

June, July, August 2025

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



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

Minister Rev Jeff Gould Tel. 01625 402952

Mob 07989858963 jeffreylanegould1959@talktalk.net

Summer Magic by Leslie Pickney Hill

So many cares to vex the day,
So many fears to haunt the night,
My heart was all but weaned away
From every lure of old delight.
Then summer came, announced by June,
With beauty, miracle and mirth.
She hung aloft the rounding moon,
She poured her sunshine on the earth,
She drove the sap and broke the bud,
She set the crimson rose afire.
She stirred again my sullen blood,
And waked in me a new desire.
Before my cottage door she spread
The softest carpet nature weaves,
And deftly arched above my head
A canopy of shady leaves.
Her nights were dreams of jewelled skies,
Her days were bowers rife with song,
And many a scheme did she devise
To heal the hurt and soothe the wrong.
For on the hill or in the dell,
Or where the brook went leaping by
Or where the fields would surge and swell
With golden wheat or bearded rye,
I felt her heart against my own,
I breathed the sweetness of her breath,
Till all the cark of time had flown,
And I was lord of life and death.

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

	Hale Chapel 9.30am	Dean Row Chapel 11.15am
June		
1st	Sunday after Ascension	Sunday after Ascension
8th	Pentecost (Whit Sunday)	Pentecost (Whit Sunday)
15th	Trinity Sunday	Trinity Sunday
22nd	Sunday Service	Sunday Service
29th	Sunday Service	Sunday Service
July		
6th	The Minister will be on Holiday, Guest Preacher	The Minister will be on Holiday, Guest Preacher
13th	Sea Sunday	Sea Sunday
20th	Sunday Service	Sunday Service
27th	Sunday Service	Sunday Service
August		
3rd	Sunday Service	Sunday Service
10th	Sunday Service	Sunday Service
17th	The Minister will be on Holiday, Guest Preacher	The Minister will be on Holiday, Guest Preacher
24th	The Minister will be on Holiday, Guest Preacher	The Minister will be on Holiday, Guest Preacher
31st	The Minister will be on Holiday, Congregational Service	The Minister will be on Holiday, Congregational Service
September		
7th	Sunday Service	Sunday Service
14th	Holy Cross Day	Holy Cross Day
21st	Sunday Service	Sunday Service
31st	Michaelmas	Michaelmas

THE MINISTER'S LETTER

The summer season is sometimes referred to in church and chapel circles as a 'green time'. This is owing to the custom of decorating the communion table with green cloths from WhitSun until the season of Remembrancetide in November. It reflects ideally the state of the natural world around us. In Great Britain, we are accustomed to warm and wet summers. So far, this year, we have known precious little rain and a hosepipe ban appears to be just around the corner for most sections of the country. I heard a wonderful rhyme on BBC Radio 4 last week that seems to speak to what we are currently experiencing:

***A dry May and a leaky June
Make the farmers whistle a jolly tune!***

We recall that last year's growing season was something of a 'washout', as the torrential rains prevented the farmers from harvesting many of their crops. Food prices reflected this situation, and our own Harvest Festival acknowledged it. We are hoping that this year will eventually bring a modicum of rainy days, so that the fields are watered and our gardens flourish.

The summer months are pleasant ones at both Hale

and Dean Row Chapels. Congregational meals, special events, outings to the countryside, and weddings and baptisms all add to the sensation of this being a special time. If you are planning an extended holiday in the course of the summer, I wish you well in your travels. May our worship and our celebrations be filled with joy.

JEFF

DEAN ROW CHAPEL

Dean Row Chairman's Newsletter

Dear friends,

Let's start with the tomatoes. This has been a really odd year for the crop. I have heard from other tomato growers that the plants have taken a long time to get into their stride. However, we have managed to produce some decent plants which were in the Hall for donations on Christian Aid Sunday. About £60 was made in donations to Christian Aid and £14 towards the Bellcote fund.

I think that we have been so lucky with the weather over the last couple of months. Most people have tried to be parsimonious with their use of water. I know that we often complain about the awful weather, rain day after day, but we

need to remember that water is a finite, although renewable resource. All the water on earth now is all that we get.

Wilmslow Wells for Africa are holding a Gardens Day Saturday June 28th 10.30am to 4.30pm. As summer arrives why not have a day exploring 18 beautiful gardens across Wilmslow, Alderley Edge, Mobberley and Mottram St Andrew. They raise money which makes an enormous difference to the lives of many people who can't do something we simply take for granted - the luxury of being able to turn on a tap whenever we want some water. See details on the Hall Notice board.

Nellie and Florrie are loving the glorious weather we have been having. Chasing bees and butterflies (but not catching them) and generally romping about in the sunshine. The problem is that when it becomes light about 4.30am, they think it is time for everybody to get up and bop us on the nose to wake up, feed them and let them out. What we need now is lots of rain to help our gardens recover. Brown lawns do not look good.

Sadly, this month, we mourn members of our Chapel who gave long devoted service to Dean Row. Dorothy Salthouse, Len Elias and Tony Cupper. They are remembered with fondness and gratitude for all the time and effort they gave to us. Not for praise, but for the love they had for Dean Row Chapel and our Congregation.

Love to you all and enjoy your summer
Chrissie

On the 11th May, Mike Cuerden attended the Chapel for the burial of his beloved Wendy's ashes. We all remembered Wendy as a vibrant, loving and devoted Chapel Member. I enclose the beautiful poem that Mike wrote for Wendy.

I will hold you

For Wendy, written by Mike

I have held you since the
eve when first
we glimpsed the bliss
of what might be together.

I have held you in the blackbird's
stir, who opens up his heart to
hymn his joy of expectations.

And I have held you on the
wine-dark seas, among Ellada's
ancient mysteries and the rapture
of beloved Lipsi island.

I have held you when the long-tails
teach their little lollipops
to bathe 'neath droplet branches

I have held you, seeking truth
with faith, amid the honest voices
and tranquillity of the chapel of
our vows.

I will hold you when the swallows
bid farewell and hold you
yet for their return.

I have held you in the dark still
hours of later years, when fret and
calm take turns across the ocean
of our dreams.

And I have held you in the sunset
glow, when western vision
lifts our hearts to glory in the
gloaming.

And I will hold you at the
end of time,
when none shall weep.

Agape mou, I will

WARDEN'S REPORT

I'm happy to report all is colourful and bright in the Chapel grounds after this prolonged lovely weather.

A new notice board for the Chapel is in the process of being made and will be in full view of people passing by who perhaps weren't even aware we are here!

We hope to be able to advertise upcoming events to the locality which may be of interest to them.

I would be grateful to anyone using our kitchen facilities to take any rubbish away with them for disposal as we do not get a Council refuse collection.

The dustbins may have to be relocated to stop people leaving their dog poo bags in our bins.

I hope everyone has an enjoyable summer.

Ian Booth Chapel Warden

Dean Row Chapel Social Group

On Thursday 3rd April 2025 we welcomed in the Chapel Hall the Alderley & District Caledonian Society Scottish Dancing Group. They danced for us and gave us the opportunity to join in with the lively and fun jigs, reels, and strathspeys. It was all great fun both to take part, and for those of us not able to dance, enjoy the merriment sometimes caused by the slight mistakes that made it all a happy afternoon. Oh yes, we had tea and cakes after the dance. Our grateful thanks to Sandra McFadyen for organising this event and Sue Dennell for yet again supplying her wonderful cakes.

On the 26th June a large group of us will be travelling to Bowness-on-Windermere for the day. The coach will be leaving the chapel at 9.30am and I am hoping that the sun will be shining for us. As I have booked the larger size coach this time there are a few seats which will be vacant, if you have a friend that you would like to bring with you please see me.

Anne Smith, Social Group Co-Ordinator

Dean Row Events

Thursday 26th June Social Group outing to Bowness on Winermere

There are a few seats left on the coach – see Anne Smith or Anne Gemmell if you are interested in the day out.

On Sunday the 6th July we shall be having our Dean Row Summer Lunch Please be aware that places will be limited.

Exercise classes Monday mornings in the Chapel Hall

Stroke Club Wednesday Mornings in the Chapel Hall.

Meditation Wednesday 11.00 in the Chapel Vestry

A message from Jennifer Williams Christian Aid Representative for Wilmslow

Christian Aid Lunch 2025

A lovely afternoon was had by all at the lunch at Dean Row on Sunday 18th May to celebrate the end of Christian Aid week. With a huge amount of support a total of £781.00 was made from the lunch profits, raffle and the sale of tomato plants. Thank you to everyone for all the help.

The Christian Aid Week envelope collection

A huge thank you to all the members of Dean Row and Hale for their generous contributions to the envelope collection for Christian Aid Week. Including gift aid the total was a huge £725.32!!!

Message from the Treasurer

I am writing to let you know how our Bellcote Project is progressing. As I said at our recent committee meeting, I am afraid that progress seems glacially slow!

Our fundraising efforts have so far achieved around £15,300. This is a magnificent figure but clearly some way off what we will ultimately need. Whilst our investments have continued to grow, we do not want to spend too much of this value as it is the “seed corn” for our future. The chapel currently operates at a loss and relies on the investments both to provide income and to grow the capital.

It is good to report that we have increased our membership in the past twelve months and all members are very generous to the chapel. We have also been very fortunate in the last few years to have benefitted from several legacies/bequests. If you can, please remember us in your will!

Finally, we are always happy when regular attenders pay their collection money directly into the chapel bank account the details are below.

Account – Dean Row Chapel. Sort Code 50-33-77
Account. 80326143

Peter Shaw, Treasurer

Dean Row Chapel Rotas, June, July, August, September 25

If you need to change your dates on the list, please contact a substitute from the list or for Chapel Opening Ian Booth 01625 262819,

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

DATE 2025	OPENING	SIDESMAN DUTY	COFFEE DUTY
June 1	Mr P Shaw	Mrs J Boys Mrs B Berry	Mrs B Robinson Mrs S McFadyen
June 8	Mrs C Wilkie	Mrs C Wilkie Mrs J Davies	Mrs A Gemmell Mrs M Craven
June 15	Mr I Booth	Mr A Earp Mrs E Earp	Mr I Booth Mrs B Booth
June 22	Mr P Weigh	Mrs A Gemmell Mrs M Craven	Mrs J Boys Mrs B Berry
June 29	Mr P Shaw	Mr I Booth Mrs B Booth	Mrs C Wilkie Mrs J Davies
July 6	Mr K Dennell	Mr A Earp Mrs E Earp	Mr K Dennell Mrs S Dennell
July 13	Mr P Weigh	Mr P Weigh Mrs M Weigh	Mrs B Robinson Mrs S McFadyen
July 20	Mr I Booth	Mrs C Wilkie Mrs J Davies	Mr I Booth Mrs B Booth
July 27	Mr P Shaw	Mrs A Smith	Mrs C Wilkie Mrs J Davies
August 3	Mr P Weigh	Mrs B Robinson Mrs S McFadyen	Mrs J Boys Mrs B Berry
August 10	Mr K Dennell	Mrs A Smith	Mr K Dennell Mrs S Dennell
August 17	Mr P Shaw	Mrs J Boys Mrs B Berry	Mrs B Robinson Mrs S McFadyen
August 24	Mrs C Wilkie	Mrs A Gemmell Mrs M Craven	Mrs C Wilkie Mrs J Davies
August 31	Mrs C Wilkie	Mrs C Wilkie Mrs J Davies	Mrs A Gemmell Mrs M Craven
September 7	Mr P Shaw	Mr A Earp Mrs E Earp	Mrs C Wilkie Mrs J Davies
Sept. 14	Mr P Shaw	Mrs B Robinson Mrs S McFadyen	Mrs J Boys Mrs B Berry
Sept. 21	Mr I Booth	Mrs A Gemmell Mrs M Craven	Mr I Booth Mrs B Booth
Sept. 28	Mrs C Wilkie	Mrs A Smith	Mrs B Robinson Mrs S McFadyen

HALE CHAPEL

HALE CHAPEL - Chairman's Newsletter May 2015

When I last sat down to compose my newsletter contribution it was February, dry but dark and still pretty miserable. I was coming out of winter hibernation and hoping for a good Spring and Summer.

Well! This Spring of 2025 has been frankly amazing – who would have thought after last year's endless soggy weeks? I am just back from our first trip of the year to Menorca and while we have been away the grass has not grown at all and it has turned brown. Isn't this what is meant to happen only in mid-summer in unusually good years? I don't think it has rained much here since the beginning of March. We'll pay for it later in the year, mark my words! Menorca incidentally was cloudy, rainy, and cold. It seemed as if they had our usual weather and vice-versa. Bizarre!

You may recall that in the last newsletter that I mentioned that my youngest daughter, Georgina, was to marry her fiancé Louis in our Chapel on 12th April and I am pleased to report that everything went as well as it possibly could have.

The wedding in Chapel followed family tradition – well that is my wife, Karen's family tradition. We got married in Chapel in August 1979 and Karen's late mother, Jean Newton, was a regular attender at Chapel. The family lived two doors down from Chapel in a house called "Jandra" and it is still called that

today. I suspect that the current occupants have no idea why it is called “Jandra”. It is in fact an amalgamation of the Christian names of Karen’s two eldest sisters Janice and Sandra. So now you know.

Anyway – on to the wedding. Well the weather that Saturday was perfect, warm, calm, sunny but a little hazy. Perfect! The bridal car containing George, myself, and umpteen bridesmaids arrived on time to be greeted by Jeff looking very smart as ever. He proceeded to put everyone at ease and led us into the Chapel and slowly down the aisle.

The Chapel was packed – I think we had about seventy invited guests and in addition it was lovely to see so many regular members of the congregation dotted about the stalls and smiling or waving at George and myself. The service went like clockwork once Jeff had reminded the best man to get his hands out of his pockets....

It was in fact a lovely service – serious of course when it needed to be for the vows, and relaxed and joyful at other moments. My middle daughter Pip read the classic verses from Corinthians about love and then we had two sixties songs chosen by the bride and groom – “Eight Days a Week” by the Beatles and “I’m a Believer” by the Monkees. You might think this a little unusual but both in fact have perfect lyrics for a bride and groom committing to each other for life. I’m not at all sure we were all in unison for the Beatles song, but we sang the Monkees song with terrific gusto.

And then when it was all over, everyone spilled out into the Chapel garden for photos to be taken. April could have been chancy for weather but we were so lucky and there was much milling about, chattering, and laughter in the sunshine. The garden was at its best, colourful and idyllic, the perfect setting for the new bride and groom, and their guests.

And then it was on to Mere Court for the reception. I am told that my speech went ok – but that’s another story.....

Alastair Brown

Hale Chapel Secretary Helen Wilson

All Change?

As the world welcomes Pope Leo XIV, a member of the Augustinian religious order he affirmed the Catholic Church’s stance on key social issues in his inaugural address to the Vatican diplomatic corp. He hailed interfaith dialogue as a crucial tool in the pursuit of world peace. The Holy See’s status as a sovereign state, recognised under international law, also grants it observer status at the United Nations. Despite working as a missionary for many years in Peru where women often lead church communities, he seems noncommittal on whether women could ever serve in any ministerial capacity. Unitarians are not comfortable with the principle of ‘missionary’. The ministry of Annie Margaret Barr comes to mind. She was a British Unitarian minister who dedicated her life to the Khasi people in India. She would vigorously deny

she was doing missionary work and had to convince the leaders of British Unitarianism at the time that this was the case, 'Unitarians did not, never had, and never would do missionary work' in her book *A Dream Come True*, she writes a whole chapter on this subject 'This Missionary business' Where she sees herself in the role of a 'Bridge -Builder'.

Born in 1899, Rev Barr served as a minister in Britain for 6 years. She heard about a remote village Kharang in Meghalaya, NE India. She sailed alone to India in 1933 to teach in a school and where she met Ghandi and finally got funding in 1935 from the Unitarian Association to progress her work. She passionately disassociated herself from a 'missionary mindset' not taking on the leadership of the Khasi Unitarian Movement, but by improving educational opportunities to enable them to get educated leaders amongst themselves. So strengthening self-reliance.

She lived in the Khasi hills for 40 years, starting a school, an orphanage and training women as midwives and opening a health clinic. She died in 1973 with many facilities in the area named after her.

Her book - *A Dream Come True* - The story of Kharang, tells in graphic detail her work and in places is outspoken about the difficulties she faced and how she overcame them.

Available in Hale Chapel vestry

Helen Wilson

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Hale Events March, April, May 2025

June

Congregational Lunch Sunday 1st June – Congregational lunch at Ringway Golf Club, Hale Road, Hale Barns. Starting at 1pm. Please sign up on the list in the vestry if you wish to attend.

Coffee Morning Thursday 5th June – A coffee morning to be held in the chapel vestry at 10.30 am. Please bring something tasty to share. All friends are welcome

Midsummer Concert Saturday 21st June - A Midsummer Concert will be held on Saturday 21st June at 2pm in the chapel. The Supertronics will perform a selection of light classical music and show songs. Tickets/programme £10 including light refreshments in the interval. Under 16s free.

July

Coffee Morning Thursday 3rd July – A Coffee Morning to be held in the chapel vestry at 10.30 am . Any raffle prizes gratefully received and/or something tasty to share with friends

August

Congregational lunch Sunday 3rd August – A congregational lunch will be held at Ringway Golf Club, Hale Road, Hale Barns at 1pm. Please sign the list in the vestry if you wish to attend.

Coffee Morning Thursday 7th August – A Coffee Morning to be held in the chapel vestry at 10.30 am. All friends are welcome

A Summer Prayer

Long warm days...

The pace of life slows...

A time for picnics and rest in the shade...

Lord, help me to rest awhile

in the cooling shade of your presence.

Slow down my restless heart and fill me with
gentle compassion for all your people.

Dean Row Chapel Officers:

Chair

**Chrissie Wilkie Tel. 0161 439 8262;
Email chrissie@wilkie.me.uk**

Treasurer:

**Peter Shaw Tel. 01625 584881
Email pgshaw@aol.com**

Secretary

**Anne Gemmell Tel. 0161 637 5347
annegemmell@yahoo.co.uk**

Warden: Ian Booth 01625 262819

Chapel Social Group Co-ordinator:

Anne Smith Tel. 0161 439 1125

Flower Secretary:

Bridget Wenham Tel 01625 820772

Items for Newsletter to Chrissie Wilkie

Hale Chapel Officers and Executive Committee

Chair

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Email: alastair6451@aol.com

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Treasurer

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Barbara Waller Tel: 0161 945 4568

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Chapel Hall –

335 Hale Road, Hale Barns WA15 8SS

Bookings Co-Ordinator Sharon Kupusarevic

Tel: 07801 140809

**Dean Row Chapel Congregation
VE Day 8th May 1945**



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

I recently stumbled into the clutches of the Unitarian Universalist Hysterical Society website and found a number of amusing pieces you might like.

Unitarian Universalism is where you go to get your answers questioned.

What is a Unitarian Universalist? Someone who faces all questions with an open mouth.

When a UU comes to a fork in the road with a sign pointing to the right saying "To God" and a sign pointing left saying "To Discussion of God", the UU will go to the discussion.

UUs are notoriously poor singers, because they're always reading two lines ahead, to make sure they agree with the words.

How many UUs does it take to screw in a lightbulb? It Takes 300:

- 12 to sit on the board which appoints the nominating and personnel committee.
- 5 to sit on the the nominating and personnel committee which appoints the House committee.
- 8 to sit on the house committee which appoints the light bulb changing committee.
- 4 to sit on the light bulb-changing committee which chooses who will screw in the light bulb.

- 3 of those 4 then give their own opinion of “screwing in methods” while the one actually does the installation.
- After completion it takes 100 individuals to complain about the method of installation, another 177 to debate the ecological impact of using the light bulb at all,
- and at least one to insist that back in her day the lit chalice was quite enough.

What two things do UUs and Dracula have in common? They both have origins in Transylvania.

I keep saying that UUs should market to those seeking spirituality without religion, the fastest growing demographic, as no one can accuse UUs of being an organized religion! UUs - disorganizing religion since 1568!

#####

WHAT IS A SENIOR CITIZEN?

A Senior Citizen is one who was here before the pill, television, frozen foods, contact lenses, credit cards and before man walked on the moon.

For us Time Sharing meant togetherness, not holiday homes, and a chip meant a piece of wood. Hardware meant nuts and bolts, and software was not even a word.

We got married first, then lived together and cleavage was something that butchers did.

A stud was something that fastened a collar to a shirt.

We thought fast food was what you ate in Lent,
A Big Mac was an oversized raincoat and crumpet we had for tea.

In our day grass was mown, pot was something you cooked in,
Coke was kept in the coal house and a joint was cooked on Sundays.

Submitted with love from Liz Wilson,

<< PRAYER AND POETRY CORNER >>

This too shall pass by Helen Steiner Rice

*If I can endure for this minute
Whatever is happening to me,
No matter how heavy my heart is
Or how dark the moment may be-
If I can remain calm and quiet
With all the world crashing about me,
Secure in the knowledge God loves me
When everyone else seems to doubt me-
If I can but keep on believing
What I know in my heart to be true,
That darkness will fade with the morning
And that this will pass away, too-
Then nothing in life can defeat me*

***For as long as this knowledge remains
I can suffer whatever is happening
For I know God will break all of the chains
That are binding me tight in the darkness
And trying to fill me with fear-
For there is no night without dawning
And I know that my morning is near.***

=====

From darkness through the dawn to daylight, from our experience of loneliness through to love. God's constancy, commitment and love never fail. We may not always recognise Him, but He is always there.

Most of our opposite experiences are two sides of the same coin: one emphasises the other as do darkness and light, night and day. Just as night and day are integral to our human condition.

The secret of joyful, fearful living then, is to be as ready to embrace the one as the other, in confidence and trust and expectation that when we are in difficult, hard times the dawn will finally break upon the night sky and dispel the darkness.

Amen

Love's Philosophy
By Percy Bysshe Shelley

The fountains mingle with the river
And the rivers with the ocean,
The winds of heaven mix for ever
With a sweet emotion;
Nothing in the world is single;
All things by a law divine
In one spirit meet and mingle.
Why not I with thine?—

See the mountains kiss high heaven
And the waves clasp one another;
No sister-flower would be forgiven
If it disdained its brother;
And the sunlight clasps the earth
And the moonbeams kiss the sea:
What is all this sweet work worth
If thou kiss not me?

~~~~~

**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.

~~~~~

A Glimpse
By Walt Whitman

A glimpse through an interstice caught,
Of a crowd of workmen and drivers in a bar-room around the
stove late of a winter night, and I unremark'd seated in a
corner,
Of a youth who loves me and whom I love, silently
approaching and seating himself near, that he may hold me
by the hand,
A long while amid the noises of coming and going, of
drinking and oath and smutty jest,
There we two, content, happy in being together, speaking
little, perhaps not a word.

~~~~~

**Sonnet 116: Let me not to the marriage of true minds**

**By William Shakespeare**

Let me not to the marriage of true minds  
Admit impediments; love is not love  
Which alters when it alteration finds,  
Or bends with the remover to remove.

O no, it is an ever-fixèd mark  
That looks on tempests and is never shaken;  
It is the star to every wand'ring bark  
Whose worth's unknown, although his height be taken.  
Love's not time's fool, though rosy lips and cheeks  
Within his bending sickle's compass come.  
Love alters not with his brief hours and weeks,  
But bears it out even to the edge of doom:  
If this be error and upon me proved,  
I never writ, nor no man ever loved.

~~~~~



"Remember me"

"To the living, I am gone,
To the sorrowful, I will never return,
To the angry, I was cheated,
But to the happy, I am at peace,
And to the faithful, I have never left.

I cannot speak, but I can listen.
I cannot be seen, but I can be heard.
So as you stand upon a shore gazing at a beautiful sea,
As you look upon a flower and admire its simplicity,
Remember me.

Remember me in your heart:
Your thoughts, and your memories,
Of the times we loved,
The times we cried,
The times we fought,
The times we laughed.
For if you always think of me, I will never have gone."

~Margaret Mead



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



“The best thing to have with tea,” said Big Panda,
“is a good friend.”



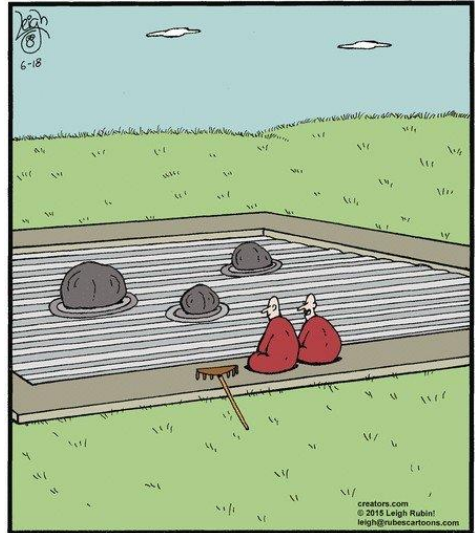
kit•ten

noun

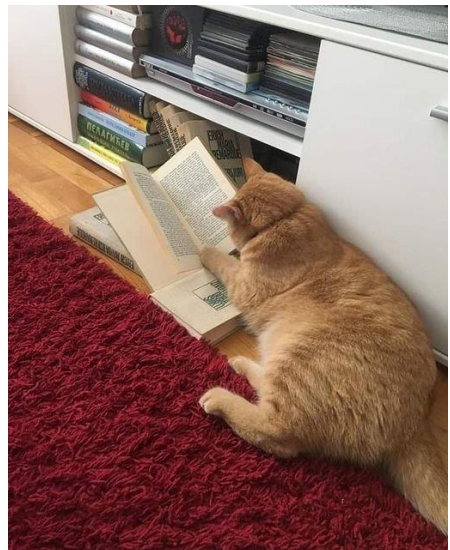
A small homicidal muffin on legs; affects human sensibilities to the point of endowing the most wanton and ruthless acts of destruction with near-mythical overtones of cuteness. Not recommended for beginners. Get at least two.



"Ease up on the lighter fluid and let me know when the grill lands."



"Lovely rock garden, master. Simply divine. But then again, you always did have a gray thumb."



**STEALING SOMEONE'S
COFFEE IS CALLED
MUGGING.**

**THE OTHER DAY I HELD THE
DOOR OPEN FOR A CLOWN.
IT WAS A NICE JESTER**

**PASTEURIZE:
TOO FAR TO SEE**

**NO MATTER HOW MUCH
YOU PUSH THE ENVELOPE,
IT'LL STILL BE STATIONERY**

**WHOEVER INVENTED
"KNOCK-KNOCK" JOKES
SHOULD GET A NO-BELL PRIZE**

**ENERGIZER BUNNY
ARRESTED:
CHARGED WITH BATTERY**

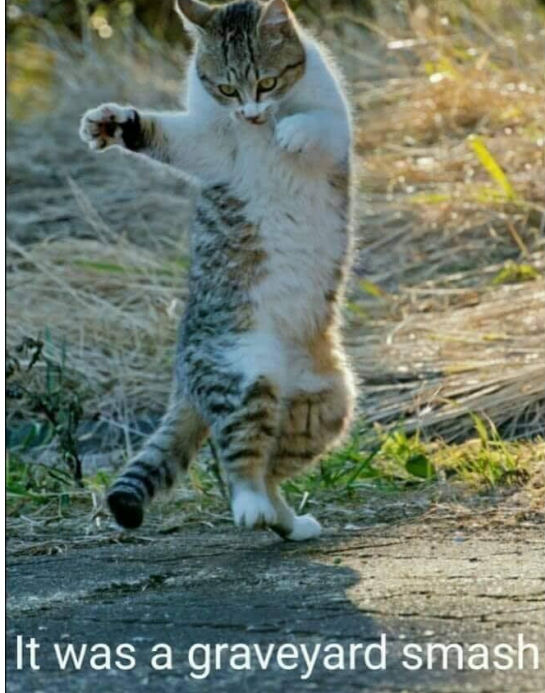
**I PUT MY GRANDMA
ON SPEED DIAL
I CALL THAT INSTAGRAM**



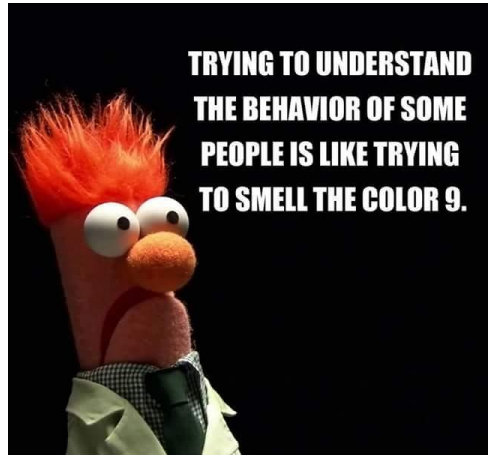
**I DON'T
TRIP
I DO RANDOM
GRAVITY CHECKS**

**An hour with Shakespeare and
you begin to feel comfortable with
the language. Two hours, and you
wonder wherefore all this
rabblery assembled make such
baleful din in spite and menace
'gainst your hour of peace.**

He did the mash, he did
the monster mash



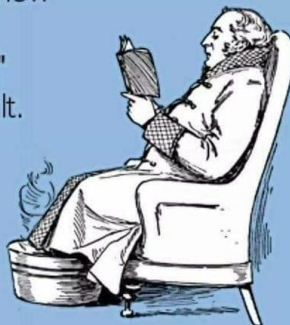
It was a graveyard smash



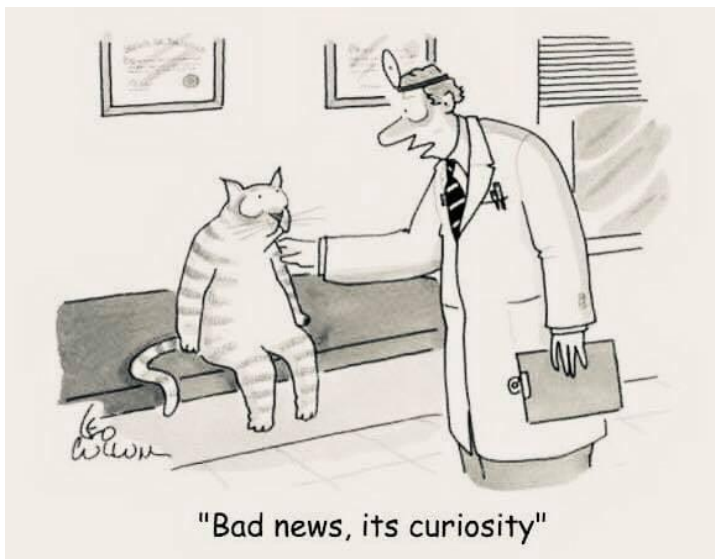
Gold medal winners for synchronized napping.
Happy [caturday](#)



I have invented a new sport. It's called "Extreme Reading" and I'm a black belt.



someecards
user card

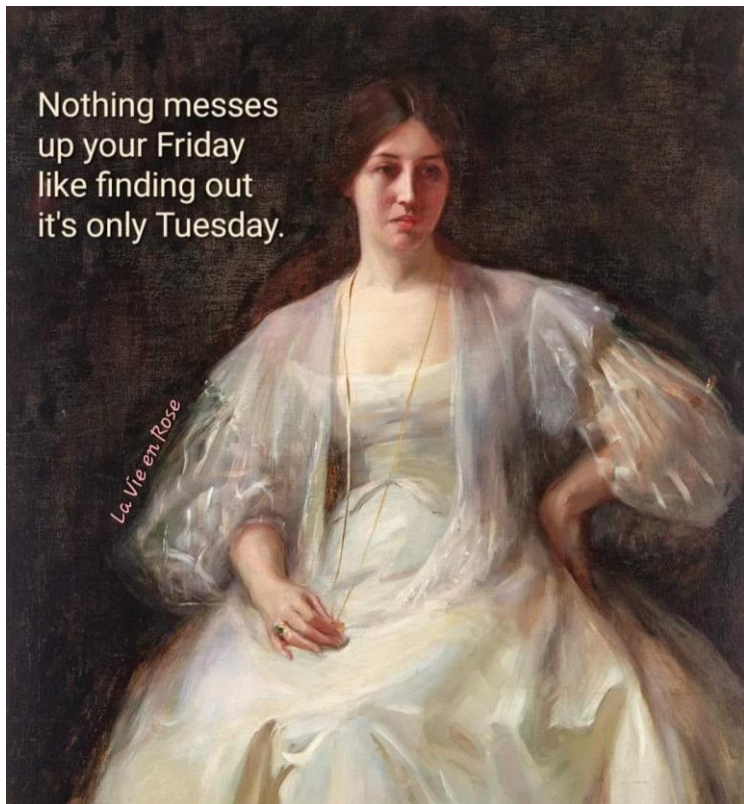




Drink some coffee,
put on some gangster rap
and handle it.



"I wish we could be this happy about every soup."



<<<< RECIPES >>>>



Smoked haddock and pea risotto

Easy, Serves 2, Hands-on time 35-40 min, Calories 717kcal

The poaching liquid used to cook the smoked haddock is stirred through risotto rice for extra flavour and a really creamy texture. This risotto makes a tasty meal for two.

Ingredients

- 2 tbsp light olive oil
- 1 leek (about 150g), finely sliced
- 200g frozen sustainable smoked haddock, defrosted
- 100g frozen peas
- 300ml semi-skimmed milk
- About 750ml turkey or vegetable stock
- 180g risotto rice
- 50g grana Padano, grated (or any other hard cheese you have in the fridge)
- Finely grated zest and juice ½ lemon
- Small handful fresh parsley, chopped

Method

1. Heat 1 tbsp light olive oil in a large, heavy-based pan and gently cook the leek until softened – about 10 minutes.
2. Meanwhile, put the smoked haddock, peas and milk in a saucepan and gently heat until hot but not boiling. Remove the haddock and

peas with a slotted spoon, then remove and discard the fish skin. Set aside. Add the stock to the poaching milk and heat until hot (not boiling). Keep warm.

3. Stir the rice into the softened leek, coating the grains in oil, then cook for 1-2 minutes more. Start adding the milk/stock mixture a ladleful at a time, stirring frequently and only adding more after the liquid has been absorbed by the rice (this should take 15-20 minutes).
4. Stir the haddock and peas into the risotto just as the rice is starting to become plump and tender – roughly 5 minutes before the end of the cooking time. Cook until everything is tender.
5. Stir in the cheese, lemon juice and most of the zest, then taste and adjust the seasoning. Top with the parsley and remaining lemon zest, then drizzle over the remaining olive oil to serve.

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Moukesha

Layered savoury bake

This recipe should feed 3 or 4 people. It can be made the day before. Once you have made it, you will want to do it again and again it is so good. Not suitable for freezing.

Ingredients

- 1 Large onion
- ¾ to 1lb Tomatoes
- 1 tin of corned beef

2 or 3 large potatoes

For the sauce –

1tbsp cornflour – (milk to slake)

Milk – enough to make a thick sauce about $\frac{1}{2}$ to $\frac{3}{4}$ pint

2 oz grated Cheese

1 egg

Casserole dish – about 4pint size

Method

1. Peel and boil potatoes – allow to cool
2. Peel and chop onion – fry until soft
3. Add tomatoes chopped to the onion
4. When onion and tomato are cooked add chopped corned beef and stir try not too break meat up too much. Place in casserole dish.
5. Slice the cooked potato and layer over the meat mix.
6. Put the slaked cornflour in a pan and add $\frac{1}{2}$ of the milk. Add more milk as required to make a thick sauce.
7. Add grated cheese and leave to cool. When cooled beat in the egg – this gives a slightly souffle sauce when cooked.
8. Pour the sauce over the potatoes.
9. Cook in the oven 180C for about $\frac{3}{4}$ hour – test to make sure heated through and give longer if necessary.

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Sweet Potato and Cauliflower Curry Pies

National Trust Recipe

The crisp pastry is packed with a hearty filling and aromatic spices. If you don't have a muffin tin to make smaller pies, you could use small pie dishes, or make one large pie for six to share. Serves 6 Preparation time 50 minutes (prep. time) Cooking time 60 - 70 minutes

Ingredients

For the pastry:

800g plain flour **400g** margarine Salt Water to bind

For the filling:

- **20ml** vegetable oil
- **400g** sweet potato
- **300g** cauliflower
- **100g** onion, finely chopped
- **2** cloves garlic, finely chopped
- **40g** tikka masala paste
- **½ tin** coconut milk
- **200g** tinned chopped tomatoes
- **200g** chickpeas, keep the liquid for glazing the pies
- **100g** fresh or frozen spinach
- **10g** fresh coriander, finely chopped
- **10g** cumin seeds,
- Salt to taste

Method

1. **For the filling**, peel the sweet potato and cut into bite-sized cubes. Break the cauliflower into small florets and lightly steam both until just tender.
2. Place a large pan onto a medium heat, add the oil and when hot, add the onions and fry for five minutes. Then add the garlic and cook for a further two minutes.
3. Add the tikka paste, stir well and allow to cook out for a few minutes.
4. Add the coconut milk, chopped tomatoes, chickpeas, spinach and coriander and stir well. Bring to boil and simmer for 10 minutes. Add the sweet potato and cauliflower and continue to cook for a further 10 minutes, then season to taste.
5. **For the pastry**, place the flour and margarine into a bowl and rub together until it resembles breadcrumbs. Add the salt and enough water to bring the mix together into a dough.
6. Roll out two-thirds of the pastry and using a bowl or pastry cutter, cut six rounds, about 3cm larger than your muffin tin, and use these to line your greased tin, pressing carefully into the edges of each hole, and overlapping the top slightly.
7. Split the curry filling between your pastry cases.
8. Roll out the remaining pastry to around 3mm thick, and using a cutter the same size as your muffin tin, cut out six rounds. Place one round on each pie, and crimp along the overlap of the pastry case to seal.
9. Brush with the reserved chickpea water (aqua faba), and sprinkle with cumin seeds. Place in the oven at 170°C for 30-40 minutes until the pastry is crisp and golden and the filling is piping hot.

It is Summer – treat yourself to a Smoothie or two

It is possible to substitute tinned mango for fresh to make the recipes easier but drain off the juice. You do not have to add honey, syrup or sugar to most of the recipes, you can substitute sweetener if you want, but most recipes do not need to be sweetened. For recipes for larger quantities you can keep the remainder in the fridge for a few hours, but the smoothie can lose its fresh taste if you do this.

Classic Smoothie

Servings: 1

Level of difficulty: Easy

Preparation Time: 5 minutes

Ingredients 6 Strawberries

1 banana, peeled and broken into chunks

1 tbsp bio yoghurt

juice of 1 orange

Method

1. Place the strawberries, banana, yoghurt and orange juice in a jug blender or food processor.
2. Blend until smooth.
3. Serve at once.

Strawberry Smoothie

For a pretty pink summer drink try refreshing strawberry-based smoothie - deliciously simple to make

Servings: 2

Level of difficulty: Easy

Preparation Time: 5 minutes

Ingredients

slice of watermelon, chopped

handful of seedless black grapes

punnet of Strawberries, hulled

small handful of fresh mint leaves

ice cubes

clear honey, if needed

Method

1. Place the watermelon, grapes, strawberries and mint in a food processor.
2. Process until well mixed.
3. Add the ice cubes and process again. Taste.
4. Add the honey, if using, and blend again briefly.
5. Pour into 2 glasses and serve at once.

Breakfast Smoothie

Satisfying meal in a glass simply oozes with goodness - and it tastes great to boot!

Servings: 2

Level of difficulty: Easy

Preparation Time: 5 minutes

Ingredients	2 bananas, peeled and roughly chopped
	300ml fruity bio yoghurt, (raspberry or strawberry are good)
	150g blueberries
	400ml cranberry juice
	1 tbsp clear honey
	2-3 tbsp wheat germ
	chopped toasted hazelnuts, to serve

Method

1. Place everything apart from the nuts in a blender and blitz until smooth.
2. Sweeten to taste with extra honey if desired.
3. Pour into glasses and scatter over the nuts. Serve immediately, as the blueberries will cause the smoothie to thicken. If this happens, simply add extra cranberry juice.

Tropical Dairy-free Smoothie

Enjoy a taste of the tropics with a luscious blend of exotic fruits, great for a breakfast treat

Servings: 2

Level of difficulty: Easy

Preparation Time: 10 minutes

Ingredients

- 1/2 ripe mango, peeled and chopped
- 1 passion-fruit, pulp scooped out and reserved
- 1/2 medium pineapple, peeled and cut into chunks
- 8-10 canned or fresh lychees, peeled and stoned
- juice of 1/2 lime
- 3-4 ice cubes

Method

1. Place the mango, passion fruit pulp, pineapple, lychees, lime juice and ice cubes in a jug blender.
2. Blend until well mixed.
3. Pour into 2 glasses and serve at once.

Chilled Citrus Smoothie

For a wonderfully refreshing drink this quick and easy citrus-flavoured smoothie

Servings: 2

Level of difficulty: Easy

Preparation Time: 5 minutes

Ingredients

- 2 scoops of lemon sorbet
- 150ml natural yoghurt
- juice of 2 large oranges
- 1 tbsp maple syrup

Method

1. Place the lemon sorbet, yoghurt, orange juice and maple syrup in a blender.
2. Blend until smooth.
3. Pour into two glasses and serve straight away.

Ultimate Banana Smoothie

Rustle up a healthy and satisfying meal in a glass with this ultimate banana smoothie

Servings: 2

Level of difficulty: Easy

Preparation Time: 5 minutes

Ingredients

- 3 ripe bananas, peeled
- 150ml banana or vanilla flavoured yoghurt
- 2 tbsp smooth peanut butter
- 1 tbsp clear honey
- 400ml Milk
- 3-4 cubes of ice

Method

1. Place everything in a blender and blitz until smooth. Serve immediately.

Merrilees`s Monkey Smoothie

Brimming with fruit and chockfull of flavour, this creamy, dreamy Smoothie is bursting with vitamins and very virtuous to boot!

Servings: 2

Level of difficulty: Easy

Preparation Time: 10 minutes

Ingredients

- 10g frozen blueberries
- 1 small mango, cut into chunks and frozen
- 140g Yoghurt, live
- 400ml cranberry juice
- 1 tbsp maple syrup
- 50g shelled Brazil nuts

Method

1. Using either a hand-blender or a liquidiser blend all the ingredients until smooth.

2. Serve immediately in tall glasses

Wild Berry Smoothie

Get your day off to a great start with this deliciously fruity smoothie, sweetened with a touch of honey

Servings: 4

Level of difficulty: Easy

Preparation Time: 10 minutes

Ingredients

- 2 handfuls mixed berries, (blackberries, raspberries, blackcurrants)
- 1 ripe banana, broken into chunks
- 500ml orange juice
- 400 medium natural yoghurt, set
- 1 tsp vanilla flavouring
- 1 tsp Honey
- 1 squeeze fresh lime juice

Method

1. Place the assorted berries, banana and orange juice in a blender and blend.
2. Add the yoghurt, vanilla flavouring, honey and lime juice and blend again.
3. Pour the smoothie into 4 glasses and serve chilled.

Mango and Banana Smoothie

Breakfast beginnings never tasted better than with this healthy smoothie

Servings: makes 2 large glasses

Level of difficulty: Easy

Preparation Time: 5 minutes

Cooking Time: 2 minutes

Ingredients

- 1 mango, ripe 1 tbsp lime, or lemon juice
- 2 bananas, peeled 1 tbsp Honey
- 200ml plain natural yoghurt 12 ice cubes

Method

1. Put all the ingredients in a liquidiser, and blend.
2. Pour the smoothie into tall glasses and serve straight away.