

March, April, May 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
March 1st	2 nd Sunday in Lent/St David	2 nd Sunday in Lent/St David
March 8th	3 rd Sunday in Lent	3 rd Sunday in Lent
March 15th	4 th Sunday in Lent Mothering Sunday	4 th Sunday in Lent Mothering Sunday
March 22nd	5th Sunday in Lent	5th Sunday in Lent
March 29th	Palm Sunday	Palm Sunday
April 2nd		Maunday Thursday, Dean Row, 6pm
April 3rd	Good Friday, 3pm	
April 5th	Easter Sunday with Holy Communion	Easter Sunday with Holy Communion
April 12th	The Minister will be on holiday – Guest Preacher	The Minister will be on holiday – Guest Preacher
April 19th	Sunday Services	Sunday Services
April 26th	Sunday Services	Sunday Services
May 3rd	Sunday Services	Sunday Services
May 10th	Christian Aid Sunday	Christian Aid Sunday
May 17th	Sunday after Ascension	Sunday after Ascension
May 24th	Pentecost/Whit Sunday	Pentecost/Whit Sunday
May 31st	Trinity Sunday	Trinity Sunday
June 7th	Sunday Services	Sunday Services
June 14th	Sunday Services	Sunday Services
June 21st	Summer Solstice Father's Day	Summer Solstice Father's Day
June 28th	Sunday Services	Sunday Services

THE MINISTER'S LETTER

The Sundays in Lent in our two chapels will be informed by reflections offered by the charity, 'Embrace the Middle East,' which we support through our membership of the Unitarian Christian Association. 'Embrace' had been known for many years as 'The Bible Lands Society,' and most of us encountered it every Christmas through the use of carol sheets that were produced by the charity. The goal of 'Embrace' is to involve Christians, Jews and Muslims in Palestine/Israel in working together for a more just and peaceful co-existence. This aim is as relevant today as when the charity was founded in the 19th century.

Daniel Munayer from 'Embrace's' partner 'Musalaha,' a reconciliation ministry in Israel/Palestine, recently gave a lecture in London in which he explored the themes of hope and peace in that troubled part of the world. He said:

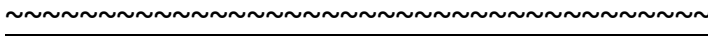
"In the Palestinian context hope has been misused and almost abused. International visitors who come to visit always ask me the same question, 'is there hope?' The same question comes up again and again. It is as if we always need something from the oppressed to make us feel better."

Daniel's challenges us not to use hope as if it is something to be consumed---what is sometimes called 'hopium'. Through Lent, we will consider different passages from the Book of Acts. The people of Acts were living under the brutal occupation of the Romans, they were marginalised,

persecuted, shipwrecked and maligned and yet, God worked through them to transform their lives and the lives of the people around them.

As the stories that will unfold through the successive Sundays in Lent show us, acts of hope come from God and are delivered through us. The Book of Acts teaches us that hope is not something to long for or to search for but is offered to each of us as a gift to share in whatever circumstances we find ourselves. The Palestinian theologian, The Rev'd Dr. Munther Isaac, has written, "Hope is not waiting for something. We create hope through our actions." I hope that each of us comes to nurture some hope for the future through our shared Lenten explorations.

JEFF



Lent Lunches to be held at Dean Row Chapel Hall

24 February, Hosted by Dean Row Chapel

3 March, Hosted by The United Reformed Church

10 March, Hosted by The Quakers and Life Church

17 March, Hosted by Saint Teresa's Roman Catholic Church

24 March, Hosted by The Methodists

All are welcome

A donation towards the lunch can be given if you are able

HALE CHAPEL

HALE CHAPEL - Chairman's Newsletter

Christmas has been and gone and soon it will be Spring and we will be released from the doom and gloom of this particularly rainy winter. It really hasn't been good for our dachshunds – they love their everyday walk but they have been coming back to the car with muddy paws and tummies and a lot of towelling has to go on before they are allowed back into the car.

But when exactly does Spring begin? – that is the question! Some say 1st March which is apparently the favoured date of meteorologists who prefer to deal in whole months rather than divide them up. I think that works ok for Spring. Of course if you want to keep Winter going a little longer (who would?) then you can go with the Astronomical date which is governed by the date of the vernal equinox which this year falls on 20th March. That seems the most logical change over date – but I'm fed up with Winter and I think I'll go with the meteorologists and stick with 1st March. The sooner the daffodils appear the better it will be!

I write a couple of days before Lent begins on 18th February. Lent is traditionally a period to go without something which we are used to, something we will miss. I do not think I have ever done this but this year I am going to give it a go. Some years ago I made my one and only New Year's resolution and vowed to give up sugar in coffee and tea. It wasn't easy! But after a couple of months I got used to sugar free tea and coffee and have never heaped it into my mug since then. So for Lent I am giving up sweets and anything similar. I am diabetic so I shouldn't eat them anyway so I am pretty determined. I'll let you know how I go on. If I don't mention it next

time you'll know I failed.....

So – roll on Spring, roll on Summer, roll on those lovely days when it is light until 10.00 at night. I think we are due a good summer. We'll see!

Alastair Brown

~~~~~

**Hale Chapel Secretary Helen Wilson**

It has been a dark and dreary start to the New Year with very little winter sun. Any sign of Spring is to be welcomed and the Snowdrops give us a taste of new life to come.

In the UK, Meteorological Spring begins on 1<sup>st</sup> March and ends on the 3<sup>rd</sup> May. Astronomical Spring begins on 20<sup>th</sup> March until 21<sup>st</sup> June.

We look forward to longer days, warming temperatures, sunshine, blossom, and spring bulbs. The season for rebirth, rejuvenation, renewal, resurrection, and regrowth.

‘ To plant a garden is to believe in tomorrow’ (Audrey Hepburn 1929-1993)

‘Flowers always make people better, happier, more hopeful’ (Luther Burbank -1849 -1926 -American Botanist)

‘The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size’ (Gurtrude S Wisner-1905-1999- American Horticulturist)

Happy Chinese New Year – The year of the Horse

The Horse is confident, agreeable, and responsible. They hate being reined in by anyone. They're fit, intelligent, adoring physical and mental exertion, they're decisive, but easily swayed and impatient.

It is also a time for reflection. Recently 2 long standing friends of mine tragically passed away after accidents in the home.

Friendship is a relationship of mutual affection and emotional support. Friends are the family you choose.

True friends are like diamonds – bright, beautiful, valuable and always in style. (Nicole Richie American Actress)

A friend understands your past. Believes in your future and accepts you just the way you are. (unknown)

A friend is someone who knows all about you and still loves you ( Elbert Hubbard – American writer 1856-1915)

Close friendship brings us joy, understanding and companionship into our lives. It is to be cherished and very fondly remembered.



Life is  
BETTER  
— WITH —  
Friends

## Hale Events

### Easter Services - Good Friday 3<sup>rd</sup> April- 3pm

We welcome our friends from Dean Row to join us for our Service. Refreshments served after the service in the vestry or the garden weather permitting.

### Easter Sunday 5<sup>th</sup> April Service 9.30 am

### Coffee Mornings

Thursday March 5<sup>th</sup>, Thursday April 2<sup>nd</sup>, Thursday 7<sup>th</sup> May, Thursday 4<sup>th</sup> June – 10.30 a.m. in the chapel vestry. Bring a friend, everyone welcome. Bring something tasty to share.

### World Day of Prayer Service

This year the service will take place on Friday 6<sup>th</sup> March, 2pm at The Parish Church of All Saints, Hale Road, Hale Barns.

### Congregational Lunch

The next lunch will take place at Ringway Golf Club on Sunday 12<sup>th</sup> April at 1pm

### Concert

The Sale Male Voice Choir will be making a very welcome return visit to Hale Chapel on Saturday 23<sup>rd</sup> May at 2pm. Every one welcome £10 at the door.

-----  
=====

Never regret anything you have done with a sincere affection; nothing is lost that is born of the heart. – **Basil Rathbone**

“Our truest life is when we are in dreams awake.”  
– **Henry David Thoreau**

“A warm smile is the universal language of kindness.” – **William Arthur Ward**

# **DEAN ROW CHAPEL**

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

Dear Friends,

I hope that you are all recovering well from Christmas cheer and the awful virus that has laid many of us low. The weather is not helping, making it difficult to enjoy the budding signs of spring. I always think that when we see the snowdrops and the daffodils start to poke their leaves above ground we can at least cast aside one jumper.

We have seen such dreadful reports of flooding throughout the country. One of the main worries for farmers seems to be that the crops are being submerged and therefore unlikely to reach maturity. This may cause a shortage later in the year and of course that means higher prices. Growing your own, even in a tiny plot can make a big difference to your food bill.

I have put an article on the website version of the Newsletter which gives easy instructions for a 1 yard plot which is ideal for intensive, high-yield high speed gardening and also growing potatoes in bags results in tasty new potatoes. If you haven't grown your own vegetables before, you will be amazed at how easy this is and how good your own produce tastes. Sadly, we are not growing tomatoes to bring to Chapel for donations this year. It has always taken much time and effort to produce them – usually about 100 of them and I am not getting any younger for this task.

However, now is the time to start planning holidays if you have not already done so. Soon we shall be off for a week in Wales. My son

Jo stays at the house and looks after our babies. They have not been too happy with all this wet weather. This woman who claims to be their mummy insists on drying them when they come in the house. They seem to think that it is humiliating when they have a perfectly good tongue to do the job. I think they are putting their little paws together and praying for better weather. At least at the moment they can sit on the veranda and scowl at the rain. Yes cats can scowl!

Love to you all  
Chrissie

~~~~~

Dean Row Chapel Social Group

We are having several enjoyable events coming up. Chrissie and Anne are arranging a visit to the Gorton Monastery on Tuesday the 31 March. They give an excellent talk on the history of the Monastery and have a café where we can have lunch or just a cup of tea and perhaps even cake. As this is close to Wilmslow we are thinking to use cars for transport – if you will be able to take passengers please let Chrissie know. There is a large carpark at the Monastery.

Chrissie has arranged that on 23rd April 2.00pm, we will be welcoming a speaker from Just Ice in Poynton. All are welcome and we would appreciate an entrance fee of £2.50. Just Ice are a Christian charity who work against modern slavery. They give a very interesting talk about their work and at the end of the talk, you will have a nice cuppa and will be able to buy a tub of ice cream to have with it. There will be a collection for their charity which does the most marvellous work, and a donation would be appreciated in helping with their excellent work.

I will be arranging a day out to Saltaire in June details to follow.
A wonderful year for us to get together to socialise.

Anne Smith, Social Group Co-Ordinator

~~~~~

---

## **WARDEN'S REPORT**

It has been an exceptionally quiet time because of all the wet weather recently. We have met as usual on Thursday mornings and tried to keep everywhere tidy and finished with our usual coffee and chat.

My predecessor, Ian Harrison, sadly passed away recently. He still maintained his interest in the running of the Chapel and often joined us for coffee on a Thursday morning (probably to make sure we were on point).

He provided me with an extensive manual he had compiled about the duties of the warden. I pass on some of the great man's words under the heading A Simple Mans Guide to the Ancient Art and Mystique of opening and closing the Hall and Chapel.

- 1) Open door after service for Minister to stop anybody leaving first
- 2) Before locking up check ladies toilet for any old ladies asleep
- 3) Go home and lie down in a darkened room

R.I.P. Ian you will be greatly missed

**Ian and Beryl Booth Chapel Wardens**

~~~~~

Dean Row Chapel Rotas, March, April, May, June 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
March 1	Mr P Shaw	Mr I Booth Mrs B Booth	Mrs C Wilkie Mrs J Davies
Mar 8	Mr K Dennell	Mrs C Wilkie Mrs J Davies	Mr K Dennell Mrs S Dennell
Mar 15	Mrs C Wilkie	Mrs B Robinson Mrs S McFadyen	Mrs A Gemmell Mrs M Craven
Mar 22	Mr P Shaw	Mrs C Wilkie Mrs J Davies	Mr J Wenham Mrs B Wenham
Mar 29	Mr I Booth	Mrs E Godfrey Mrs E Taylor	Mr I Booth Mrs B Booth
April 5	Mr P Weigh	Mr P Weigh Mrs M Weigh	Mrs J Boys Mrs B Berry
April 12	Mr K Dennell	Mrs A Gemmell Mrs M Craven	Mr K Dennell Mrs S Dennell
April 19	Mrs C Wilkie	Mrs J Boys Mrs B Berry	Mrs C Wilkie Mrs J Davies
April 26	Mr P Shaw	Mrs A Smith ?	Mrs B Robinson Mrs S McFadyen
May 3	Mr P Weigh	Mrs B Robinson Mrs S McFadyen	Mrs J Boys Mrs B Berry
May 10	Mr I Booth	Mrs A Gemmell Mrs M Craven	Mr I Booth Mrs B Booth
May 17	Mrs C Wilkie	Mrs A Smith ?	Mrs B Robinson Mrs S McFadyen
May 24	Mr K Dennell	Mrs J Boys Mrs B Berry	Mr K Dennell Mrs S Dennell
May 31	Mrs C Wilkie	Mrs C Wilkie Mrs J Davies	Mrs A Gemmell Mrs M Craven
June 7	Mr I Booth	Mr I Booth Mrs B Booth	Mr J Wenham Mrs B Wenham
June 14	Mr P Weigh	Mrs J Boys Mrs B Berry	Mrs B Robinson Mrs S McFadyen
June 21	Mr P Shaw	Mrs E Godfrey Mrs E Taylor	Mrs C Wilkie Mrs J Davies
June 28	Mr I Booth	Mrs A Gemmell Mrs M Craven	Mr I Booth Mrs B Booth

Dean Row Events

Lent Lunches to be held at Dean Row Chapel Hall

24 February, Hosted by Dean Row Chapel

3 March, Hosted by The United Reformed Church

10 March, Hosted by The Quakers and Life Church

17 March, Hosted by Saint Teresa's Roman Catholic Church

24 March, Hosted by The Methodists

Tuesday 31 March Visit to Gorton Monastery – full details to be announced.

Thursday 23 April 2.00pm Just Ice afternoon, telling us about the wonderful work they do to help combat modern slavery.

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



Dean Row Chapel Officers:

Chair

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

Alastair Brown Tel: 01925 262332

Email: alastair6451@aol.com

Secretary

Helen Wilson Tel: 0161 962 9661

Email: helenwilson249@gmail.com

Treasurer

Neil Waller Tel: 0161 945 4568

Email: halechapeltrerasurer@gmail.com

Executive Committee

Jo Turner Tel: 0161 928 0406

Email: theturnermob@gmail.com

Liz Wilson Tel: 0161 980 4629

Email: stuliz22@talktalk.net

Barbara Waller Tel: 0161 945 4568

Email: wallerfamily01@gmail.com

Patricia Head Tel: 07708 281509

Email: patriciahead200@gmail.com

Catherine Leavey Tel 0161 980 2036

Email: catherine.leavey@hotmail.com

Carol Redhouse

Email: carolredhouse1945@gmail.com

Chapel Hall Bookings

335 Hale Road, Hale Barns WA15 8SS

Sharon Kupusarevic Tel: 07801 140809

Email: halechapelhall@btinternet.com



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

The Pencil Maker

The Pencil Maker took the pencil aside, just before putting him into the box.

“There are five things you need to know,” he told the pencil, “before I send you out into the world. Always remember them and never forget them, and you will become the best pencil you can be.”

1 “You will be able to do many great things, but only if you allow yourself to be held in Someone’s hand.”

2 “You will experience a painful sharpening from time to time, but you will need it to become a better pencil.”

3 “You will be able to correct any mistakes you might make.”

4 “The most important part of you will always be what’s inside.”

5 “On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.”

The pencil understood and promised to remember and went into the box with purpose in its heart.

Now, substitute the place of the pencil with YOU. Always remember these five things and never

forget them, and you will become the best person you can be.

1 “You will be able to do many great things, but only if you allow yourself to be held in God’s hand and allow other human beings to access you for the many gifts you possess. Everything you do will always leave a mark.”

2 “You will experience a painful sharpening from time to time as you go through various problems in life. You will need this to become a stronger person, one that is better and more useful.”

3 “You can always correct any mistakes you might make.”

4 “What is important is what’s inside of you.”

5 “On every surface you walk through, you must leave your mark. No matter what the situation, continue to do your duties.”

Allow this parable of the pencil to encourage you. Never allow yourself to become discouraged and/or to think that your life is insignificant and cannot be changed. Know that you are a special person and the only one who can fulfil the purpose for which you were born. Remember—the most important part of who you are is what’s inside of you.

From Winnie The Pooh by A.A. Milne
submitted by Anne Gemmell

“Sometimes days feel heavy, and the clouds don’t let the sunshine through.

That’s when friends matter most.

A friend doesn’t always have the answers, and they don’t always make the sadness disappear. But what they do is far greater—they stay.”

“They sit beside you in the quiet, they hold you when the world feels too big, and they remind you that you don’t have to carry the weight alone.”

“You don’t have to be cheerful all the time to be loved. You don’t have to smile to belong here.”

“You are my friend, and that is enough with nothing more than a hug and a gentle reminder, true friendship feels like: safe, steady, and always there.”

Because that’s what friends are for!!!!”



A meditation on angels By Rev. Tony McNeile

Let us open the eye of imagination. Let us see the spirit within us as a pilgrim walking the path of life. We come into life unknowing and dependent on a love that will nurture and protect us, but the time comes when this love releases us to go our own way. There have been lessons and instructions to set us on our way. The pilgrim path our spirit walks is sometimes easy, sometimes steep and hurtful. Sometimes the spirit walks in darkness and alone. There are false trails. There are promises of love and friendships that are not fulfilled. The pilgrim spirit must learn to survive and continue. The pilgrim spirit must find an inner strength and a sense of purpose for the journey. And sometimes on the journey the spirit is aware of the guardian angel who appears as if in a dream. The guardian angel is guide and comforter, whispers words of wisdom, points to the good path and tries to prevent the wrong path being taken. In our imagination and meditation let us embrace the presence of the angel walking alongside our spiritual selves.

Q: How many Unitarians Universalists does it take to change a light bulb?

A: We choose not to make a statement either in favour of or against the need for a light bulb. However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence.

You May Be A Unitarian Universalist If...

- belly-dancing has ever been part of a Sunday service.
- on Hallowe'en you explain to everyone the Pagan significance of their costumes.
- you get mail from committees you didn't know you were on.
- you know at least two people who are upset that trees had to die for your church to be built.
- you consider Millard Fillmore one of the greatest U.S. Presidents. (He was Unitarian).
- you are unsure about the gender of God.
- you think the Holy Trinity is "reduce, reuse and recycle."

<< PRAYER AND POETRY CORNER >>

This is a prayer for you - submitted by Betty Ellis for the Congregation Service

I said a prayer for you today
And know God must have heard
I felt an answer in my heart
Although he spoke no word
I didn't ask for wealth or fame
(I know you wouldn't mind)
I asked him to send treasures of a far more lasting
kind!
I asked that he'd be near you
At the start of each new day
To grant you health and blessings
And friends to share your way.

#####

If the only prayer you said in your whole life
was 'Thank You' that would be enough.

Meister Eckhart
1260-1327 German theologian, philosopher and mystic

Dust If You Must by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.



May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too. Open our eyes and lives to the needed changes in our lives this Spring. Awaken us to new life and perspective, for we pray in Jesus' name.

Xavier University

For Flowers That Bloom

For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!

For blue of stream and blue of sky;
For pleasant shade of branches high;
For fragrant air and cooling breeze;
For beauty of the blooming trees,
Father in heaven, we thank Thee!

- Ralph Waldo Emerson

God, thank you for Spring and the hope of warmer, longer,
brighter days.

Thank you for the coming of growth and life and birth.

Thank you that things are coming awake in the world.

This is what our calendar says, and we do see some signs
that it is real.

But we also still struggle with the residual layover of winter.

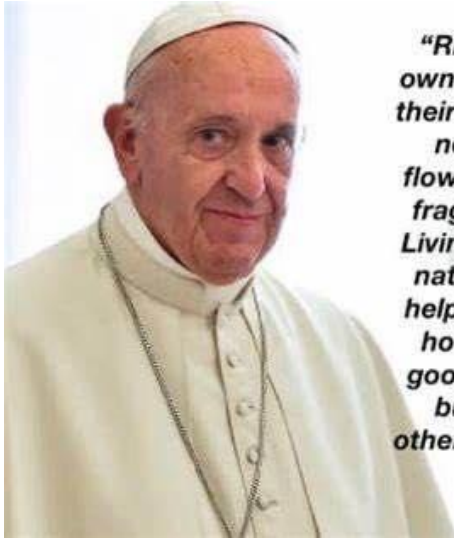
Now we ask that you bring into reality all that belongs in
this season. Your word says that we will have provision, and
hope, and joy, and health and loving relationships here and
now in this life.

We ask that what belongs in this season would become
actual in our practical lives.

We hope in you and in your promises. We hope in your gift
of Spring.

- Author Unknown

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

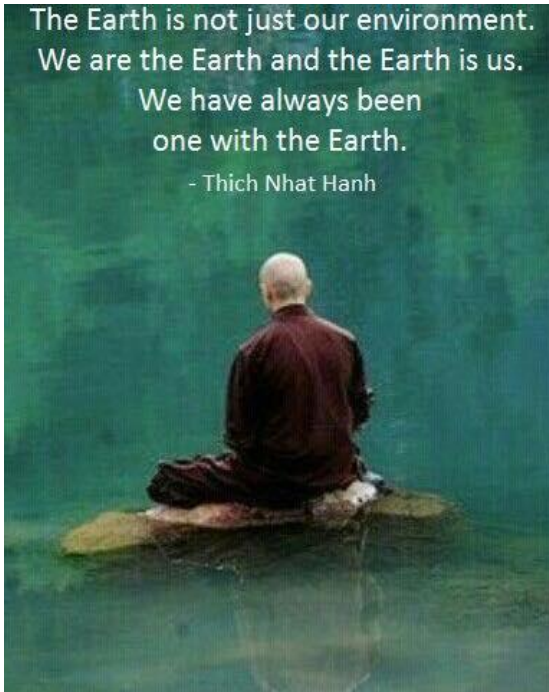


“Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is....life is good when you are happy, but much better when others are happy because of you.”

- Pope Francis

The Earth is not just our environment.
We are the Earth and the Earth is us.
We have always been
one with the Earth.

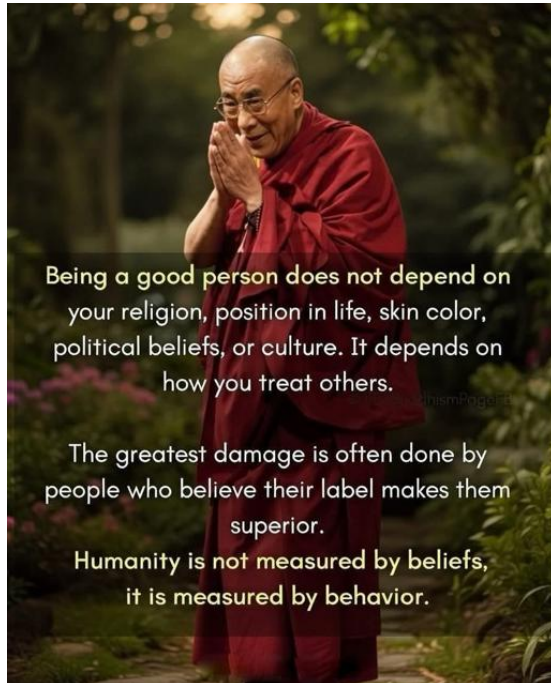
- Thich Nhat Hanh



Submitted by Jenny Williams

“Some believe it
is only great power
that can hold evil in
check, but that is not
what I have found. It
is the small everyday
deeds of ordinary folk
that keep the darkness
at bay. Small acts of
kindness and love.”

-J.R.R. Tolkien
The Hobbit, pub. 1937



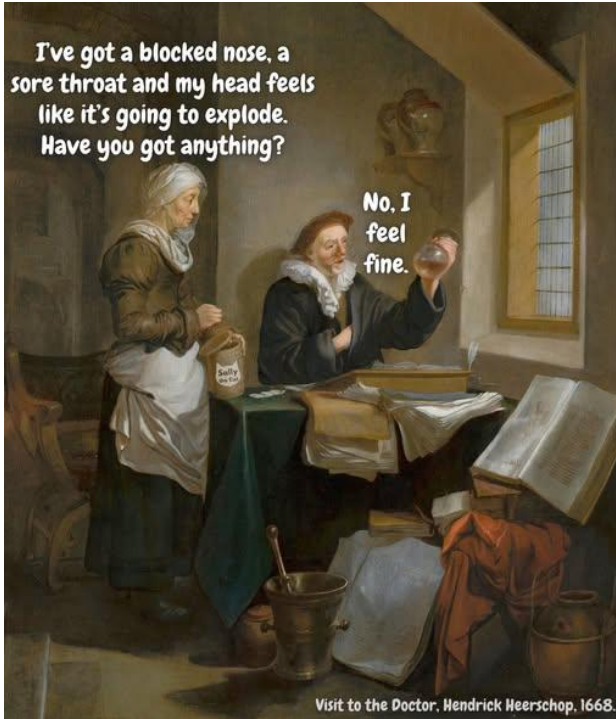


I THINK GROWN-UPS JUST ACT LIKE THEY KNOW WHAT THEY'RE DOING.



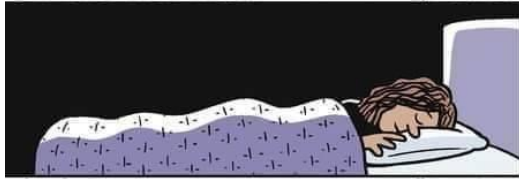
I've got a blocked nose, a
sore throat and my head feels
like it's going to explode.
Have you got anything?

No, I
feel
fine.



Visit to the Doctor. Hendrick Meerschop, 1668.





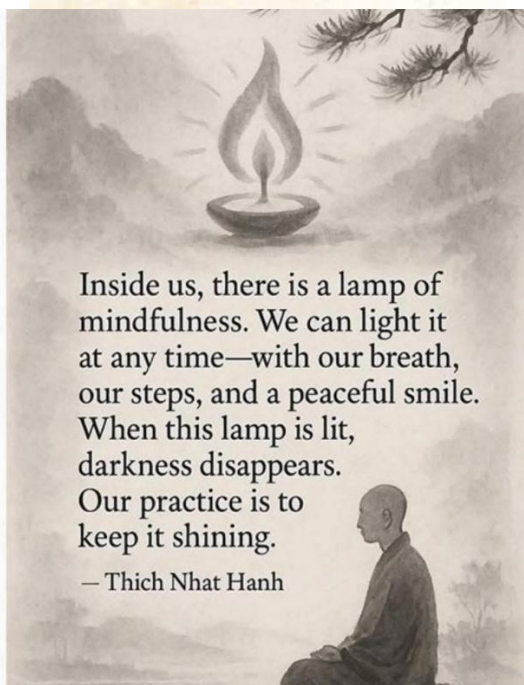
otmCartoon@gmail.com ©2014Mark Parisi Dist by Andrews McMeel 4-27 offthemark.com



Geez Grandma! It's not that hard! Go into Settings... select wi-fi... Select it! Tap it with your finger... OMG any finger!! Grrrrrrr

“This is my wish for you:
Comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the clouds,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
Love to complete your life.”

-Ralph Waldo Emerson
(1803-1882)

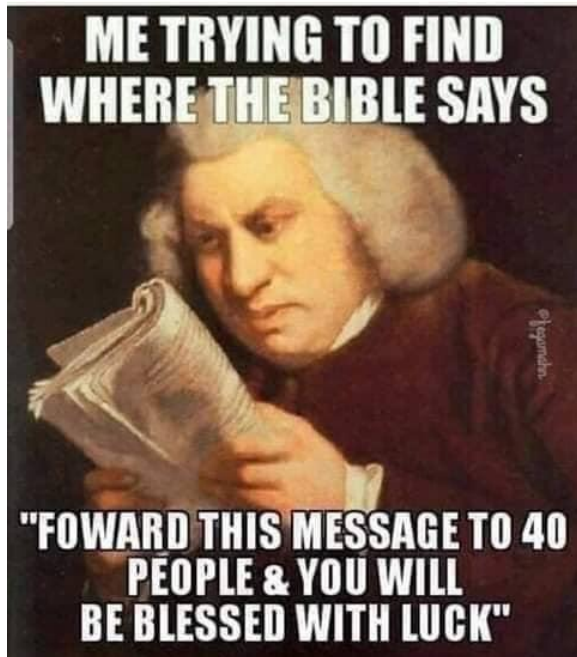


Inside us, there is a lamp of
mindfulness. We can light it
at any time—with our breath,
our steps, and a peaceful smile.
When this lamp is lit,
darkness disappears.
Our practice is to
keep it shining.

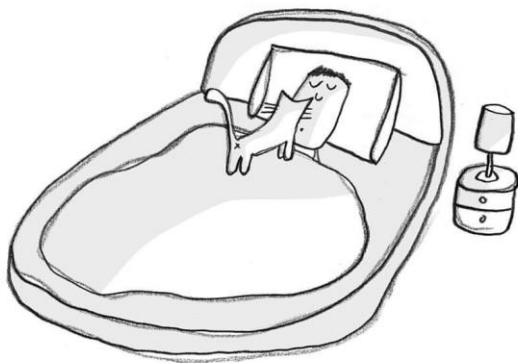
— Thich Nhat Hanh



my coworker is really weird and unproductive



SECRETS to being a CAT



Lick your slave at 3am when you are bored.

Years ago, my Mother-in-law began reading, "The Exorcist". She said it was the most evil book she ever read. So evil in fact, she couldn't finish it, took it over to the beach and threw it into the ocean off a fishing pier.

I went and bought another copy, ran the faucet over it and left it in the night table drawer by her bed. My Father-in-law said that night was the first time she ever screamed and fainted.

I'm going to Hell, but I'll go laughing.

A Guide to the Square Foot Gardening Method

Did you know you can grow a lot of food even in a really small space? No matter how much room you have to work with, there are creative ways to maximize you're growing space so that you can put more food on the table, straight out of the garden. This gardening method is called the Square Foot Gardening Method. From that tiny space you can grow your first crops. You will be amazed by how much food comes out of that tiny space.

The square foot gardening method is perfect for a new gardener, or a seasoned gardener and it works really well. It comes with some lessons learned, just like any method, but I think it's one of the most accessible gardening methods for first time gardeners and for experienced gardeners, making the best use of growing space.

Square foot gardening is simple. This gardening method is exactly as it sounds. You create a grid for the space you're using and use every single square foot, to grow a specific amount of plants based on the type of crop you're growing. It is perfect for a first time gardener who wants to have a lot of diversity, but also wants to have simplicity. It's based on a 4' by 4' grid, with 16 square ft. of growing space, but the method can be adapted to any size plot utilizing the same principle: each square has a clear purpose and intention for growing a specific amount of food.

The Square Foot Gardening method saves gardeners time, effort, space and water. It is estimated to cost 50% less, uses 20% less space, 10% of the water, and only 2% of the work compared to single row gardening. Additional benefits are: virtually no weeds, no digging and no heavy tools are necessary. Pros of Square Foot Gardening are that you can - Maximize growing, lower cost, use less water, less hard work, grow a different vegetables in a small space, less weeds, organized method of gardening.

There are similar methods to gardening that involve a high level of production, but the Square Foot method simplifies it in a way that is ideal for new gardeners or really any gardener who is working with a small space and wants to maximize their output.

How do I start?

First, mark out your space. Whether you're going to do a raised bed with sides, or simply plant in the ground, plan it out before you start. Choose a spot with full sun, good drainage, and easy access. Once you have your space marked out, the next step is equally important! Plan very strategically what you want to plant in the area you have selected.

The best suggestion for choosing what to plant is plant what you eat! Sounds simple, and that is what it is! Before you start growing kale and lettuces, consider if you really enjoy eating greens or making green smoothies. Prioritize growing crops that can be used directly in the meals you enjoy the most. Such as garlic, onions, tomatoes, peppers, beans and greens.

Sit down, make a list of what you enjoy eating, and rank the list from high priority to low priority. Then you can choose to fill the squares in the order of priority.

7 Tips for Square Foot Gardening

1. **Use a grid to mark out the squares.** As discussed above, this is essential for marking out your space and keeping it organized.
2. **Prune regularly.** If you're planting a tomato per ft. pruning is more important than ever! Make sure you research how to do this properly so you're prepared before plants grow out of control.
3. **Strategically plant crops.** With square foot gardening, you have a lot of variety in a small space, so it's important to understand

how the plants will grow and potentially shade out or compete with each other. Know where the sun rises and sets so you can strategically plant your smaller crops south facing and your larger crops behind them.

4. **Take advantage of companion gardening.** This relates to point number 3, you want to consider how plants will interact with each other in relation to the sun, shade, as well as the way they absorb nutrients from the ground. Some crops, like garlic and onions, are heavy feeders; whereas, beans are nitrogen fixing, and root vegetables actually thrive off of much less nutrients. This is all important to consider when utilizing the Square Foot Gardening Method.

Bear in mind the length of time it takes for plants to reach maturity. You will find that some squares could be emptied quite quickly. Try not to plant the same crop in a square, try to rotate them. Also you can now buy quite cheaply starter plants from the garden centres to fill spaces as well as seeds.

I have found that tomatoes are best grown in large pots or in the ground if you don't have a greenhouse. Also potatoes are not a good crop for this method and are much better grown in large bags so they can be earthed up as they grow.

The Square Foot Garden can be made from scrap or new timber if you have it, or directly in the ground. If you would like to try this method, the internet has lots of information. Once you get started it is easy and productive.

Derek and Chrissie use a similar method in raised beds which gives a good supply of fresh delicious vegetables from spring to early winter.

