

**March, April, May 2024**

**Dean Row Chapel, Wilmslow SK9 2BX**

website: [www.deanrowunitarianchapel.co.uk](http://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](http://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](mailto:jeffreylanegould1959@talktalk.net)**

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

	<b>Hale Chapel 9.30am</b>	<b>Dean Row Chapel 11.15am</b>
<b>March</b>		
Sunday 3 <sup>rd</sup>	Third Sunday in Lent	Third Sunday in Lent
Sunday 10 <sup>th</sup>	Mothering Sunday	Mothering Sunday
Sunday 17 <sup>th</sup>	Fifth Sunday In Lent	Fifth Sunday In Lent
Sunday 24 <sup>th</sup>	Palm Sunday	Palm Sunday
Thursday 28 <sup>th</sup> Maundy Thursday, bring and share supper and Holy Communion, 6 pm, Dean Row Hall		
Friday 29 <sup>th</sup>	Good Friday Devotional Service 3.00pm, Hale Chapel	
Sunday 31 <sup>st</sup>	Easter Sunday with Holy Communion	Easter Sunday with Holy Communion
<b>April</b>		
April 7	The Minister will be on holiday, Guest Preacher	
April 14	The Minister will be on holiday, Guest Preacher	
April 21	The Minister will be on holiday, Guest Preacher	
April 28	Sunday Services	Sunday Services
<b>May</b>		
May 5	Sunday Services	Sunday Services
May 12	Christian Aid Week	Christian Aid Week
May 19	Whit Sunday/Pentecost	Whit Sunday/Pentecost
May 26	Trinity Sunday	Trinity Sunday
<b>June</b>		
June 2	Sunday Services	Sunday Services
June 9	Women's League Sunday	Women's League Sunday
June 16	Sunday Services	Sunday Services
June 23	Sunday Services	Sunday Services
June 30	The Minister will be on holiday, Guest Preacher	

The year was 1912 and George Bennard, an evangelist travelling throughout the Midwest was heckled incessantly by several youths at a revival meeting in Michigan. Troubled by their disregard for the gospel, Bennard turned to Scripture to reflect on the work of Christ on the cross. He later recalled, "I seemed to have a vision .... I saw the Christ and the cross inseparable."

George served for several years as an itinerant Method preacher and had a favourite scripture verse, John 3:16. When quoting the verse, he seemed to always have a vision of a cross — a crude Roman instrument of death. It was stained with the blood of Christ, who gave his life in order that we might become Christians.

### **THE OLD RUGGED CROSS** Hymn

1. On a hill far away stood an old rugged cross  
The emblem of suffering and shame  
And I love that old cross where the dearest and best  
For a world of lost sinners was slain
2. So I'll cherish the old rugged cross (rugged cross)  
Till my trophies at last I lay down  
I will cling to the old rugged cross  
And exchange it some day for a crown.
3. To the old rugged cross I will ever be true  
It's shame and reproach gladly bear  
Then he'll call me some day to my home far away  
Where his glory forever I'll share
4. And I'll cherish the old rugged cross (rugged cross)  
Till my trophies at last I lay down  
And I will cling to the old rugged cross  
And exchange it some day for a crown  
I will cling to the old rugged cross  
And exchange it some day for a crown.

## **THE MINISTER'S LETTER**

It is a great source of pride to me that the season of Lent is marked in our two congregations not by overly-solemn worship but through service to people beyond our chapel walls in acts of private and communal giving. The annual Lent Lunches, held on the first five Tuesdays of Lent, are a concrete form of giving, through their support of Christian Aid and in their furtherance of our ecumenical witness. We do well to remember that this British-based, international aid organisation was founded in the aftermath of the Second World War at a time when millions of European refugees were desperately looking to find a safe home. Our own General Assembly of Unitarian and Free Christian Churches was one of the founding religious denominations that established and made possible this demonstration of Christian charity. The five Tuesdays will be hosted by the following congregations on their respective dates:

**20 February, Dean Row Chapel**

**27 February, St. Bartholomew's and St. Anne's, Church of  
England**

**5 March, Water Lane Methodist Church**

**12 March, Dean Row Chapel**

**19 March, The Quakers and Life Church**

Owing to a scheduling conflict, the United Reformed Church is not able to take part in the lunches this year, hence the double appearance of Dean Row Chapel in the list above.

The final Sunday in May will see the extended Schröder-Fink Family of the Berlin Unitarian Church join in the service at Dean Row Chapel. They will be coming to celebrate the baptism of the youngest member of the family. So close are the bonds between our congregations that they expressed a wish to mark this occasion in Wilmslow. It will be good to have an opportunity to welcome them, both in the service and in the hall, immediately following the baptism. We hope that members of Hale Chapel will be able to attend the coffee hour and share in the fellowship.

**JEFF**

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Please would you note that we have a new telephone number for the Dean Row Chapel Hall. This was forced upon us by BT as the whole system is going digital. Our broadband might have to change in the near future as well.

**01625 912156**

This telephone is not 'staffed', so any urgent messages should be addressed to either the Minister or a member of the Committee

# HALE CHAPEL

## Chairman's Newsletter - February 2024

Well, I don't know about you – but hasn't it rained a lot this winter? My memory now stretches back over seven decades, and I don't recall a winter as wet as this. My trusty Wellington boots come out of storage in or about October and all dog walks from then on are in those boots and I've really had my money's worth out of them this winter. And mud! My local walks have been a sea of mud at times. One of my wellies got stuck in the mud a few weeks ago and for one dreadful moment I thought it wasn't going to come out.....

It's not been great for our two dachshunds either. Rain they can cope with as it just tends to drip off them. But mud..... There has been a great deal of muddy towelling down of their tummies this year. Roll on dry weather!

My last newsletter contribution was effectively my Remembrance Day article about the Western Front in WW1. I have to say I didn't realise how long it was - when I re read it in the printed Newsletter I was a bit shocked to see that it spread over four pages. Sorry about that! But I hope some of you found it interesting and informative.

So this time (to your relief no doubt...) I'm going for brevity. Christmas went well at Hale Chapel. Our Christmas Eve service was as enjoyable and moving as ever and we had a well supported retiring collection for St. Ann's Hospice. The

attendance is not yet back to pre Covid levels but nevertheless the Chapel was pretty full which is nice to see.

2023 was of course the year of our Tercentenary but I suspect it will be rather more routine this year. The last few months for our committee has been mainly about walls. Before Christmas a contractor's vehicle accidentally damaged the wall outside our Hall on Hale Road so that involved us contacting the various parties involved and agreeing a repair schedule. And then lo and behold, just before Christmas part of the wall between our Chapel garden and the adjacent tennis club collapsed rather dramatically. Hopefully these things do not go in threes! Our problem is that all our properties are listed so we must liaise with the local conservation officer and make sure all our repair proposals are acceptable to her. We are lucky indeed to have the services and advice of Carl Thorgaard, a surveyor who specialises in heritage property. We are extremely grateful to Carl for his advice and knowledge but putting both these walls back to where they were is going to be a long job.

Anyway, the year marches on and the evenings are getting lighter, so we are over the worst of winter. Does Spring begin on 1<sup>st</sup> March or 21<sup>st</sup>.March? I never know and opinion is divided. I tend to think 21<sup>st</sup> March is best for Spring but then 1<sup>st</sup> December always sounds better for the start of Winter. You can't have it both ways. And of course snow is always possible right into April. But then I'll come out of hibernation and look forward to summer sunshine here and abroad. Bring it on!

**Alastair**

## Hale Chapel Events

**Coffee Mornings** in the chapel vestry the 1<sup>st</sup> Wednesday of every month at 10.30 am. Bring and share something tasty. All welcome bring a friend

Wednesday 6<sup>th</sup> March

Wednesday 3<sup>rd</sup> April

Wednesday 1<sup>st</sup> May

### **Hale Chapel Book Club**

Tuesday 19<sup>th</sup> March- 10.30 am in the vestry. For further information contact Eliz Taylor (email [b182taylor@btinternet.com](mailto:b182taylor@btinternet.com))

### **Services**

Sunday 10<sup>th</sup> March – Mothering Sunday 9.30 am

Sunday 24<sup>th</sup> March – Palm Sunday 9.30 am

Friday 29<sup>th</sup> March – Good Friday 3pm service at Hale Chapel with Dean Row. Hot X buns after the service.

Sunday 31<sup>st</sup> March – Easter Sunday with Holy Communion 9.30 am

**World Day of Prayer-** Friday 1<sup>st</sup> March at Holy Angels Catholic Church Hale Barns. 2pm. Everyone welcome.

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### Always

My father was good at loving, had a lifetimes practice.

Loving friends, strangers puss cats, anyone who crossed his path.

Chiefly and dutifully, he worshipped God and he loved us, his family.

I, who am less experienced in such matters, cannot begin to reckon his sum, but he told us often that he loved us.

‘Now and always’ and I believed him. Still do. Utterly.

Frances Copsey, poet



## **In Loving Memory of Beryl Prolze, Life-long member of Hale Chapel**

Beryl first came to chapel as a toddler with her Mother Annie and her Aunt Nell. Her cousins Edna and Nancy Fletcher were already members of the large Sunday school.

In the 1930's the chapel had a thriving Women's League and Beryl came to the meetings and events with her mother

As soon as she could Beryl joined the Sunday- School and was a regular attender. She joined in all the activities. She had leading roles in the plays and pantomimes the scholars put on. Playing the Fairy Queen and the Principal Boy and helping backstage. She had a great sense of fun and humour. They often all went on trips to Great Hucklow which Beryl continued to do with her own children on walking weekends.

In May 1945 she was elected May Queen of the chapel by the Sunday school scholars. A service which was held every year on the first Sunday in May. She was a choir member with her cousins the Fletcher sisters, Edna, Nancy, Jean, and Hilary. She met her husband Brian, and they married in the chapel and her three sons were baptised and in turn were members of the Sunday school.

Beryl was Flower Secretary for many years creating wedding arrangements for Brides and chapel services. She saw Brides personally, so they were helped to have the perfect day. She would go to Altrincham market every week on the bus to get appropriate coloured flowers.

She would clean the chapel, bake cakes, organise stalls at Christmas/Spring Fair's. Garden Parties, and lots of other social events. She ran the social group for many years with

friend Vera Potter arranging fund raising activities for the benefit of the chapel and congregation. She was a chapel committee member and would do anything that was needed for the Chapel Hall and Chapel.

Beryl attended chapel with the help of Jeff our Minister into her 90's until Dementia made it impossible for her to attend services. She continued to constantly ask about the chapel wanting to know about everything that was happening.

Beryl's was a life well lived. Hale Chapel was Beryl's special place. It was a life-long commitment.

Thank you, Beryl, we are deeply grateful for your hard work and constant devotion to the Hale Chapel and its congregation over many years.

'May flights of Angels sing thee to thy rest'.

Beryl's funeral will take place in Hale Chapel on Monday 26<sup>th</sup> February at 10am.

Submitted with love by Helen Wilson (Beryl's 2<sup>nd</sup> cousin)

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## Credo

Theologically speaking, I am one of the awkward squad,  
Always asking questions or questioning answers;  
It's uncomfortable for all concerned, especially me.  
I wish it wasn't so; wish I could tuck myself up in tradition,  
Snuggle down into certainty, learn to trust,  
But I don't know how.  
Don't even know what the God-word means to me now.  
I do know love when I meet it though.  
Oh yes, I recognise Love.

Frances Copsey - poet

# DEAN ROW CHAPEL

## Dean Row Chairman's Newsletter

Dear Friends,

Although Alastair cannot remember such a wet winter, I have to say that I can. When I was a little girl, we lived in Burma (Myanmar) and the winter rains – monsoon season - were so predictable – they almost always started on the same day every year. They usually lasted with heavy rains for about three months. Drinking water was so scarce that large tanks were outside the houses on the RAF Compound to keep the rain for the dry seasons. I can remember my father taking me for a walk one day just before the monsoon and the land was so dry, the cracks in the soil were wide enough for me to push my hands into them, almost up to my wrist. I have a photograph of me on the first day of one monsoon, dancing with joy on top of the tank outside our house.

Which brings me to Alastair's little dogs. This is the advantage of cats. They take themselves out for a walk and if they are wet when they come home, they dry themselves very nicely with their tongues.

You will be pleased to note, (I hope), that I shall be planting the tomato seeds very soon so that the tomato plants will be ready to bring to Chapel at the beginning of May. Last year we managed about 120 plants and those which our congregation did not want went to the local Allotment Society

who sent a donation to charity.

We have quite a selection of events in the next few months. Starting with a splendid talk by David Briggs on the 18<sup>th</sup> April. He will regale us with the history of the Hankinson Family of Wilmslow. Have you ever wondered who the initials belonged to on the doors behind the lectern? Come along and find out. Cake will be served.

The 'Supertronics' singing Group are offering a Concert in aid of the Dean Row Chapel Roof Fund on Saturday 4<sup>th</sup> May at 7.30pm. Tickets will be priced at £10. There will be no payment made to the singers, but the pianist will receive £100. The programme will consist of 45 minutes of light opera and well-known romantic pieces, followed by an interval, then will conclude with another 45 minutes of music. Refreshments will be provided in the interval.

I know you love a Quiz so we shall be having one with your other love, Fish and Chips on Saturday 1<sup>st</sup> June 7.00pm. You have had plenty of warning to start watching all the quizzes on the TV between now and then, so I shall expect you to be on 'Top Of The Form'.

Our Dean Row Summer Lunch will be on the 7<sup>th</sup> July. Details will be in Notices nearer the date, but please be aware that places will be limited.

We have some really good preachers to fill the pulpit when Jeff is on his holidays, including the new President of the

General Assembly of Unitarian and Free Christian Churches. Also Trish Lindsey, who has generously agreed to travel from Morecambe to take our service on a couple of occasions. I am sometimes saddened that we do not have as much support for our visiting preachers, they are so kind in agreeing to help us when Jeff is away. I would encourage you to come along and support them.

Lastly, I know you are keen to know what our little ones have been up to. Well they are proving to us that cats really do sleep for up to 20 hours a day. In this cold wet weather, the rest of their time is spent chasing off imagined danger outside, looking for food and being petted. What a life! I know what I shall be coming back as, however, that may be a bit dangerous as our babies were badly treated by their previous owners. Nellie just follows Derek around with loving eyes and Florrie just hopes that whenever the cheese or ice-cream or any meat or smoked salmon are around, her pleading eyes will have results. Usually yes!

Love to you all.

Chrissie

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### **Warden's Comments Ian Booth**

Well Spring is now springing and the Chapel grounds are starting to come alive with all the daffodils etc.

Last year we planted additional daffodil bulbs that were

donated by Chapel members. If anyone would like donate bulbs for planting please let me have them next September and we will have an even better show next year.

Your merry Thursday crew continue to maintain and keep the grounds tidy and Jane Curran keeps our Chapel shiny and clean. We enjoy our coffee and chat after our labours.

We have had the trees checked by a local tree surgeon and he is in the process of removing any dangerous branches.

If anyone has any queries please have a word with me.  
Ian



**Dean Row Chapel Social Group**

**Thursday 18<sup>th</sup> April, 2024 - 2.0pm.**

**We shall be welcoming a speaker, David Briggs, in the hall**

As John Hankinson's great grandson, David Briggs will give an illustrated talk about the family and their connections to the suffragettes, the Fabians, many literary figures of the time – and even netball.

The Hankinson family arrived in Dean Row over 200 years ago as tanners. By 1865, having taken over the family business from his father, John Hankinson married Margaret Lowe and went on to have eleven children. As committed Unitarians John and Margaret played an important part in the life of Dean Row Chapel as well as

Victorian Wilmslow. Meanwhile, John and Margaret's remarkable family continued as committed Unitarians and many went on to witness and influence numerous aspects of liberal thinking in the early 20<sup>th</sup> century.



Entrance £3.00 - Tea and cakes will be served  
**Anne Smith**

### Dean Row Events March, April, May 2024

**Thursday 18<sup>th</sup> April, 2024 - 2.0pm.**

We shall be welcoming a speaker, David Briggs, in the hall

**Saturday 4<sup>th</sup> May 7.30pm**

The 'Supertonic's' Singing Group will offer a concert in aid of the Dean Row Chapel Roof Fund on Saturday, 4 May 2024 at 7.30 pm. Tickets will be priced at £10.

**Saturday 1<sup>st</sup> June 7.00pm**

Quiz and Fish and Chip night in the Hall

**Sunday 7<sup>th</sup> July – Chapel Summer Lunch**

**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 March, April, May 2024

If you need to change your dates on the list, please contact asap

Chapel Opening Ian Booth 01625 262819,

Coffee Rota, Anne Gemmell 0161 637 5347, C Wilkie 0161 439 8262

| DATE 2023 | OPENING      | SIDESMAN DUTY                    | COFFEE DUTY                      |
|-----------|--------------|----------------------------------|----------------------------------|
| MARCH 3   | Mr I Booth   | Mrs C Wilkie<br>Mrs J Davies     | Mr I Booth<br>Mrs B Booth        |
| MARCH 10  | Mr P Weigh   | Mr P Weigh<br>Mrs M Weigh        | Mr P Astley<br>Mrs J Astley      |
| MARCH 17  | Mrs C Wilkie | Mrs E Godfrey<br>Mrs E Taylor    | Mrs C Wilkie<br>Mrs J Davies     |
| MARCH 24  | Mr P Shaw    | Mrs B Robinson<br>Mrs S McFadyen | Mrs A Gemmell<br>Mrs D Salthouse |
| MARCH 31  | Mr K Dennell | Mr A Earp<br>Mrs E Earp          | Mr K Dennell<br>Mrs S Dennell    |
| APRIL 7   | Mrs C Wilkie | Mr J Wenham<br>Mrs B Wenham      | Mr P Weigh<br>Mrs M Weigh        |
| APRIL 14  | Mr I Booth   | Mr I Booth<br>Mrs B Booth        | Mrs B Robinson<br>Mrs S McFadyen |
| APRIL 21  | Mr P Weigh   | Mr P Weigh<br>Mrs M Weigh        | Mrs C Wilkie<br>Mrs J Davies     |
| APRIL 28  | Mr P Shaw    | Mr A Earp<br>Mrs E Earp          | Mrs E Godfrey<br>Mrs E Taylor    |
| MAY 5     | Mr K Dennell | Mrs A Gemmell<br>Mrs D Salthouse | Mr J Wenham<br>Mrs B Wenham      |
| MAY 12    | Mr I Booth   | Mrs C Wilkie<br>Mrs J Davies     | Mr I Booth<br>Mrs B Booth        |
| MAY 19    | Mr P Weigh   | Mr P Weigh<br>Mrs M Weigh        | Mr P Astley<br>Mrs J Astley      |
| MAY 26    | Mrs C Wilkie | Mrs E Godfrey<br>Mrs E Taylor    | Mrs C Wilkie<br>Mrs J Davies     |
| JUNE 2    | Mr P Shaw    | Mrs B Robinson<br>Mrs S McFadyen | Mrs A Gemmell<br>Mrs D Salthouse |
| JUNE 9    | Mr K Dennell | Mr A Earp<br>Mrs E Earp          | Mr K Dennell<br>Mrs S Dennell    |
| JUNE 16   | Mrs C Wilkie | Mrs A Gemmell<br>Mrs D Salthouse | Mr J Wenham<br>Mrs B Wenham      |
| JUNE 23   | Mr P Shaw    | Mr I Booth<br>Mrs B Booth        | Mrs B Robinson<br>Mrs S McFadyen |
| JUNE 30   | Mr P Weigh   | Mr P Weigh<br>Mrs M Weigh        | Mr I Booth<br>Mrs B Booth        |



**Dean Row Chapel Officers:**

**Chair**

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**Treasurer:**

**Peter Shaw Tel. 01625 584881  
Email [pgshaw@aol.com](mailto:pgshaw@aol.com)**

**Secretary**

**Anne Gemmell Tel. 0161 637 5347  
[annegemmell@yahoo.co.uk](mailto:annegemmell@yahoo.co.uk)**

**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**

### **Chair**

**Alastair Brown Tel: 01925 262332**

Email: [alastair6451@aol.com](mailto:alastair6451@aol.com)

### **Secretary**

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Email: [helenwilson249@gmail.com](mailto:helenwilson249@gmail.com)

### **Treasurer**

**Neil Waller Tel: 0161 945 4568**

Email: [halechapeltrreasurer@gmail.com](mailto:halechapeltrreasurer@gmail.com)

### **Executive Committee**

**Jo Turner Tel: 0161 928 0406**

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Email: [wallerfamily01@gmail.com](mailto:wallerfamily01@gmail.com)

**Patricia Head Tel: 07708 281509**

Email: [patriciahead200@gmail.com](mailto:patriciahead200@gmail.com)

### **Chapel Hall –**

**335 Hale Road, Hale Barns WA15 8SS**

**Bookings Co-Ordinator Sharon Kupusarevic Tel: 07801**  
**140809**

## Spring

Come, gentle Spring, and show thy varied greens  
In woods, and fields, and meadows, by clear brooks;  
Come, gentle Spring, and bring thy sweetest scenes,  
Where peace, with solitude, the loveliest looks;  
Where the blue unclouded sky  
Spreads the sweetest canopy,  
And Study wiser grows without her books.

Come hither, gentle May, and with thee bring  
Flowers of all colours, and the wild briar rose;  
Come in wind-floating drapery, and bring  
Fragrance and bloom, that Nature's love bestows--  
Meadow pinks and columbines,  
Kecksies white and eglantines,  
And music of the bee that seeks the rose.

Come, gentle Spring, and bring thy choicest looks,  
Thy bosom graced with flowers, thy face with smiles;  
Come, gentle Spring, and trace thy wandering brooks,  
Through meadow gates, o'er footpath crooked stiles;  
Come in thy proud and best array,  
April dews and flowers of May,  
And singing birds that come where heaven smiles.



By John Clare



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

## NOAH'S ARK

In the year 2005, the Lord came unto Noah, who was now living in the outskirts of Surbiton, and said, "Once again, the earth has become wicked and over-populated, and I see the end of all flesh before me.

Build another Ark and save two of every living thing along with a few good humans."

He gave Noah the blueprints, saying, "You have six months to build the Ark before I will start the unending rain for 40 days and 40 nights".

Six months later, the Lord looked down and saw Noah weeping in his yard.....but no ark!

"Noah," He roared, "I'm about to start the rain! Where is the Ark?"

"Forgive me, Lord," begged Noah. "But things have changed. I needed a building permit. I've been arguing with the inspector about the need for a sprinkler system.

My neighbours claim "ancient rights" because of me building the Ark in my yard and exceeding the height limitations. We had to go to the Development Appeal Board for a decision.

Then the Department of Transport demanded a bond be posted for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark 's move to the sea.

I argued that the sea would be coming to us, but they would hear nothing of it.

Getting the wood was another problem.

There's a ban on cutting local trees in order to save the spotted owl.

I tried to convince the environmentalists that I needed the wood to save the owls.

But no go!

When I started gathering the animals, I got sued by an animal rights group.

They insisted that I was confining wild animals against their will.

As well, they argued the accommodation was too restrictive and it was cruel and inhumane to put so many animals in a confined space.

Then the European Commission ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood.

I'm still trying to resolve a complaint with the Human Rights Commission on how many minorities I'm supposed to hire for my building crew.

Also, the trades unions say I can't use my sons.

They insist I have to hire only Union workers with Ark building experience.

To make matters worse, the Revenue has seized all my assets, claiming I'm trying to leave the country illegally with endangered species.

So, forgive me, Lord, but it would take at least ten years for me to finish this Ark..."

Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky.

Noah looked up in wonder and asked, "You mean, You're not going to destroy the world?"

"No," said the Lord "The politicians have beaten me to it."



### **Katharine Hepburn's childhood, in her own words.**

"Once when I was a teenager, my father and I were standing in line to buy tickets for the circus.

Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armour." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how many tickets he wanted? He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus."

The ticket lady stated the price.

The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and

asked, "How much did you say?" The ticket lady again stated the price.

The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking, and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The \$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value to Give.

The Giver is bigger than the Receiver. If you want to be large, larger than life, learn to Give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.



The importance of giving, blessing others can never be over emphasised because there's always joy in giving. Learn to make someone happy by acts of giving.”

~ **Katharine**

.....  
"I asked an elderly woman once what it was like to be old and to know that the majority of her life was now behind her.

She told me that she has been the same age her entire life. She said the voice inside of her head had never aged. She has always just been the same girl. Her mother's daughter. She had always wondered when she would grow up and be an old woman.

She said she watched her body age and her faculties dull but the person she is inside never got tired. She never aged. She never changed.

Remember, our spirits are eternal. Our souls are forever. The next time you encounter an elderly person, look at them and know they are still a child, just as you are still a child and children will always need love, attention and purpose."

Author Unknown

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

*How Do I Love Thee? (Sonnet 43)*

Elizabeth Barrett Browning 1806 –1861

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of being and ideal grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candle-light.  
I love thee freely, as men strive for right.  
I love thee purely, as they turn from praise.  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints. I love thee with the breath,  
Smiles, tears, of all my life; and, if God choose,  
I shall but love thee better after death.

=====

**I'll never love Thee more**

**James Graham Marquis of Montrose**

My dear and only Love, I pray  
This noble world of thee  
Be governed by no other sway  
But purest monarchy;  
For if confusion have a part,  
Which virtuous souls abhor,  
And hold a synod in thy heart,  
I'll never love thee more.

Like Alexander I will reign,  
And I will reign alone:  
My thoughts shall evermore disdain  
A rival on my throne.  
He either fears his fate too much,  
Or his deserts are small,  
That puts it not unto the touch  
To win or lose it all.

But I must rule and govern still,  
And always give the law,  
And have each subject at my will,  
And all to stand in awe.  
But 'gainst my battery, if I find  
Thou shunn'st the prize so sore  
As that thou sett'st me up a blind,  
I'll never love thee more.

Or in the empire of thy heart,  
Where I should solely be,  
Another do pretend a part  
And dares to vie with me;  
Or if committees thou erect,  
And go on such a score,  
I'll sing and laugh at thy neglect,  
And never love thee more.

But if thou wilt be constant then,  
And faithful of thy word,  
I'll make thee glorious by my pen  
And famous by my sword:  
I'll serve thee in such noble ways

Was never heard before;  
I'll crown and deck thee all with bays,  
And love thee evermore.

=====

## Words Of Wisdom

**Submitted by Jenny Williams**

1. The less you say, the more your words will matter.
2. Don't take everything personally. Not everyone thinks about you, as much as yourself does.
3. When you focus on problems, you'll have more problems.  
When you focus on possibilities, you'll have more opportunities.
4. No matter how much it hurts now, someday you will look back and realize your struggle changed your life for the better.
5. There will always be a reason why you meet people. Either you need them to change your life or you're the one that will change theirs.
6. Never be afraid to try something new because life gets boring when you stay within the limits of what you already know.
7. When you are ignored by a person whose attention means the most to you, the reaction in your brain will be similar to physical pain.
8. Sometimes you will never know the value of a moment until it becomes a memory.

9. Once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.
10. If you do not have control over your mouth, you will not have control over your future.
11. Life is a mirror and will reflect back to the thinker what he thinks into it.
12. Life is ten percent what happens to you and ninety percent how you respond to it.
13. The only person you have to face in the morning is yourself.
14. Nothing feels as good as something you do from the heart.

## YOU

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most glitteringly beautiful network you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way and that star-bright network of you would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realise. You're trailing a bright pathway that you don't even know about. What a thing. What a thing indeed.

DONNA ASHWORTH

“Did I offer peace today?  
Did I bring a smile to  
someone’s face?  
Did I say words of healing?  
Did I let go of my anger and  
resentment?  
Did I forgive?  
Did I love?”  
These are the real questions.”  
- Henri Nouwen

As the world fights to figure everything out,  
I'll be holding doors for strangers,  
letting people cut in front of me in traffic,  
saying good morning,  
keeping babies entertained in grocery lines,  
stopping to talk to someone who is lonely,  
being patient with sales clerks,  
smiling at a passersby.  
WHY?  
Because I will not stand idly by and  
live in a world where love is invisible.  
Join me in showing kindness,  
understanding, and judging less.  
Be kind to a stranger,  
give grace to friends who are having a bad day,  
be forgiving of yourself - today and every day

BE the change, BE the light,  
start today and never stop.

*Audrey loves Paris*

Let me not walk blindly into this world.  
Let me walk with eyes that are open and  
with a heart that sees. Yes... let my heart  
recognize the fragile places in another.  
And there I will plant kindness, reminding  
someone who has perhaps forgotten, what a  
beautiful being they are.

—Darla Evans



**“Whether you believe in God or not does not matter so much, whether you believe in Buddha or not does not matter so much; as a Buddhist, whether you believe in reincarnation or not does not matter so much. You must lead a good life. And a good life does not mean just good food, good clothes, good shelter. These are not sufficient. A good motivation is what is needed: compassion, without dogmatism, without complicated philosophy; just understanding that others are human brothers and sisters and respecting their rights and human dignity.”**

~DALAI LAMA



## IT'S THE LITTLE THINGS

The first cup of coffee in the morning. The warmth of the sun as it soaks into your skin. The kindness of a stranger. The laughter of a friend. The leaves falling. The birds chirping. The ocean crashing. The lone wildflower blooming in a sea of concrete. The billions of stars that pepper the night sky. The bunny-shaped cloud swiftly floating by. The moon shining no matter what phase she's in. The music that seeps into your soul. The books you can't put down. The days that feel too good to be true and the nights you pray will last forever. It's the little things. The sun peaking through the blinds mid-Sunday morning. The fragrances that teleport you to distant memories. The wind in your hair. The sand beneath your feet. Laughing so hard it hurts. The art that makes you feel something in which you can't put into words. The poetry that tugs at your heartstrings. Singing off-key in the shower. Freshly made bread. Butterflies in your stomach when you see them smile. The realisation that everything is possible. That your dreams were planted in your heart for a reason. That the little things have always been the big things and materialism will never outweigh the magic we find in moments.

*alysha waghorn*

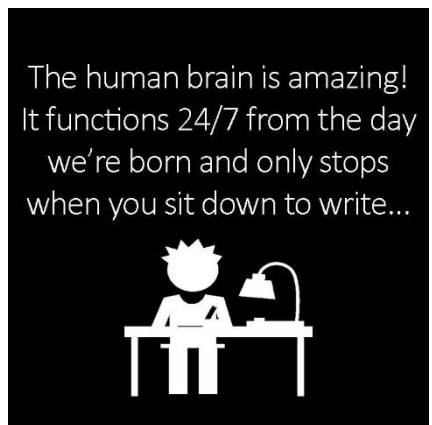
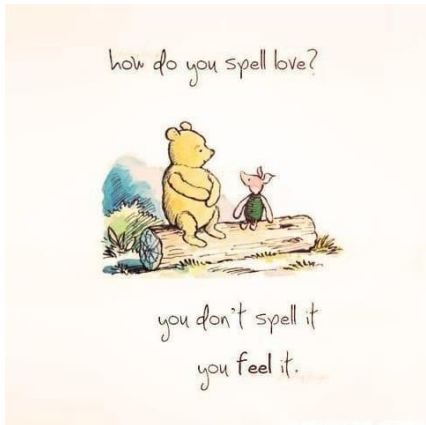
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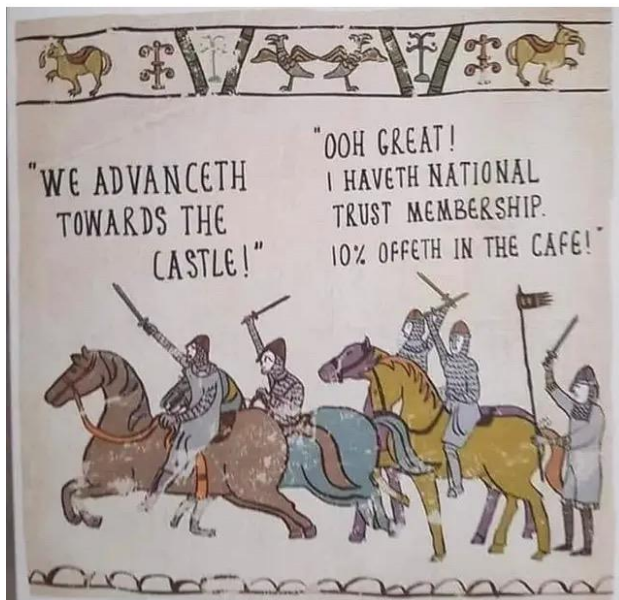
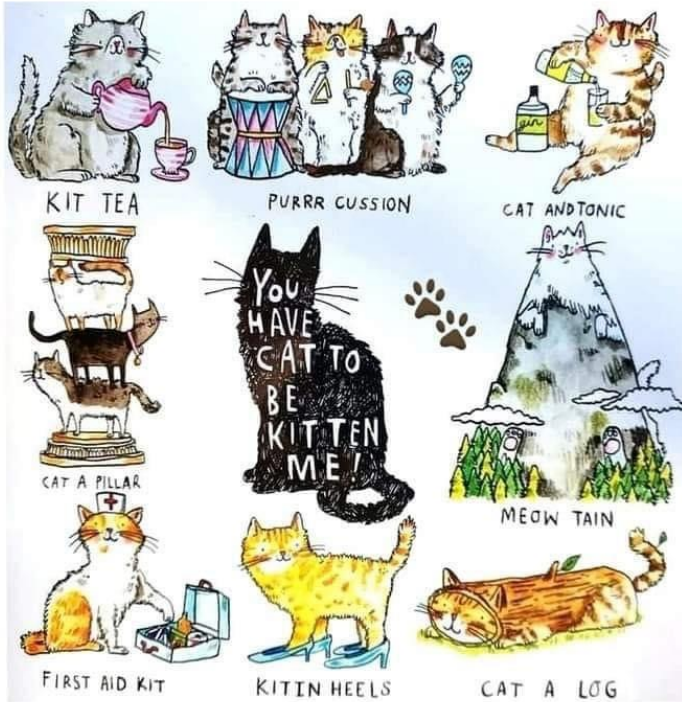
To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden 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



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



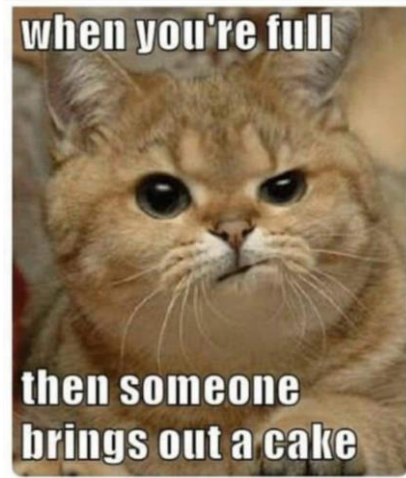
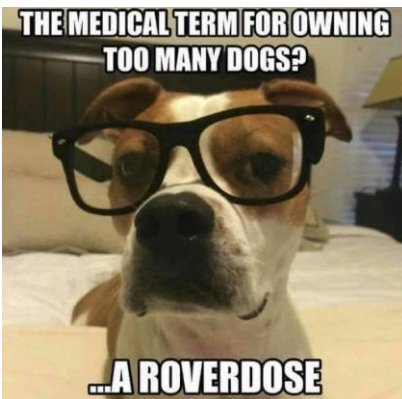
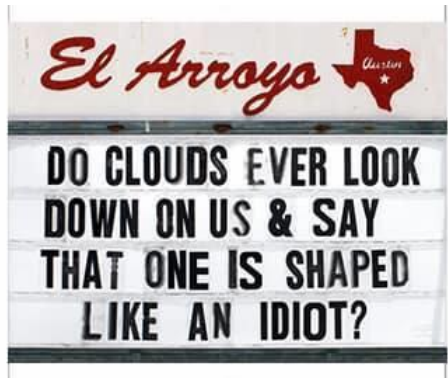




sometimes. the human presses their noggin against mine. to figure out what i'm thinking. so i just think really hard. about how much i love them. and hope they figure it out



when you realize you were the good boy  
all along



**COFFEE**



**YOU HAVEN'T HAD ENOUGH  
UNTIL YOU CAN THREAD  
A SEWING MACHINE  
WHILE IT'S RUNNING**

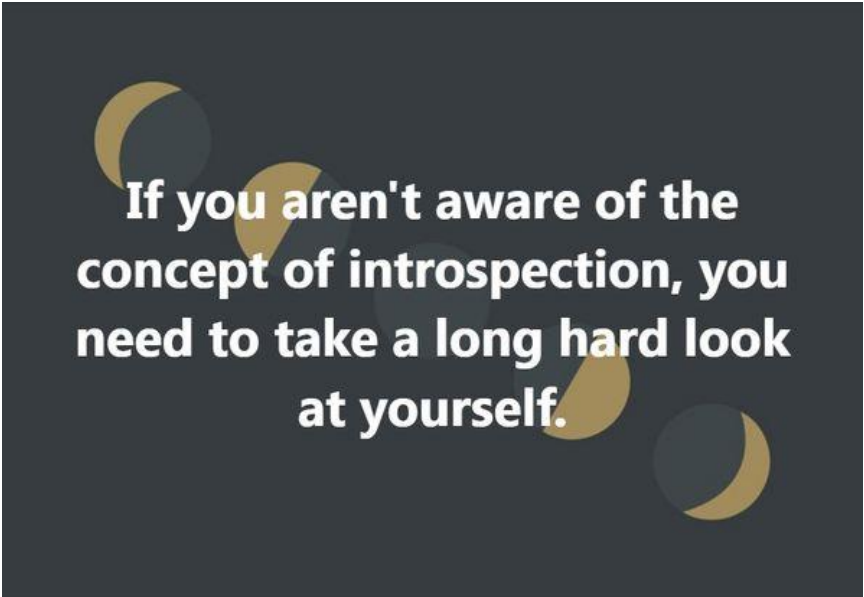


If you're happy and you know it  
stay in bed.  
If you're happy and you know it  
stay in bed.  
If you're happy and you know it,  
getting up will surely blow it.  
If you're happy and you know it,  
stay in bed.

They said hanging baskets  
in your garden would  
improve the look.  
I'm not convinced.



**EVERYONE NEEDS A  
FRIEND WHO THEY  
PROBABLY SHOULDN'T  
BE ALLOWED TO SIT  
NEXT TO AT A  
SERIOUS FUNCTION.**



**If you aren't aware of the  
concept of introspection, you  
need to take a long hard look  
at yourself.**

Do not seize the day. This will startle the day and may cause it to become aggressive and give you a nasty bite.

Instead approach the day calmly without making eye contact, pet it gently, and slowly enfold it in a careful embrace

If the day shows any signs of resistance to being engaged with, it is likely to turn on you. Back off and return to bed.

## <<<< RECIPES >>>>



### Recipe: Mothering buns

*Sweet and sticky buns to make for Mother's Day... or just because*

A speciality of Bristol, these are made by local bakers the day before Mothering Sunday. Traditionally, on this day only, the Lent fast was relaxed. The buns used to be decorated with caraway or aniseed; today, hundreds and thousands are used.

#### **MAKES 12 BUNS**

500g strong white bread flour  
1 tsp salt  
50g caster sugar  
7g sachet instant yeast  
50g unsalted butter, diced and softened  
300ml water  
FOR THE ICING  
200g icing sugar  
2–3 tbsp water

1. Put the flour in a large bowl. Add the salt and sugar on one side, the yeast on the other. Add the butter and three-quarters of the water, then turn the mixture round with the fingers of one hand. Add the remaining water a little at a time, mixing until you have taken in all the flour and the dough is soft and slightly sticky; you might not need all the water.

2. Oil the work surface to stop the dough sticking. Turn out the dough and knead for 5 mins, or until smooth and no longer sticky. Lightly oil the bowl, return the dough to it and cover with cling film. Leave to rise for at least an hour, until doubled in size. Line 2 baking trays with baking parchment.

3. Scrape the dough out of the bowl onto a lightly floured surface and fold it inwards repeatedly until all the air has been knocked out and the dough is smooth. Divide into 12 pieces.

4. Roll each piece into a ball by placing it into a cage formed by your hand on the work surface and moving your hand in a circular motion, rotating the ball rapidly.

5. Put the balls of dough on the prepared baking trays, spacing them slightly apart. (They should just touch each other when they have risen.) Place each tray in a clean plastic bag and leave to prove for about 40 mins, until the rolls have doubled in size. Heat the oven to 220C/Fan 200/425F.

6. Bake for 10–12 mins, until the rolls are golden and sound hollow when tapped underneath. Transfer to a wire rack to cool.

7. For the icing, mix the icing sugar with enough water to give a thick but pourable consistency. Dip each roll into the icing and then into the hundreds and thousands.



## Enjoy some winter warmer soups



### Spiced carrot & lentil soup

Preparation and cooking time, **Prep:**10 mins, **Cook:**15 mins,  
**Easy, Serves 4**

A delicious, spicy blend packed full of iron and low in fat to boot. It's ready in under half an hour. **Freezable, Healthy, Vegetarian**

## Ingredients

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1ltr hot vegetable stock (from a cube is fine)
- 125ml milk (to make it dairy-free, use tin of low fat coconut milk)
- plain yogurt and naan bread, to serve

# Method

- **STEP 1**

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.

- **STEP 2**

Scoop out about half with a spoon and set aside. Add 2 tbs olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.

- **STEP 3**

Simmer for 15 mins until the lentils have swollen and softened.

- **STEP 4**

Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).

- **STEP 5**

Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

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Flatbreads are cooked all over the world from Mexican tortillas to Indian chapatis. They are great served soft, filled with slaw or falafels, or baked until crisp and served with dips, soups or stews.

Preparation time **less than 30 mins**

Cooking time **10 to 30 mins**

Serves **Makes 4–6 flatbreads**

## Ingredients

- 200g/7oz plain or [wholemeal flour](#)
- ¼ tsp [salt](#)
- 100ml/3½fl oz warm water
- 2 tbsp oil ([olive](#), sunflower or vegetable), plus extra for cooking

Recipe tipsHow-to-videos

## Method

1. Place the flour and salt in a large bowl and trickle on the water bit by bit.
2. Mix the water and flour mixture together.
3. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Knead the dough for 5 minutes
5. You can cook the breads straight away or leave the dough to stand for about 30 minutes.

6. On a clean surface, roll each ball of dough one at a time. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!
7. Heat a large frying pan over a medium heat. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until the others are cooked.

### Recipe Tips

If you want crisp flatbreads rub them with a little olive oil, chop into strips or triangles with scissors and then ask an adult to fry them for 5–10 minutes, or until crisp.

Flatbreads can be rolled out and frozen in a stack. You will need to put a bit of greaseproof paper between each of the breads so they don't stick. Frozen flatbreads can be cooked from frozen – they will take a few minutes more to cook in a hot frying pan.



## Celery soup

Preparation and cooking time, **Prep:**15 mins, **Cook:**40 mins,

## Easy, Serves 3 - 4

Cook up a batch of fresh, low-calorie celery soup for a healthy and filling veggie lunch or supper. Serve with chunks of crusty bread

Recipe easily doubled, Freezable, Healthy, Low calorie 163kcal, Low fat, Vegetarian

### Ingredients

- 2 tbsp [olive oil](#)
- 300g [celery](#), sliced, with tough strings removed
- 1 [garlic clove](#), peeled
- 200g [potatoes](#), peeled and cut into chunks
- 500ml vegetable stock
- 100ml [milk](#)
- crusty bread, to serve

### Method

- **STEP 1**

Heat the oil in a large saucepan over a medium heat, tip in the celery, garlic and potatoes and coat in the oil. Add a splash of water and a big pinch of salt and cook, stirring regularly for 15 mins, adding a little more water if the veg begins to stick.

- **STEP 2**

Pour in the vegetable stock and bring to the boil, then turn the heat down and simmer for 20 mins further, until the

potatoes are falling apart and the celery is soft. Use a stick blender to purée the soup, then pour in the milk and blitz again. Season to taste. Serve with crusty bread.

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## **Super simple croutons recipe**

2 thick slices bread from a large loaf  
2-3 tbsp rapeseed oil  
salt flakes

1 Heat the oven to 180C/160C fan/gas 4. Trim the crusts off the slices if you like and then cut into cubes.

2 Toss the bread in the oil and sprinkle with salt, scatter the pieces on to an oven tray and bake for 8-10 mins or until the croutons are browned and crunchy.

You can toss croutons in ground or whole spices, chopped herbs, crushed garlic or even grated parmesan before cooking them. Add the flavourings to the oil and then toss the croutons in the oil and flavourings so they stick.

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## LEEK & POTATO SOUP WITH

## GARLIC & CELERY

SERVES 6, COOKS IN 35 MINUTES, DIFFICULTY SUPER EASY, DAIRY-FREE,

### Ingredients

- 2 sticks of celery
- 2 medium onions
- 2 cloves of garlic
- 400 g leeks
- 400 g potatoes
- olive oil
- 2 organic chicken or vegetable stock cubes

### Method

1. Trim, peel and roughly slice the celery. Peel and roughly chop the onions. Peel and finely slice the garlic.
2. Cut the ends off the leeks, quarter them lengthways, wash them under running water and cut them into 1cm slices.
3. Heat 2 tablespoons of oil in a large pan on a high heat, add all the chopped and sliced ingredients and cook with the lid ajar for 10 minutes, or until softened, stirring regularly.

4. Meanwhile, peel the potatoes and cut them into 1cm cubes.
  5. Put the stock cubes into a jug or pan, pour in 1.8 litres of boiling water and stir to dissolve, then pour into the veg pan.
  6. Add the potatoes. Bring to the boil, then reduce the heat to low and simmer for 10 minutes with the lid on, then remove from the heat.
  7. Season to taste with sea salt and black pepper, then either serve like this or pulse until smooth using a stick blender or liquidizer.
- 

**For lots of souper soup recipes, look on the Good Food website**

