



Together

Growing

The Importance of a BREW...

Our service on Pentecost Sunday felt very special to me for many reasons, but three in particular:

1. Our church looked even more beautiful with the vibrant red altar frontals and banners.
2. I'm thankful to George, Robbie & Brian for eagerly joining in the fun of the sermon.
3. But a memorable 'first' for me, was chatting to everyone over tea or coffee served after the service.

If you're like me, a vital part of your morning routine is that first cup of tea. It *should* be a time of gradual awakening; of welcoming the day; of looking forward to the joys that await.



But in my head, I'm mentally listing all the tasks and deadlines that lay ahead; the people I need to see, the things I need to start, the things I need to finish! Will I be able to do it all? It's easy to be preoccupied with the numerous jobs and errands to be done. We can quickly be overwhelmed by our 'busyness' and forget the important things of time with God and time with those we love.

It's an unconscious and unhealthy habit.

Is it the same for you?

The story of the two sisters, Martha and Mary (Luke 10.38-42) comes to mind. In particular, how Martha is preoccupied with the practicalities of preparing and serving a meal to Jesus; yet her sister Mary simply sits at Jesus' feet and listens to what he has to say. Mary is still and attentive; but Martha is more preoccupied with the *practical duties* of serving Jesus (the man) than with the *spiritual duties* (and blessings) of serving Jesus (the Son of God).

How can we avoid being caught up in the 'busyness' of all the practical tasks and activities that fill our days? How can we be more like Mary and still ourselves and be less like Martha where our anxieties and stresses steal *our joy, our calm, our fulfilment*? Why not take time during that first morning cup of tea to learn and practise a *new and spiritually healthier* habit; namely the importance of a BREW...

Be still. Take this time to slow and calm your breathing and your thoughts. Make this a time of prayer; a time for talking and listening to God at the start of the day.

Receive the Father's love. Open your heart to how God may work *in you* and *through you* today. How can God's love be shown *in you* and how may it be *revealed to others* in all you do and say?

Embrace God's gift of personhood. Accept and celebrate *who* you are, remember that God has made you and loves you for *who* you are today and not simply for *what* you can accomplish today.

Welcome the day and all its blessings. As you mentally list them, pray that in all the tasks you do today and the people you encounter can be opportunities to receive God's blessings and reveal God's blessings in all you do.

Will you join me in developing this new spiritually healthier habit? Will you share it with others? I pray that you do. I pray that we will all support each other and lovingly remind each other of....

the importance of a BREW

With every blessing, Karen

JUNE CHURCH SERVICES



Wednesday 2nd June
10.00am Holy Communion

Sunday 6th June (1st Sunday after Trinity)
8.30am Holy Communion
10.00am Morning Celebration

Wednesday 9th June
10.00am Holy Communion

Sunday 13th June (2nd Sunday after Trinity)
8.30am Holy Communion
10.00am Holy Communion
also the induction of
Rev Karen Brady



Wednesday 16th June
10.00am Holy Communion

Sunday 20th June (3rd Sunday after Trinity)
8.30am Holy Communion
10.00am Holy Communion

Wednesday 23rd June
10.00am Holy Communion

Sunday 27th June (4th Sunday after Trinity)
8.30am Holy Communion
10.00am Holy Communion



Wednesday 30th June
10.00am Holy Communion



The Ancient Church

Sometimes I sit within my pew
And gaze upon an ancient view
Of stones, which, set by mason's line
Have stood through centuries of time;
Of glass, whose colours, vivid, bright
Have told their wondrous tales of light
And filtered sunshine's timeless rays
To countless eyes through countless days.

The pulpit where, through long past years
God's servants preached to faithful ears;
The lectern and its Bible read
Aloud to both the quick and dead;
The feet, which down that aisle have trod
To worship everlasting God;
The angels, as they downward gaze
Have heard ten thousand songs of praise!

Songs of joy, and infant cries
As they gathered to baptize,
Songs of love and celebrations
In marriages and confirmations,
Songs of sadness and of loss
Sung before the Saviour's cross.
So many lives have come, then flown
Within this ancient house of stone.

So, as I sit and wonder how
Such history should guide me now?
Such faithful worship through the years
May move me to shed humble tears.
These ghosts bring me joy, not fear
I know I'm just a tenant here
And in one way they are my guide -
They keep me free from pompous pride!

By Nigel Beeton

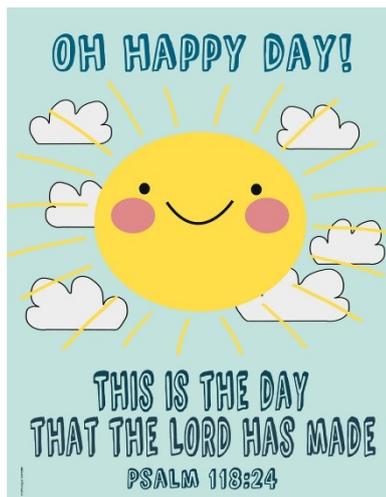
BIBLE READINGS FOR JUNE

6th June
2 Corinthians 4: 13-5:1
Mark 3: 20-35

13th June
2 Corinthians 5: 6-10,14-17
Mark 4: 26-34

20th June
2 Corinthians 6: 1-13
Mark 4: 35-41

27th June
2 Corinthians 8: 7-24
Mark 5: 21-43



Trouble sleeping?

Try listening to 'sedative music', with a slow tempo, soft volume and smooth melody. Music is less invasive than sleeping pills, and may possibly work for you. A recent study carried out at a university in Taiwan found that "listening to sedative music can improve sleep by modulating sympathetic nervous system activity and the release of cortisol, thereby lowering levels of anxiety and stress responses." Listening to music before bed for more than four weeks was found to be especially effective.

CHURCH SERVICES FOR JULY

Sunday 4th July (5th Sunday after Trinity)

8.30am Holy Communion
10.00am Morning Celebration

Sunday 18th July (7th Sunday after Trinity)

8.30am Holy Communion
10.00am Holy Communion

Wednesday 7th July

10.00am Holy Communion

Wednesday 21st July

10.00am Holy Communion

Sunday 11th July (Sea Sunday)

8.30am Holy Communion
10.00am Holy Communion

Sunday 25th July (8th Sunday after Trinity)

8.30am Holy Communion
10.00am Holy Communion

Wednesday 14th July

10.00am Holy Communion

Wednesday 28th July

10.00am Holy Communion

BIRTHDAY CELEBRATIONS



June Birthdays

Congratulations to Daphne Withington who celebrates her birthday on June 7th, to June Betton who celebrates her birthday on June 12th, to Bryn Knott who celebrates his birthday on June 22nd and to Olga Gregory who celebrates her birthday on June 27th.

CONGRATULATIONS

to

Matt & Claire Roth
who are celebrating their
Wedding Anniversary
on
8th June

Colin & Angela Keam
who are celebrating their
Wedding Anniversary
on
11th June



George & Barbara Done
who are celebrating their
Wedding Anniversary
on
18th June

Don't make decisions on an empty stomach.

Scientists at Harvard have found that when you have higher levels of the body's hunger hormone, ghrelin, in your system, you are more likely to be impulsive. This means that you will be liable to make poor decisions, tending towards instant gratification rather than long-term achievement. In one experiment, hungry women with a higher amount of the hunger hormone chose to receive £20 the same day, instead of £80 in two weeks' time. So, ghrelin may well "play a broader role in human related behaviour and decision making, such as monetary choices."

June



A TIME TO HAVE A PICNIC

Home alone, wanting a gnome

Do you yearn for a garden gnome? You are not the only one. Since last year's lockdown, garden centres have been reporting a 'massive upswing' in ornament sales, due to people being forced to spend more time in their gardens. Gnomes top the list of most-wanted ornaments, with a near 100 per cent increase in sales over the past two years. There was even a gnome crisis a while back, when the Suez Canal got jammed, and thousands of gnomes on their way to UK gardens could not get through.



St Michael's APCM

It doesn't seem that long that we held our APCM. Again it was held during the service. Before the election of the Churchwardens, there was a resolution put to the meeting to reintroduce the 6 year period for Churchwardens. This is where Churchwardens do a 6 year period after this they have to stand-down for 2 years and then after they can be re-elected, if they want. Everyone was in favour of the resolution and was passed.

The first part of the meeting was the Vestry Meeting, where we voted in the Churchwardens. There were 2 nominations, those were Rosemary Lunt and Chris Challoner and were voted in as the Churchwardens. Chris Challoner was replacing Colin Keam as churchwarden, who had been in the position for the last 19 years

The next part of the meeting was the general part of the APCM, where the reports and accounts from the church were put to the meeting. The next item on the agenda was elections. There was one place to fill on the Deanery Synod. There was one nomination, Barbara Houghton so she was elected to Deanery Synod. This year there were 4 places on the PCC to fill and there were 4 People, but one person will only stand for 1 year. The 3 people elected for 3 years were Brian Bazley, Robbie Littler and Matt Roth and the person who was elected for 1 Year was Helen Owen. At the end of the meeting, Rev Karen Brady made a presentation to Colin Keam of a framed Certificate and Garden vouchers for his recognition as Churchwarden for the last 19 years. There were 40 people in attendance for the APCM.

Where are our birds?

British birds are in big trouble. 80 per cent of our most popular species are in severe decline, according to recent data from the RSPB's annual Big Garden Birdwatch. The world's largest wildlife survey has found that



16 out of the 20 most spotted garden birds have been in decline since 2020. There are now concerns about the greenfinch and chaffinch, which were seen in their lowest ever numbers this year. The top five birds seen in people's gardens were: house sparrows, blue tits, starlings, blackbirds and wood pigeons. Only robins, blackbirds, carrion crows and the song thrush grew in number in 2020.



Miscellaneous musings on life

It is not marriage that fails, it is people that fail. - *Harry Emerson Fosdick*

A happy marriage is the union of two good forgivers. - *Robert Quillen*

The contented man is never poor, the discontented never rich. - *George Eliot*

11th June Barnabas , Paul's first missionary companion

Would you have liked to go to Cyprus on holiday this year? If so, spare a thought for the Cypriot who played such a key role in the New Testament. He was Joseph, a Jewish Cypriot and a Levite, who is first mentioned in Acts 4:36, when the Early Church was sharing a communal lifestyle. Joseph sold a field and gave the money to the apostles. His support so touched them that they gave him the nickname of Barnabas, 'Son of Encouragement'. Barnabas has two great claims to fame. Firstly, it was Barnabas who made the journey to go and fetch the converted Paul out of Tarsus, and persuade him to go with him to Antioch, where there were many new believers with no one to help them. For a year the two men ministered there, establishing a church. It was here that the believers were first called Christians. It was also in Antioch (Acts 13) that the Holy Spirit led the church to 'set aside' Barnabas and Paul, and to send them out on the church's first ever 'missionary journey'. The Bible tells us that they went to Cyprus, and then travelled throughout the island. It was at Lystra that the locals mistook Barnabas for Zeus and Paul for Hermes, much to their dismay. Much later, back in Jerusalem, Barnabas and Paul decided to part company. While Paul travelled on to Syria, Barnabas did what he could do best: return to Cyprus and continue to evangelise it. So, if you go to Cyprus and see churches, remember that Christianity on that beautiful island goes right back to Acts 13, when Barnabas and Paul first arrived. In England there are 13 ancient church dedications and not a few modern ones. Barnabas the generous, the encourager, the apostle who loved his own people - no wonder he should be remembered with love.

The story behind the HYMN: 'Lord, for the years'

(Here some of the lyrics of the hymn... the full lyrics may be found on the internet.)

*Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided:
Lord for the years, we bring our thanks today.*

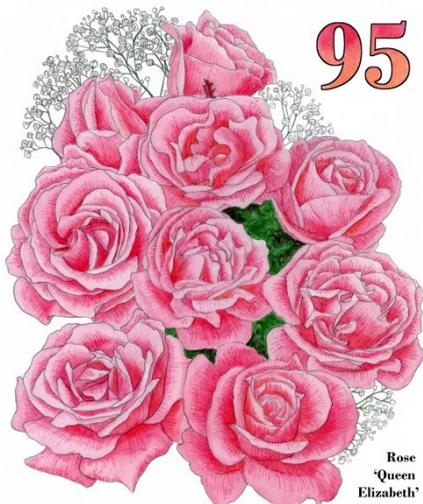
*Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the word, receive your people's praise.*

By Timothy Dudley Smith

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later became Bishop of Thetford. He later confessed: "I wrote it on a train when I was very pressed for time. I'm thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn't find time to apply the sandpaper a bit more!" Dudley Smith had been asked to write a hymn for the centenary service of the Children's Special Service Mission, now Scripture Union, in St Paul's Cathedral. His commission was to write words that could be fitted to Jean Sibelius's *Finlandia*, as it was to be accompanied by an orchestra with this tune in their repertoire. And so - 'Lord for the years' was written. Dudley Smith need not have worried about lack of time - his lyrics were a 'hit' in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, for his consecration as Archbishop in Canterbury Cathedral. The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen's Golden Jubilee. Many of the words in the hymn are true for the Queen herself, as she celebrated her 95th birthday in April. She does indeed thank God 'for the years your love has kept and guided, urged and inspired us, cheered us on our way'...

And so indeed the 'extra' verse added for the Queen has also held true:

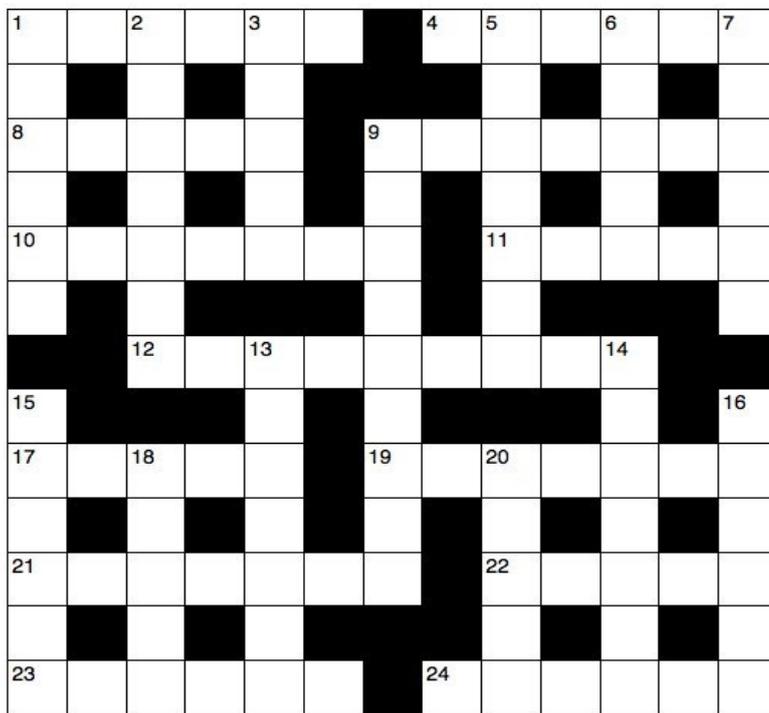
*Lord for our hopes, the dreams of all our living,
Christ and his kingdom one united aim,
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name.*



Gardening really is good for you

According to a recent study conducted by the Royal Horticultural Society (RHS) and two universities, people who garden every day have well-being scores 6.6 per cent higher, and stress levels 4.2 per cent lower than those who do not garden at all.

Dr Lauriane Chalmin-Pui, RHS well-being fellow and lead author says, "The evidence overwhelmingly suggests that the more frequently you garden, the greater the health benefits. "In fact, gardening every day has the same positive impact on your well-being as undertaking regular, vigorous exercise like cycling or running."Gardening is like effortless exercise: it doesn't feel as strenuous as going to the gym, but we can expend similar amounts of energy."



CROSSWORD CHALLENGE

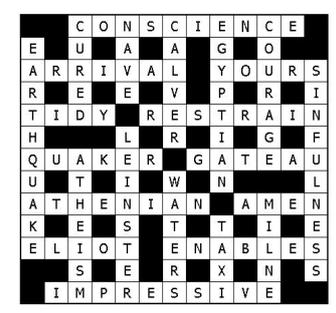
See how you get on with this crossword. There is no prize, but whoever gets it back to the Editor by June 22nd will be entered on a Roll of Honour in the next edition of *Growing Together*.

Across

- 1 Military tactic used by Joshua to attack and destroy the city of Ai (Joshua 8:2) (6)
- 4 Place of learning (6)
- 8 'When Moses' hands grew — , they took a stone and put it under him and he sat on it' (Exodus 17:12) (5)
- 9 Unpleasant auguries of the end of the age, as forecast by Jesus (Matthew 24:7) (7)
- 10 Stronghold to which girls in King Xerxes' harem (including Esther) were taken (Esther 2:8) (7)
- 11 Where Saul went to consult a medium before fighting the Philistines (1 Samuel 28:7) (5)
- 12 Propitiation (Hebrews 2:17) (9)
- 17 Turn away (Jeremiah 11:15) (5)
- 19 So clear (anag.) (7)
- 21 'I have just got — , so I can't come': one excuse to be absent from the great banquet (Luke 14:20) (7)
- 22 Long weapon with a pointed head used by horsemen (Job 39:23) (5)
- 23 Musical beat (6)
- 24 What the Israelites were told to use to daub blood on their door-frames at the first Passover (Exodus 12:22) (6)

Down

- 1 Fasten (Exodus 28:37) (6)
- 2 Art bite (anag.) (7)
- 3 'The people of the city were divided; some — with the Jews, others with the apostles' (Acts 14:4) (5)
- 5 Contend (Jeremiah 12:5) (7)
- 6 Possessed (Job 1:3) (5)
- 7 Sheen (Lamentations 4:1) (6)
- 9 'You love evil rather than good, — rather than speaking the truth' (Psalm 52:3) (9)
- 13 Large flightless bird (Job 39:13) (7)
- 14 They were worth several hundred pounds each (Matthew 25:15) (7)
- 15 'A — went out to sow his seed' (Matthew 13:3) (6)
- 16 How Jesus described Jairus's daughter when he went into the room where she lay (Mark 5:39) (6)
- 18 The part of the day when the women went to the tomb on the first Easter morning (John 20:1) (5)
- 20 Narrow passageway between buildings (Luke 14:21) (5)



May
Crossword answer

ROLL OF HONOUR
Two people got the crossword answer to me and they were
Wendy Sefton & Jim & Shelagh Goffin

What does your lawn say about you?

A perfectly mown lawn may look beautiful, but it is also a sign of male control. So says Monty Don, the *Gardeners' World* presenter. He is wary of what he calls the 'male obsession' to achieve a closely cut lawn which is of pure and perfect grass, without any other plants in it at all. Monty Don calls such an attitude to gardening "controlling rather than embracing," and reckons it is based on a desire to get just one more "aspect of life under control". Instead, Don urges that at least part of our lawns should be encouraged to become wildflower meadows, which are much better for the environment. He explains: "Cutting grass burns fossil fuel, makes a filthy noise and is about the most injurious thing you can do to wildlife. Whereas, simply letting grass grow ... is probably the single most effective thing you can do in any garden of any size, to encourage, particularly, insect life, but also small mammals, invertebrates and reptiles."



Curate

As the enthusiastic curate was preparing to move on to his first church as a vicar, a parishioner asked him what he thought had been his main contribution to the life of the church. He replied: "People here didn't know what sin was until I came."

Marshmallows Crispys



Ingredients

45g Butter

165g Rice Krispies

250g Marshmallows

Method

Melt the butter in a source pan over medium heat.

Once the butter has a liquidated consistency pour the marshmallows into the pan and stir very hard being very careful not to burn the bottom of the pan.

Once the marshmallows have melted in to a smooth liquid pour in the Rice Krispies and mix in until they're fully coated with the mixture.

Once fully coated take off the heat and put the mixture in a baking dish with non stick paper and spread out evenly until all compact and smooth.

Leave to set in the fridge for up to 2 hours or until the cake is set. Once the cake is set, turn the dish face down then remove the non stick paper,

Cut the cake into 12 squares and serve or put into containers for later .

From our resident Chef, Tim Nickson

Remembering Prince Philip

"We have thanked God for Prince Philip's life of extraordinary service. There are some rare people who bring energy into a room - the Duke of Edinburgh was very much one of those people. His presence lifted a gathering. He might have challenged and interrogated, but whatever he said, he never bored anyone. "The Duke of Edinburgh had a profound moral imagination, extraordinary foresight and even vision. He saw the world not just as it is but as it could and should be, as worked out in his commitment to young people, especially through the Duke of Edinburgh's Award, to the Commonwealth, to our Armed Forces, and to engineering, technology and design... In Edmund Burke's words, he had an instinctive sense that the social contract was found in the traditions we inherit from the past, in our obligations to the present and in our responsibility to those yet to be born. "His genuine and deep sense of humility and his service came from the same place, which was his faith... He had a sincere Christian faith absolutely untainted by false piety... He understood deeply how important faith is for the vast majority of the world's population. He engaged the rich diversity of faiths within the UK and the Commonwealth. He was a pioneer in recognising the crucial role that faith leaders play in advocating for creation care. He was literally half a century ahead of his time in this area."



June
2021

Out to graze

A group of elderly British tourists were touring Holland by bus. They stopped at a cheese farm where a young guide led them through the process of making cheese from goat's milk. She showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats put out to pasture when they no longer produce." She then asked, "What do you do in Britain with your old goats?" A spry old gentleman answered: "They send us on bus tours!"



Perhaps he's heard that we're losing our churchwarden

INFORMATION

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If you want to book
a wedding, baptism or funeral
please phone this number

07722470940

and ask for Robbie



Please Pray



Please remember the following people
in your
prayers
throughout this month.

José Colley

Liz Adams

Graham & Nicola Aylett

Norah Gamon

Also please remember in your prayers
anyone that you know
who is at home or in hospital.

If you would like us to pray for someone close to you please let the Vicar know. Or if you would like the Pastoral Care Team to visit someone at home don't hesitate to let them know.

....and the recently bereaved, especially any families known to you

Tom Rose



When the sermons clash with the music...

There was a feud between the minister and the choir director of a church. The first trouble came when the minister preached on 'Dedicating Yourself to Service', and the choir director chose to sing: 'I Shall Not Be Moved'. Trying to believe it was a coincidence, the minister put the incident behind him. The next Sunday he preached on 'Giving'. Afterwards, the choir squirmed as the director led them in the hymn: 'Jesus Paid It All'. By this time, the minister was losing his temper. Sunday morning attendance swelled as the tension between the two built. A large crowd showed up the next week to hear his sermon on 'The Sin of Gossiping'. And sure enough, the choir director selected: 'I Love To Tell The Story' By now, there was no turning back. The following Sunday the minister told the congregation that unless something changed, he was considering resignation. The entire church gasped when the choir director led them in: 'Why Not Tonight'? Truthfully, no one was surprised when the minister resigned a week later, explaining that Jesus had led him there and Jesus was leading him away. The choir director could not resist: 'What a Friend We Have in Jesus'.