings.

Is he worth talking to? He's the one person who knows us inside out, the one person with infinite power at his fingertips, the one who has the true perspective on an entire world's story. Not a slot machine to pay into in the hope of one day getting 'an answer to prayer', but a person who likes us.

How might you begin to pray? Do you like a good gossip? Then gossip to God. Are you the strong silent type? Then be silent in his presence. Say hello...say the Lord's Prayer...say 'Oh God' and mean it... deliberately be silent and still for one minute...tell him about what is worrying you or thrilling you...listen and look for a few moments in a place you consider holy. You can't go wrong. Prayer is good. God longs to hear from you. He's worth it.

BEST FOR BREAKFAST



Want your breakfast to make you feel full for longer? Eat porridge. Now scientists at King's College London have found that foods with a low glycaemic index (GI), such as oats, trigger the release of greater amounts of a hormone in the gut, which delays hunger pangs by creating the 'full' sensation. As well as porridge, also try brown bread and most fruit and vegetables, which stimulate the release of 20 per cent more of the GLP-1 hormone than food with a high GI ratio.



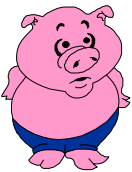
SLEEP OR SNEEZE

People who sleep for less than seven hours a night are three times more likely to catch a cold than if they slept for eight hours or more. Sleep is closely linked to the strength of the immune system, which is why people feel tired when they are ill or have an infection.

Prof Ron Eccles of the Common Cold Centre in Cardiff observes: *"With our busy lives, particularly the young who like to stay out late at night, we are probably suffering more colds than we need to."*

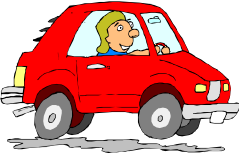


OFFERING



The priest said to the poor farmer, *"If you had a horse, would you give it to the Lord?"* "Yes." *"And if you had a cow?"* "Absolutely." *"And a goat?"* "Sure." *"A pig?"* "Now, that's not fair!" protested the farmer. *"You know I have a pig!"*

HAPPY MOTORING!



Are you going to be in the car a lot this summer? Consider the following tips to keep your fuel costs down...

- *Lose weight.* Do you really need all that stuff that has built up in the back of your car? You are paying to move it around...pound for pound, is it worth it?
- Roll on....*keep your tyres at the maximum recommended pressure.* Have the wheel alignment checked so the car runs easily, straight and true.
- Make it slippery....at least as far as aerodynamic drag is concerned. *Remove roof racks, top boxes, cycle carriers, and watch those open windows and sunroof...* they do not help!
- Cool isn't so cool...*air conditioning can increase fuel thirst of a small engine...by up to 10 per cent.* So – how cold do you really need to be?
- Choose your petrol station....*you'll find the cheapest local petrol or diesel at www.petrolprices.com.*
- Drive like one of the good guys: *accelerate smoothly* up to a safe and legal speed, select as high a gear as possible, keep the revs down to minimise. Don't coast in neutral; idling uses more fuel than running in gear on a closed throttle.
- *Avoid the brakes* - they turn fuel into mere waste heat. Instead, reduce your speed in good time by lifting your foot off the accelerator, and aim to roll to a stop at the right place. Make your driving an enjoyable game of shrewd accuracy, like bowls, rather than a test of nerve, like the Grand Prix.



POINTS TO PONDER



George Eliot: *"What do we live for if not to make life less difficult for each other?"*

Unknown: *"There are no more hours in a bad day than in a good one!"*

Pastor Tim: *"The reason a dog has so many friends is that he wags his tail and not his tongue."*

Dr Laura Schlessinger: *"Don't spend time beating on a wall, hoping to transform it into a door."*

Robert Frost: *"The world is full of willing people, some willing to work, the rest willing to let them."*

Lyndon B Johnson: *"Yesterday is not ours to recover, but tomorrow is ours to win or lose."*

Anon: *"Every day is like a suit case – some people pack more into it than others."*

Sallust: *"Every man is the architect of his own fortune."*

Chinese proverb: *"The person who says it cannot be done should not interrupt the person who is doing it."*

W J Slim: *"When you cannot make up your mind between two evenly balanced courses of action, choose the bolder."*

Lou Holtz: *"When all is said and done, more is said than done."*

Herbert Samuels: *"Life is like a mirror. If you frown at it, it frowns back. If you smile at it, it returns the greeting."*

Anon: *"A proverb is a short sentence with long experience."*

G K Chesterton: *"Psychoanalysis is confession without absolution."*

Saint Ambrose: *"The devil tempts that he may ruin: God tests that He may crown."*

GARDENERS' SURVIVAL GUIDE



This is good or bad news depending how much you like your garden: now doctors have warned that pruning, mowing and weeding can be just as dangerous as playing competitive sports.

Apparently too many of us rush at our gardens in a fit of mad enthusiasm...digging the whole allotment at one go, laying a lawn in a day, hauling the rocks for the rockery in a couple of hours. The results are a painful mix of gardener's back, weeder's wrist, pruner's neck, extensive damage to lower backs, and strains to ligaments and joints.

Instead, here's how to survive your garden this summer: do some gentle stretching to warm up muscles and joints; keep it to two hours a day until you are fit; kneel down when planting, with both knees on a cushioned pad; if digging, use a small spade, and move less at a time. When lifting anything heavier than a slug, bend your knees and keep your back straight. Finally, don't stick at any one thing for long – keep moving around. Repetitive movement can be dangerous!

On the bright side, medical studies also reveal that even half an hour of gardening a day can reduce blood pressure and cholesterol levels, and aid your mental health.



CHECKING FOR LEAKS

At a naval barracks the enlisted men were being given their shots prior to going overseas. One lad, having received his series of injections, asked for a glass of water. *"What's the matter, Mate?"* asked the sick bay attendant. *"Do you feel pain?"* *"No...just checking to see if I'm still watertight."*

SUNDAY READINGS IN JUNE

Sunday 7th June – Trinity Sunday

OLD TESTAMENT: Isaiah 6.1-8

Isaiah gives his account of his calling to the prophetic ministry by the one and only almighty God who is acclaimed three times holy.

NEW TESTAMENT: Romans 8.12-17

The binding force of the relationship between God and his disciples is provided by the inherent presence of God's spirit.

GOSPEL: John 3.1-17

God is the author of the spiritual rebirth of all who would have life in his kingdom. He sent his Son into the world so that man might be saved through him.

Sunday 14th June – Trinity 1

OLD TESTAMENT: 1 Samuel 15.34–16.13

The Lord instructs Samuel to choose David, the youngest son of Jesse, as king over Israel and successor to Saul.

NEW TESTAMENT: Mark 4.26-34

Jesus only speaks to the crowd using parables but when alone with the disciples he explains everything.

Sunday 21st June – Trinity 2

OLD TESTAMENT: 1 Samuel 17.57-18.5, 10-16

Saul becomes afraid of David when he sees how successful he is in leading the army and how popular he is with the people.

NEW TESTAMENT: 2 Corinthians 6.1-13

In the face of overwhelming adversity and persecution Paul urges the Church at Corinth to open its heart to God to assure its survival.

GOSPEL: Mark 4.35-end

The disciples are afraid of the power of Jesus – that he can calm wind and waves and save them from drowning.

Sunday 28th June – Trinity 3

OLD TESTAMENT: 1 Samuel 1.1, 17-end

In answer to her prayers, God grants Hannah a son, Samuel and so she dedicates his life to the service of God.

NEW TESTAMENT: Mark 5.21-end

Jesus heals a sick woman and brings a young girl back to life when it was thought that she was dead.



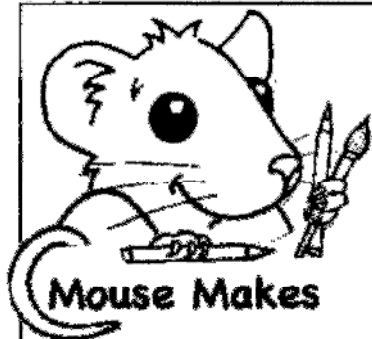
HIS NAME IS MUD



His Name is Mud is a derogatory phrase used to describe a person who is unpopular or completely out of favour due to some act. The obvious allusion might seem to be one of someone so low in society's opinion that they are no better than mud, but this is not the origin of the phrase.

On 14th April 1865 John Wilkes Booth assassinated President Abraham Lincoln in the Ford Theatre, Washington DC. As he made his escape Booth broke his leg, but still managed to reach his horse and ride away. When he reached the countryside he looked for the house of Dr Samuel Mudd who treated his injury. Mudd had no idea of the events of the evening but, when he heard of the assassination the following day, he immediately informed the authorities he had seen Booth.

Despite his innocence, the doctor was arrested and later convicted of conspiracy and sentenced to life imprisonment. In 1869 Mudd was pardoned and released from jail but the American public never forgave him for his implied involvement in the assassination plot. It would be another hundred years before Mudd was finally declared innocent and his name cleared.

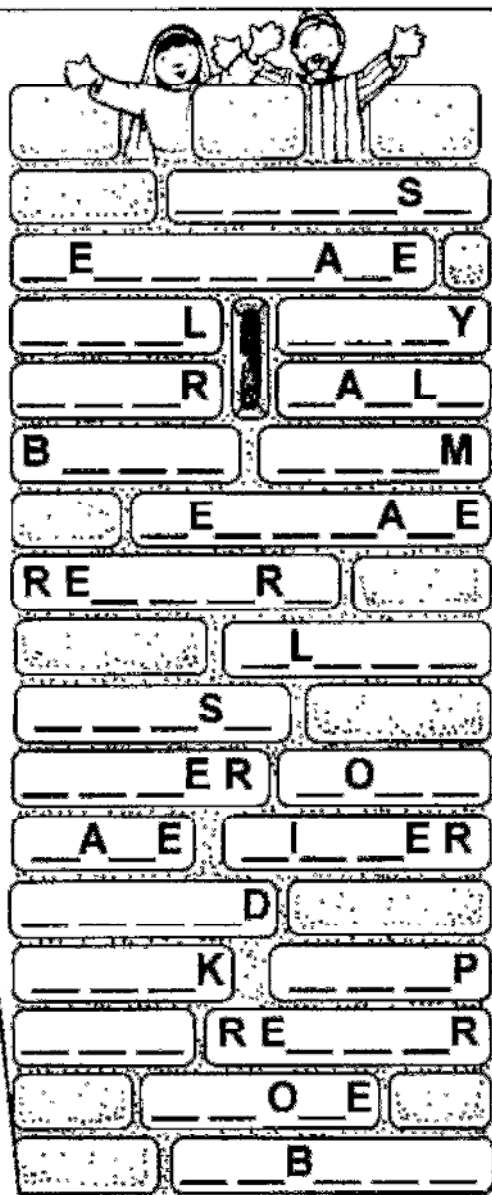


When Nehemiah heard that the walls of Jerusalem were in ruins he sat down and wept. For days he fasted and prayed before God. Finally the opportunity came for him to return to Jerusalem to rebuild the walls, but it wasn't going to be easy....

Read Nehemiah's story in the Old Testament book of 'Nehemiah', chapters 1 to 7.

Here is Nehemiah's list of all the things that need to be done to rebuild the walls of Jerusalem. Fill in the missing gaps on the tower to help rebuild the wall.

- | | |
|---------|-----------|
| PRAY | GATE |
| RUBBLE | BEAM |
| REPAIR | BOLT |
| RESTORE | BAR |
| BUILD | STEP |
| WORK | TOWER |
| STONE | HOUSE |
| TIMBER | POOL |
| WALLS | FINISH |
| FLOOR | DEDICATE |
| ROOF | CELEBRATE |
| DOOR | |



How many gates were repaired? Who rebuilt them?

How long did it take to finish the walls?

FROM THE REGISTERS

BAPTISM

May 3rd

Oliver James LOFTUS-BLYTHE

WEDDING

May 23rd

Richard Merlin JACKSON &
Samantha Louise HOWE

FUNERAL

May 5th

Annette Darke BAILEY (80)

May 26th

William Vernon WAUDBY (85)



ALTAR FLOWERS

June 7th

Transfiguration

Mrs S King

St Nicolas

Mrs C Adams

June 14th

Mrs S King

Mrs J Parker

June 21st

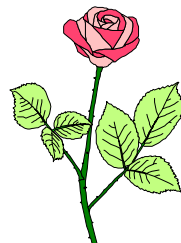
Mrs G Bourne

Mrs J Parker

June 28th

Mrs G Bourne

Mrs D Watts



*A pot of tea, a home made bun,
A garden chair, some dappled sun –
Such joys may not impress a king,
But as for me, they're just the thing!*



DEADLINE

The deadline for the **July** edition of
the Church Magazine is 10.00 am on
Wednesday, **17th June 2009**