

June, July August 2026

Dean Row Chapel, Wilmslow SK9 2BX

website: www.deanrowunitarianchapel.co.uk



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

Meditations – Wednesday 11.00am – 11.30am

Hale Chapel, Hale Barns, WA15 0AQ

Hale Chapel website: www.halechapel.co.uk



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

Minister Rev Jeff Gould Mob 07989858963

jeffreylanegould1959@talktalk.net

Worship services at Hale Chapel and Dean Row Chapel

Services will be conducted by the Minister unless otherwise indicated

	Hale Chapel 9.30am	Dean Row Chapel 11.15am
June 7th	Sunday Services	Sunday Services
June 14th	Sunday Services	Sunday Services
June 21st	Summer Solstice Father's Day	Summer Solstice Father's Day <i>6pm, Pride Service at Dean Row Chapel</i>
June 28th	Sunday Services	Sunday Services
July 5th	Sunday Services	Sunday Services
July 12th	Sea Sunday	Sea Sunday
July 19th	Sunday Services	Sunday Services
July 26th	Sunday Services	Sunday Services
August 2nd	Lamas	Lamas
August 9th	The Minister will be on holiday Chrissie Wilkie to preach	The Minister will be on holiday Chrissie Wilkie to preach
August 16th	The Minister will be on holiday Sian Murray to preach	The Minister will be on holiday Sian Murray to preach
August 23rd	The Minister will be on holiday GA Presidents Alex and Jean Bradley to preach	The Minister will be on holiday GA Presidents Alex and Jean Bradley to preach
August 30th	Sunday Services	Sunday Services
September 6	Sunday Services	Sunday Services
Sept.13th	Sunday Services	Sunday Services
Sept. 20th	Sunday Services	Sunday Services
Sept. 27th	Michaelmas	Michaelmas

TREAD SOFTLY!
ALL THE EARTH IS HOLY GROUND.
IT MAY BE, COULD WE LOOK WITH SEEING EYES,
THIS SPOT WE STAND ON IS A PARADISE,
WHERE DEAD HAVE COME TO LIFE
AND LOST BEEN FOUND
WHERE FAITH HAS TRIUMPHED,
MARTYRDOM BEEN CROWNED,
WHERE FOOLS HAVE FOILED THE WISDOM OF THE WISE
FROM THIS SAME SPOT THE DUST OF SAINTS MAY RISE,
AND THE KING'S PRISONERS COME TO LIGHT UNBOUND.
O EARTH, EARTH, EARTH,
HEAR THOU THY MAKER'S WORD:
"THY DEAD THOU SHALT GIVE UP,
NOR HIDE THY SLAIN"
SOME WHO WENT WEeping FORTH
SHALL COME AGAIN
REJOICING FROM THE EAST OR FROM THE WEST,
AS DOVES FLY TO THEIR WINDOWS, LOVE'S OWN BIRD
CONTENTED AND DESIROUS TO THE NEST.

CHRISTINA ROSSETTI
From Paradise: A Hymn

This is an expansion of the ancient biblical moment in Exodus 3:5, where God tells Moses at the burning bush to remove his sandals because the place where he is standing is holy ground. Rossetti's words invite us to shift our perspective and treat the natural world with deep reverence, wonder, and respect.

THE MINISTER'S LETTER

Early last year, two Wilmslow Town Councillors approached me to ask if Dean Row Chapel would be willing to host the first ever celebration of Wilmslow Pride. They explained that the chapel and the Unitarians had a high profile with regard to positive support of LGBTQ+ issues. It was also felt relevant that the house in which Alan Turing last lived and died was less than a mile from the chapel. I was delighted by the request and shared my enthusiasm with the chapel committee.

The weekend that was chosen for the Pride celebrations was the final one in September 2025. The main events took place in Bank Square, Wilmslow over the course of the afternoon of the Saturday. The Fire Brigade joined in the fun, along with an 80-voice choir, local dance troupes, community groups and various street performers. It was an overwhelming success. I had great fears that no one would show up on the Sunday at the chapel. They were quickly dispelled! The Dean Row Chapel Hall welcomed about 80 persons to the hall from 4pm until 6pm. Refreshments were offered free of charge. The Wilmslow Historical Society staffed a stall that provided an introduction to the life and achievements of Alan Turing. Our friends from the Wilmslow Quaker Meeting hosted a stall that gave a short history of Quakerism, with special reference to its stand on LGBTQ+-related topics. The General Assembly of Unitarian and Free Christian Churches had produced a large display of eight pop-up banners that explained the denomination's engagement with Lesbian, Gay, Bi-sexual,

Transgender and Queer liberation over the course of several decades. Our former student for the ministry, Rory Castle Jones, had worked on the committee that compiled the exhibition and I was honoured to have been one of its main contributors. The Girl Guides had a significant presence, along with Wilmslow Youth and other local groups.

The weekend's observance concluded with an inter-faith service in the chapel from six o'clock to seven o'clock, which was followed by a reception in the hall. About 70 people attended the service and a wide cross-section of the community took part in contributing to the service through the offering of readings, prayers, music and public witness. It was a moving testimony to the hospitality that can be offered by a liberal religious community. The visitors expressed their surprise and gratitude at having been welcomed so warmly.

This year's Pride Weekend will take place on Saturday and Sunday, 20 and 21 June. Again, Bank Square, Wilmslow will be the venue for the Saturday events and Dean Row Chapel and Hall will host the Sunday occasions. I encourage every member and friend of both Hale and Dean Row Chapels to attend some or all of these events, and to share the pride we justly hold in witnessing to our liberal faith so demonstrably.

JEFF

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# **DEAN ROW CHAPEL**

## **Dean Row Chairman's Newsletter**

Dear Friends,

Last year we were honoured to be asked to host the first interfaith celebration of Wilmslow Pride. I was so (if you pardon the expression) proud that we were able to express our Unitarian welcome to all people whatever their faith and gender identity. The support that this event had from most of the churches in Wilmslow was truly welcome. I am looking forward to our celebration again this year. It was so good to see the overwhelming love and pride displayed at our event. I do hope that you will be able to attend.

I cannot imagine how it must have been for so many years, and in some quarters probably still is, to be pilloried for being true to yourself. It gives me so much pleasure to be a part of this wonderful Unitarian faith which welcomes all people to join us and praise God for being who and what we are.

At last we have the Bell Cote restoration completed and the bell has been well and truly rung by Ian Barber pictured on the cover of this issue of the Newsletter. Our service of blessing of the restored Bell Cote will be on the 28<sup>th</sup> June. As we no longer have a designated bell ringer, if you would like to have the honour of calling people to Service by ringing the bell, have a word with Ian Booth.

Now that Kathleen is feeling better, we are back to our Monday morning exercise class. Simple exercises which help us to keep moving and balancing in our everyday life. Much recommended, nothing too frightening, everybody welcome. The best part is tossing teddy to the heavens and managing to hit the roof.

Thanks to Cathy and Jenny for the wonderful lunch they provided for Christian Aid Week. As usual much enjoyed by everybody and thank you to the helpers for setting up the tables.

I am really looking forward to our visit to Saltair in June. It is quite a number of years since I went there and I understand that the offerings in the mill have increased massively. I hope that you have signed up for the visit – there may be one or two places left on the coach. Thank you to Anne Smith for organizing this event.

I do hope that you will be able to attend the services when Jeff is on holiday. We have the lovely Sian from Gateacre on the 16<sup>th</sup> August and will be honoured on the 23<sup>rd</sup> of August to welcome the new joint Presidents of the General Assembly Jean and Alex Bradley. There will be wine and nibbles to celebrate the occasion.

It would be nice if the weather continues to be so lovely for a few months, but I am not holding my breath. Nellie has found a nice large cardboard box to sleep in away from the heat, but Florrie is still hunting non-existent birds who are sensibly

staying sheltered in their nests. Nellie is well recovered from her operation and is now enjoying extremely expensive food recommended by the vet to control her throwing up. Yes I know you didn't need to know that.

Love to you all  
Chrissie

~~~~~  
"Gracious God, as we are reminded of Your boundless love for all people, we pray for the LGBTQ+ community. Thank You for the gifts, diversity, and strength they bring to our world. Protect all those who face trauma, judgment, or shame, and surround them with Your radical love and peace. Help us to be a community that welcomes and embraces everyone, knowing that every human identity bears Your sacred image. In Your holy name, Amen."

Submitted by Chrissie Wilkie
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WARDEN'S REPORT

The Thursday morning group continues to meet to carry out the weeding and tidying of the Chapel grounds. Some strimming has taken place but most of it will take place after the wild flowers have died back later in the summer.

After the service of blessing on the bell cote on the 28th June anyone in the congregation can volunteer to ring the bell before the Sunday services. Please come and give it a try.

My personal thanks to everyone for their good wishes on my recent big birthday. It's been amazing!

Ian and Beryl Booth Chapel Wardens

Dean Row Chapel Social Group

The Social Group visit to the Gorton Monastery organised by Anne Gemmell and Chrissie Wilkie on the 31 March was enjoyed by everyone who was able to join the group. They found it to be very interesting. Thank you to all who were able to give others a lift there in their cars.

We will soon be having our outing to Saltaire on Thursday 25th June. The coach will leave the chapel at 9.30am. There are no admission fees there but there is a café to buy lunch unless you choose to take sandwiches with you. We hope for good weather, we are often lucky for our outings.

Hopefully we shall have another outing before the autumn.

Anne Smith, Social Group Co-Ordinator

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### Treasurer's Message

It is with considerable relief that we have now completed the building project to reconstruct the bell cote. At our most recent committee meeting, I was able to confirm the final financial figures for the project.

Unfortunately, we were unable to secure a substantial grant from the National Churches Trust, despite our expectations. Due to significant demands from other churches in need, the Trust was unable to provide any funding. We had been hoping for at least £10,000 to support our project.

The final expenditure totalled £90,149, which is slightly less than our initial estimate at the start of the year. Despite this, we are required to contribute just under £29,000 from our own investments to cover the costs.

We also anticipate another year of losses in our regular accounts. Although we are making every effort to keep our outgoings to a minimum, it is essential that our buildings and facilities remain well maintained. We cannot rely indefinitely on our investment portfolio to support us.

I would like to encourage all of our friends to review their regular contributions to the chapel. It is easy to continue paying the same amount over the years without adjustment. Upon reviewing old records, I realised that I had not increased my own contribution for fourteen years, and inflation has reduced its value over time. I have now rectified this omission! If you are able to increase your contribution, whether by a small or large amount, it would greatly assist us.

Furthermore, if you would consider leaving a gift to the chapel in your will, it would be a tremendous help for our future. Don't forget that if you are a taxpayer, gift aid adds a twenty five percent supplement to your payment at no further cost to you. I have the forms available.

**Peter Shaw Chapel Treasurer**

## Dean Row Chapel Rotas, June, July, August, September 2026

**If you need to change your dates on the list, please contact a substitute from the list**

| DATE 2026                    | OPENING      | SIDESMAN DUTY                    | COFFEE DUTY                      |
|------------------------------|--------------|----------------------------------|----------------------------------|
| June 7                       | Mr I Booth   | Mr I Booth<br>Mrs B Booth        | Mr J Wenham<br>Mrs B Wenham      |
| June 14                      | Mr P Weigh   | Mrs J Boys<br>Mrs B Berry        | Mrs B Robinson<br>Mrs S McFadyen |
| June 21                      | Mr P Shaw    | Mrs E Godfrey<br>Mrs E Taylor    | Mrs C Wilkie<br>Mrs J Davies     |
| June 28                      | Mr I Booth   | Mrs A Gemmell<br>Mrs M Craven    | Mr I Booth<br>Mrs B Booth        |
| <b>July 5th</b>              | Mr P Weigh   | Mr P Weigh<br>Mrs M Weigh        | Mrs J Boys<br>Mrs B Berry        |
| <b>July 12th</b>             | Mr K Dennell | Mrs A Gemmell<br>Mrs M Craven    | Mr K Dennell<br>Mrs S Dennell    |
| <b>July 19th</b>             | Mr P Shaw    | Mrs J Boys<br>Mrs B Berry        | Mrs C Wilkie<br>Mrs J Davies     |
| <b>July 26th</b>             | Mrs C Wilkie | Mrs C Wilkie<br>Mrs J Davies     | Mrs B Robinson<br>Mrs S McFadyen |
| <b>August 2nd</b>            | Mr P Weigh   | Mrs B Robinson<br>Mrs S McFadyen | Mrs J Boys<br>Mrs B Berry        |
| <b>August 9<sup>th</sup></b> | Mr I Booth   | Mr I Booth<br>Mrs B Booth        | Mrs A Gemmell<br>Mrs M Craven    |
| <b>August 16th</b>           | Mrs C Wilkie | Mrs E Godfrey<br>Mrs E Taylor    | Mrs B Robinson<br>Mrs S McFadyen |
| <b>August 23rd</b>           | Mr K Dennell | Mrs J Boys<br>Mrs B Berry        | Mr K Dennell<br>Mrs S Dennell    |
| <b>August 30th</b>           | Mrs C Wilkie | Mrs C Wilkie<br>Mrs J Davies     | Mrs A Gemmell<br>Mrs M Craven    |
| <b>September 6</b>           | Mr I Booth   | Mr I Booth<br>Mrs B Booth        | Mr J Wenham<br>Mrs B Wenham      |
| <b>Sept.13th</b>             | Mr P Weigh   | Mrs B Robinson<br>Mrs S McFadyen | Mrs J Boys<br>Mrs B Berry        |
| <b>Sept. 20th</b>            | Mr P Shaw    | Mrs E Godfrey<br>Mrs E Taylor    | Mrs C Wilkie<br>Mrs J Davies     |
| <b>Sept. 27th</b>            | Mr I Booth   | Mrs A Gemmell<br>Mrs M Craven    | Mr I Booth<br>Mrs B Booth        |

## Dean Row Events

**Sunday 21<sup>st</sup> June 6.00pm Pride Service at Dean Row Chapel. Exhibition in the Hall from 4.00pm**

**Sunday 28<sup>th</sup> June - Service of blessing of the bell cote.**

After the service of blessing on the bell cote on the 28<sup>th</sup> June anyone in the congregation can volunteer to ring the bell before the Sunday services. Please come and give it a try.

**Sunday 5<sup>th</sup> July Chapel Lunch** after Service in the Hall

**Exercise classes** Monday mornings 11.00 in the Chapel Hall

**Stroke Club** Wednesday Mornings in the Chapel Hall.

**Meditation** Wednesday 11.00 in the Chapel Vestry

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## HALE CHAPEL

### HALE CHAIRMAN'S CONTRIBUTION

I normally mark the passing of winter and the advent of Spring and Summer by an important change to my clothing regime. It is a change that happens twice a year – a bit like the Spring and Autumn equinoxes but perhaps not quite so important.

In Spring, there comes a day when I decide that the cold weather has well and truly gone. It may be raining but it's

warm. So my winter jumpers and long-sleeved shirts are carefully packed away and put into storage containers. Out of the same containers come my short-sleeved shirts and my t-shirts and shorts. It is a long hallowed routine and of course it is reversed in Autumn when I judge that warm weather has finally gone and hibernation time beckons.

Well I'm writing this towards the end of May, sitting at our lounge table wearing a long-sleeved shirt and a full M&S jumper. It's cold! In a few days' time it will be June and the weather will surely warm up – the vagaries of English weather! And who knows what El Nino will bring to us later this year.....

I usually go out to Menorca in May but this year I took a pass and my wife went out with a friend. I like swimming in the sea – but in May the sea around Menorca is freezing and also the weather can be mixed. Those of you who know my football persuasion will appreciate that staying at home enabled me to attend the F.A.Cup final where I am pleased to say my team won. I have seen City at Wembley nineteen (!) times in the last fifteen years and of those matches sixteen have been victories. But when I don't go the team usually loses. So basically, I am clearly a lucky mascot and should be paid to attend.

Anyway I see the local forecast for next week is good, and my daughters have mentioned the “barbecue” word. That really is tempting fate but hopefully next week will at long last see the approach of summer. You really cannot beat England's

green and pleasant land when the sun beams down out of a cloudless blue sky – so fingers crossed!

And I hope you all have a relaxing and enjoyable summer

**Alastair Brown**

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Hale Chapel Secretary Helen Wilson

What's in a name?

That which we call a rose, By any other name would smell as sweet. (William Shakespeare)

I have decided to buy a new rose bush to grow in a container as the soil in my garden is not the best for roses. I am also growing three standard rose bushes, one white, red and yellow in containers for the first time.

The rose I have decided to buy is the 'Peace' rose, synonym Mme A Meilland as a memorial to my friend.

It is a successful well known bush with large yellow/cream flowers and flushed at the petal tips with crimson –pink. Pleasantly fragranced. It was developed by French horticulturist Francis Meilland in the years 1935-1939. When Meilland foresaw the German invasion of France he sent cuttings to Italy, Turkey, Germany and the USA to protect the new rose. It is said that it was sent out on the last plane available before the German invasion. It was safely

propagated during the war.

Because Meilland had sent out his cuttings just before the war, communication between the cultivators was not possible which is why the rose received different names. In France it was known as Madame A Meilland, in Italy Giolia (Joy) and in Sweden, Norway, USA 'Peace'

The rose eventually became known as 'Peace'. In 1945 Meilland wrote to Viscount Alanbrooke to thank him for his key part in the liberation of France and to ask if he would give his name to the rose. Brooke declined as he said his name would soon be forgotten and a more enduring name would be 'Peace'.

The adoption of the trade name Peace was announced in the USA on 29th April 1945, the very day Berlin fell. A turning point in WW11 in Europe. Later that year Peace roses were given to each of the delegations at the inaugural meeting of the United Nations in San Francisco, each with a note that read –

'We hope the 'Peace' rose will influence men's thoughts for everlasting world peace.'

Peter Beales rose grower and expert said 'Peace', is without doubt, the finest Hybrid Tea ever raised and it will remain a standard variety for ever'. Everyone perhaps needs to consider growing a 'Peace' rose today.

In Germany the rose is known as 'Gloria Dei' (glory of God).

My friend was called Gloria, a fitting memorial to her I think.
Submitted by Helen Wilson

Hale Chapel Events

Monthly Coffee Mornings

Thursday 4th June, Thursday 2nd July, Thursday 6th August

To be held in the chapel vestry at 10.30 - 12 noon.

Please bring something tasty to share. All friends and family are welcome to join us.

Book Club

The next meeting will be held on Wednesday 22nd July at 10.30 am. At the home of Helen Wilson (Secretary). The book to be discussed is Piranesi by Susanna Clarke.

Chapel Congregational Lunch

To be held on Sunday 2nd August at Ringway Golf Club. 12.30 start. Please sign up on the sheet in the vestry if you wish to attend.

Breath of Summer

**Creator God
who breathed this world into being,
who is discernible within the harmony of nature,
the perfection of a butterfly's wing,
the grandeur of a mountain range,
the soaring eagle and humming bird,
thank you for this world which you have created.
Thank you for summer sun,
which reminds us that your creative breath
is still alive and active.
Thank you for the warmth of your love,
sustaining this world, your garden.**

Dean Row Chapel Officers:

Chair

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

Treasurer:

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Secretary

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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

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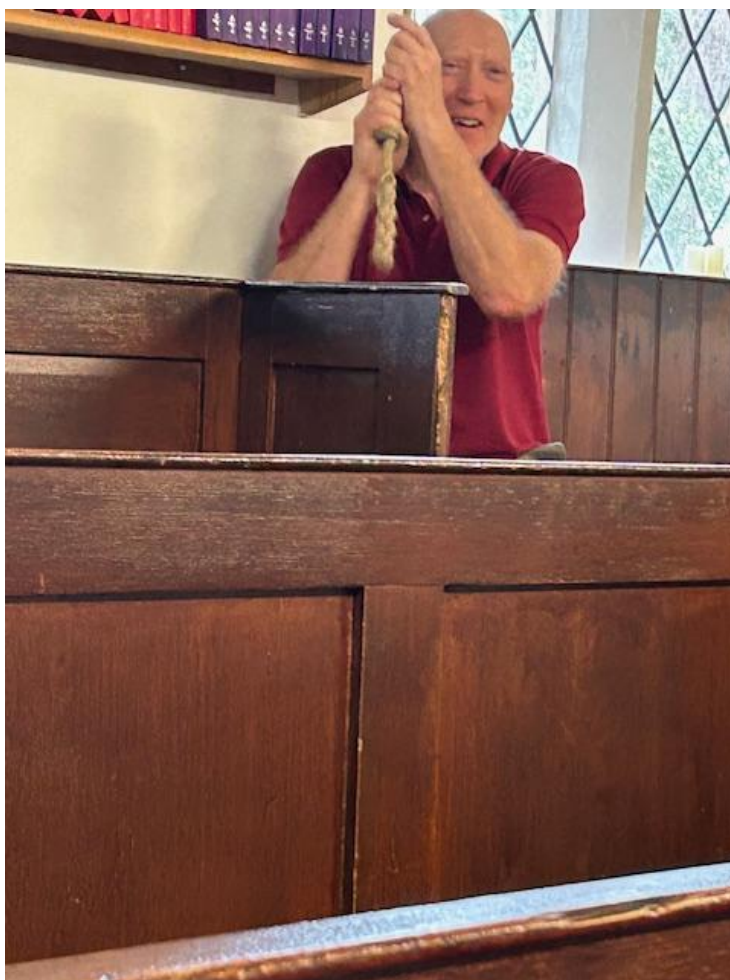
Chapel Hall Bookings

335 Hale Road, Hale Barns WA15 8SS

Sharon Kupusarevic Tel: 07801 140809

Email: halechapelhall@btinternet.com

Ian Barber –
The first person to ring our newly reinstated
Chapel bell calling the congregation to the service.



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



Reverie on an August afternoon by Elizabeth Tarbox

With tired feet I scrunched the pebbles at the shoreline, walking hard, pushing my body at the wind as if I could break through the choices and enter the place of peace.

A long tree trunk, white with ocean washing, soft with the long slow tempering of time, beckons my body and I sit, then lie along its narrow surface.

And from that prone and precarious balance, I see a tree whose fruit, above the picking line, waits for autumn winds to gather.

I see a hedge of foxglove and blueberry, queen Anne's lace and ragwort, audience to the butterfly ballet choreographed by the unseen master of the dance. I hear the triumph song of crickets and the satin swish of ocean tumbled pebbles and my heart reminds me that God is here, not commanding, judging, threatening, or punishing, but creating a world so wonderful, a prayer so obvious that could I but cease in my fever of petition, I could witness its beauty, too.



You get used to it by Barbara Merritt

How many Unitarians does it take to change a light bulb in our congregation? Answer none. We don't change light bulbs. It is enough for us to sit in the darkness and remember the lights of the past. As we honour the memory of a former brilliance, our task is to live within the confines and limitations of today.

True story. When I arrived in 1983, I was told that the lights under the sanctuary balcony didn't work, had never worked, and couldn't be fixed. It was not a big deal. We have few services in the evenings, and there are plenty of lights in that sacred space that do work.

Only our new Sexton, Ron Lundin, did not believe that they were forever broken. He decided to investigate. He took off the glass plate and found a thick, dark coating of dust and dirt.

He thought "There's no way it could just be the light bulbs, but I'll had put in a fresh one, just to see what happens." And then the miracle occurred, "And there was light and it was good".

Incredulous, he changed the bulbs in the other 6 fixtures, and light poured forth. Apparently the bulbs had burned out in 1939, and no one ever changed them. The dust he removed from the recesses was in place when Hitler invaded Poland and John Steinbeck published *The Grapes of Wrath*. We don't know whether the seven bulbs turned out all at once or flickered off one at a time. In either case, someone decided

the fixtures didn't function, and that transmitted wisdom left us in the dark.

Many years ago I faced a similar situation at the parsonage where I lived in Illinois. For five years, as I had washed dishes, I had stared out of a smudged, streaked, grimy kitchen window. Because the window had been painted shuts for decades, I accustomed myself to looking through the grey film. Then along came a professional painter, and not knowing the limitations of my world, he hit the window rim with a hammer. He 'unstuck it' and took out the storm windows. The panes were washed and put back. The task required a total of twenty minutes.

For five years, I resigned myself to the inevitability of blurred vision. Sometimes we settle too quickly for "seeing through a glass darkly." Sometimes the clarity and illumination we seek is close at hand. Conditions can change. Windows can open. We just need to stop believing that we already have enough light.



Submitted by Jenny Williams

Jesus was right — religion and God are not the same thing. Institutions can preserve wisdom, but they can also bury living truth beneath power, conformity, and fear.

Buddha was right — human beings can be liberated from their deepest inner suffering. Freedom begins when we stop clinging to illusions about who we are and how life is supposed to be.

Martin Luther King, Jr. was right — no one is free until we are all free. A society built on domination imprisons both the oppressed and the oppressor.

Mary Wollstonecraft was right — the beginning is always today. Human dignity expands the moment people stop waiting for permission to become fully human.

Friedrich Nietzsche was right — life can be affirmed as beautiful in spite of everything. Meaning is not discovered hiding behind suffering, but forged through the courage to face it directly.

Carl Jung was right — the privilege of a lifetime is to become who you truly are. Most people inherit identities; very few undertake the difficult work of becoming conscious.

Kurt Cobain was right — wanting to be someone else is a waste of who you are. Self-rejection slowly destroys the soul from the inside.

Viktor Frankl was right — no person can take away your choice of attitude. Even in conditions of profound suffering, the human spirit retains the possibility of inner orientation.

Florence Nightingale was right — live life when you have it. Mortality is not a philosophical abstraction but an active condition shaping every hour we are given.

The Dalai Lama was right — love and compassion are necessities. Without them, intelligence becomes cold, power becomes dangerous, and civilization becomes psychologically unlivable.

Bertrand Russell was right — question every sacred cow. The refusal

to question inherited assumptions is one of the primary engines of human cruelty.

John Lennon was right — we can be one if we transcend our tribal obsessions. Much of human conflict survives because identity becomes more important than humanity itself.

Simone de Beauvoir was right — we define ourselves by our becoming. Human beings are not fixed essences but unfolding projects shaped through action and responsibility.

Charles Bukowski was right — if you're going to try, go all the way. Half-hearted living produces a quiet kind of spiritual death.

Ralph Waldo Emerson was right — it is not the length of life, but the depth. A fully inhabited life matters more than mere duration.

Seneca was right — every day should be considered a separate lifetime. Most people postpone living until they no longer possess the strength to begin.

Audre Lorde was right — we are socialized into a prison for our soul, but we are holding the key. Systems survive partly because people internalize the limits placed upon them.

Fred Rogers was right — when you're at the end of one thing, you're at the beginning of something else. Transformation often feels like loss before it feels like renewal.

Confucius was right — move a mountain one stone at a time. Human flourishing is usually built through disciplined, ordinary acts repeated over time.

Muhammad Ali was right — “impossible” is just a big word thrown

around as an excuse not to be powerful. Much of what limits human beings is psychological conditioning masquerading as reality.

Albert Camus was right — we are the meaning makers. The universe does not hand us purpose fully formed; human beings participate in creating it.

Walt Whitman was right — our lives become a beautiful poem once we dismiss everything that insults our soul. Vitality returns when people stop betraying themselves to belong.

Jean-Paul Sartre was right — everything has been figured out, except how to live. Information is abundant; wisdom remains rare.

Your deepest inner voice is right — love is what really matters, love heals everything, and love is all there is. Beneath ideology, status, fear, performance, and identity, human beings are ultimately searching for connection, tenderness, and belonging.

They were all right

<< PRAYER AND POETRY CORNER >>

Lord, Give me enough tears to keep me human,
Enough humour to keep me wise,
Enough setbacks to keep me humble,
Enough accomplishments to keep me confident,
Enough patience to teach me waiting,
Enough hope to teach me trusting,
Enough friends to give me love and
Enough memories to give me comfort.

A POEM ABOUT APPLES

(including elements of Bible Study for Misogynistic Gardeners)

When I once wrote some lines about peas
I found I could rhyme them with ease
But when with the apple
I started to grapple
I found it much more of a tease

To start thus with a limerick
I thought would be a clever trick
But Oh alas to my surprise
Just anything I could devise
All ended as....mm, er... gibberick

So back to couplets I did go
They really ease the ebb and flow

When we discuss not pommes de terre
But tree-borne pommes – good healthy fare

But was that true for poor young Adam
When dealing with a feisty madam?

The Good Lord's masterly invention
Became a part of Eve's intention

She caused exclusion from the garden
And sin for which we still seek pardon

So some folk think the apple sinful
While others wish they had a binful

Those who wish them off the premises
Are apt to quote the Book of Genesis

The others cry 'This we refute

The Good Book says Forbidden Fruit!
'The lovely apple, please don't ban it
Eve's lure was seedy pomegranate!

In medieval art we find
Supporters for this frame of mind

We see these two in primal rig
Related to the fruit called fig

And what is this she's holding there?
That's not an apple I declare!

We do not know we are not told
Why God should ban them from the fold

Perhaps it was a lovers' quarrel
Which left him with a taste like sorrel

Did Adam think the tough-skinned punic
Ill-suited to his skimpy tunic?

And do you think Eve's basic sin
Unthinkingly to have no pin?

If deeper knowledge you would seek
Brush up your Latin, Hebrew, Greek

Or for further words archaic
Develop more your Aramaic

But let's give praise whene'er it's due
I think the apple's great.....
Don't you?

Leslie Davies

REBECCA WHO SLAMMED DOORS FOR FUN AND PERISHED MISERABLY

Hilaire Belloc

A trick that everyone abhors
In little girls is slamming the doors
A wealthy bankers little daughter
Who lived in palace green, Bayswater
(by name Rebecca Offendort),
Was given to this furious sport.

She would deliberately go
And slammed the door like Billy-Ho!
To make her Uncle Jacob start.
She was not really bad at heart,
But only rather rude and wild:
She was an aggravating child.

It's happened that a Marble Bust
Of Abraham was standing just
Above the Door this little Lamb
Had carefully prepared to Slam,
And Down it came! It knocked her flat!
It laid her out! She looked like that.

Her funeral Sermon (which was long
And followed by a Sacred Song)
Mentioned her Virtues, it is true,
But dwelt upon her Vices too,
And showed the Dreadful End of One
Who goes and slams the door for Fun.

The children who were brought to hear
The awful Tale from far and near
Were much impressed, and inly swore
They never more would slam the Door,
- As often as they had done before.

A Summer Blessing

May you walk with God
This summer
In whatever you do
Wherever you go

Walking with God means...
Walking with honesty
And with courage,
Walking with love
And respect
And concern for the feelings of others

May you talk to God
This summer
And every day and
In every situation

Talking with God means...
Praying words of praise
For the beauty of creation
Saying prayers of thanks
For friends and good times,
Asking God's help
In all your decisions
Expressing sorrow
When you have failed

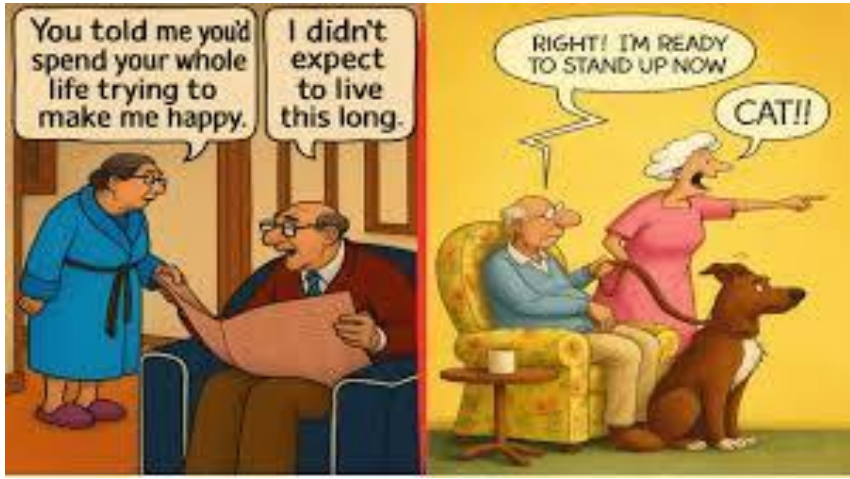
May you talk with God Every day. Amen.

Lord, As we enjoy the fruits of the earth and the beauty of your world, we pray for a deeper sense of stewardship. Give us the wisdom to protect the environment and to share the earth's resources fairly among all people. Help us to be careful stewards of the world you have entrusted to us. Amen

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



“For every minute you are angry, you lose sixty seconds of happiness.” — Ralph Waldo Emerson

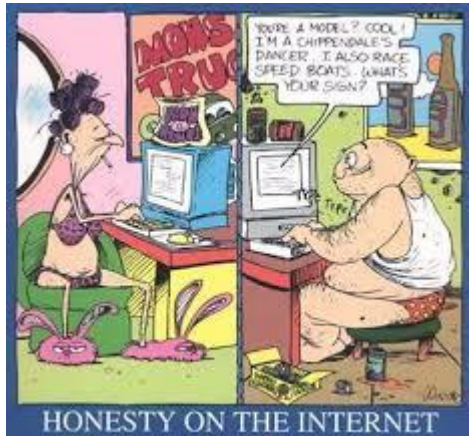


"Happiness depends upon ourselves." — Aristotle

"No one can make you feel inferior without your consent." — Eleanor Roosevelt

"Do not go where the path may lead, go instead where there is no path and leave a trail." — Ralph Waldo Emerson

"What we think, we become." — Buddha [1, 2]



"The only impossible journey is the one you never begin." — Tony Robbins

"You miss 100% of the shots you don't take." — Wayne Gretzky



"If you're going through hell, keep going." — Winston Churchill

"Be yourself; everyone else is already taken." — Oscar Wilde [1, 2, 3]



Too many people buy things they don't need with money they don't have to impress people they don't know.

<<<< RECIPES >>>>

Easy Summer Lunch all Very Creamy and Delicious

STARTER



Mackerel paté

Serves 4 - 6

Prep: 15 mins No cook

Ingredients

250g - 300g ready-to-eat smoked mackerel fillets

165g soft cheese

1 lemon zested and juiced

2 tbsp horseradish sauce

15g fresh parsley chives or dill, finely chopped

pinch of cayenne (optional)

toast and butter, to serve

Method

step 1

Skin the mackerel and break the fillets up into small pieces. Add the soft cheese, lemon zest and horseradish sauce and mix well together

with a fork.

step 2

Season with salt and freshly ground black pepper, to taste, and add lemon juice, to taste. Stir in most of the herbs then cover and chill until ready to serve.

step 3

Sprinkle with a little cayenne, if using, and remaining herbs and serve with warm, buttered toast.

Recipe tip

For a smoother paté, pulse the ingredients together in a food processor.

Main Course



Broad bean pasta with bacon, cream & mint

Serves 4 **Easy** **Prep: 30 mins** **Cook: 20 mins**

Homegrown broad beans are delicious and tender, and appear as one of the first crops of the year. They're easy to grow from seed, yielding green pods of green or white beans that can be used in salads, soups, dips, pasta and risottos.

Ingredients

300g podded broad beans
1 tbsp olive oil
150g smoked diced pancetta or bacon lardons
1 small garlic clove lightly bashed but left whole
150ml double cream
50g parmesan finely grated, plus the rind, if available
400g pappardelle or other flat pasta
small handful of mint leaves picked and finely shredded
½ lemon zested
crusty bread to serve

Method

step 1

Cook the beans in a large pan of boiling salted water for 2-3 mins until just tender. Remove to a colander using a slotted spoon and rinse under cold running water. Pinch off the skins to reveal the bright green centres. *The beans can be blanched and the skins removed up to a day ahead.* Chill until needed.

step 2

Heat the oil in a large frying pan over a medium heat and fry the pancetta for 4-5 mins until crisp. Stir in the garlic clove and some cracked black pepper, and cook for 1 min more until fragrant. Pour in the cream and add the parmesan rind, if using. Bring to a simmer. Stir well, then stir through most of the parmesan and gently warm through the sauce.

step 3

Return the pan of bean cooking water to the boil and cook the pasta following pack instructions. Drain, reserving a mugful of the water. Tip the pasta into the sauce with the broad beans, mint and lemon zest, set over a low heat and toss everything together, adding a splash of the reserved water to loosen, if needed. Divide between warm bowls, scatter over the remaining parmesan, then serve immediately with crusty bread.

pudding



Eton Mess

Prepare less than 30 mins Serve 6

Cook 1 to 2 hours if making own meringues

Purists would insist Eton mess should only contain strawberries, but other British summer berries like raspberries, red and rose currants and even cherries have a touch more sharpness which pairs perfectly with the sweet meringue and rich cream. These homemade meringues are a doddle, but you can also buy them which turns this dessert into a 10-minute-pudding.

Ingredients

600g/1lb 5oz strawberries, hulled

2 tbsp icing sugar

600ml/20fl oz double cream

200g/7oz seasonal berries (such as raspberries, cherries, currants, or more strawberries)

5 ready-made meringue nests or 1 batch of the homemade meringues (below)

For the homemade meringues

2 large egg whites

120g/4¼oz caster sugar

¼ tsp vanilla extract

Method

If you are making homemade meringues, preheat your oven to 110C/100C Fan/Gas ¼ and line a baking sheet with non-stick baking paper.

Put the egg whites into a clean mixing bowl and beat with an electric whisk until stiff peaks form when you lift out the whisk. Whisk in the caster sugar, one tablespoon at a time, until the mixture is really thick, glossy and will hold in a stiff peak. Briefly whisk in the vanilla.

Place 5 large dollops of the meringue on the prepared baking sheet, leaving space in between. Bake on the lowest shelf of your oven for an hour, or until the meringues easily peel away from the paper. Cool and keep in an airtight container for up to 3 days before using.

For the mess, put 150g/5½oz of the strawberries into a blender or food processor with ½ tablespoon of the icing sugar. Pulse to form a smooth purée. (You can also crush the strawberries with a fork which will be slightly rougher but just as delicious.) Halve or quarter the remaining strawberries into bite-size pieces.

Whip the double cream to very soft peaks with the remaining 1½ tablespoon of icing sugar together. Don't overwhip the cream at this point, it should still be quite loose. As you stir through the fruit and meringues, it will continue to firm up.

To assemble, crumble 4 of the meringues and add to the cream along with all the berries. Fold in lightly, then very briefly stir in the strawberry purée to make swirls in the cream (as you spoon the mess into bowls it will ripple more). Divide between 6 bowls or glasses, crush the final meringue over the top and eat immediately.

IF YOU DON'T WANT TO COOK



Summer Chickpea Salad with Honey Garlic Lime Vinaigrette

Serves Four

Ingredients:

- 3 cups chickpeas, precooked (or tinned)
- 4 green onions, thinly sliced
- 2 ears grilled corn, cut from the cob (or tinned)
- 1 pint cherry tomatoes, quartered
- 3 tbsp. chopped, fresh basil
- 2 tbsp. snipped fresh chives
- 1/4 tsp. salt (or to taste) 1/4 tsp. pepper (or to taste)
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1-1/2 tbsp. honey
- 3 garlic cloves, minced or pressed
- 1 lime, juiced & zested

Directions: In a large bowl, combine the chickpeas, onions, corn, tomatoes, basil & chives. Toss well with the salt & pepper. In a small saucepan, add the oil, vinegar, honey, garlic, lime juice & zest. Heat over low heat & whisk until the mixture is warm & garlic cloves are sizzling a bit. Pour the liquid over the chick peas & toss well to coat. Cover with a piece of plastic wrap & refrigerate for at least 30 mins. before

serving. Tastes better the longer it sits! Serve with toasted baguettes spread with coconut oil or whipped feta. Serves about 4.



Berry crumble pots

Ingredients

2 tbsp good-quality strawberry jam

juice 2 clementines or satsumas

300g mixed berries (frozen if you like)

150ml fresh custard (buy ready made)

4 tbsp double cream lightly whipped (or use crème fraîche or Greek yogurt if you prefer)

8 amaretti biscuits

Method

Mix the jam and citrus juice together in a bowl. Stir in the berries. Divide half the berries between 4 glasses or small bowls. Top with the custard, the rest of the berries and finally the cream. Crumble over the biscuits and serve