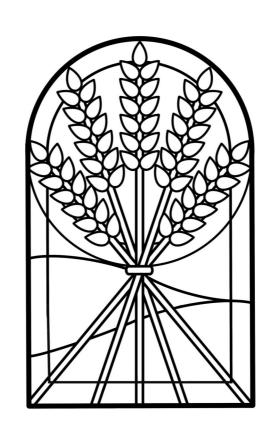
2023

S E E E

MENSTON
PARISH CHURCH
St John the Divine



HARVEST THANKS-GIVING

£1

R



### Accredited by the College of Podiatry

### Welcome to our Guiseley Clinic.

#### Traditional Podiatry for treatment of

Nails, hard skin, corns, ingrowing toenails, verrucae, etc

#### **Biomechanical Assessments treating**

Sports injuries, running/walking injuries, general foot pain, heel pain, lower back and hip pain, knee pain, children's foot pain, etc. Tendon, muscle and ligament rehabilitation.

Gait retraining for both walkers and runners.

#### **Fascial Manipulation**

Fascial Manipulation is used to restore normal, pain free movement and flexibility of joints, muscles, tendons, nerves, etc. Used in the treatment of sciatica, general hip pain, knee problems, ankle and foot problems and many other conditions. This is not a pain free treatment but the effects can be immediate.

#### Please visit our website for more information

Contact Kathryn Lindsay BSc(Hons)

Andrew Lindsay BSc(Hons)

Phone 01943 872716

Email info@thefootpeople.co.uk Website www.thefootpeople.co.uk

### **Church Communication**

Are you good at talking with people?

Are you a whizz at social media?

Do you have ideas about how to publicise church life in Menston?

If so, we could be looking for you!

St John's is always looking for better ways to make sure everyone in the church, the village and the wider community know what we are doing. If you have ideas and would be willing to help getting the message out, then sign up and let us know what you can do.

A few minutes a month could be all it takes to grow the church family and make St John's the centre of a vibrant Menston community.

	This month	P11	Churchyard Closure
P6	A View from the Pews	P14	Personal Growth
P9	Their Finest Hour	P17	Menston MU news
P10	Harvest Giving	p19	Quiz

Copy for the OCTOBER magazine is due by **Sunday 10 September**. Please email copy to both editor and Parish Office (office@stjohnmenston.org.uk) or leave copy for typing with the office.

### The Vicarage

#### **Dear Friends**

Recently I made some comments about prayer in a service in relation to a verse from Paul's letter to the Romans that people found helpful, so I thought I should expand upon them here:

Likewise the Spirit helps us in our weakness, for we do not know how to pray as we ought, but that very Spirit intercedes with groanings too deep for words. – Romans 8:26

Prayer is something that most of us find difficult. We aren't sure what words to use, what we're meant to do, and tend to assume nothing is happening a lot of the time. Learning about prayer is also hard because it's a bit like riding a bike – theory is good, but you only 'get it' by doing it.

I'm reading a book on prayer by Sister Wendy, a contemplative Roman Catholic nun, at the moment. She talks about prayer in relation to the story of Naaman being cured of leprosy by washing in the river seven times on the instruction of Elisha, the prophet (2 Kings 5). He could have decided not to bother. He could have given up after a few dips in the river. He could have decided the whole thing was beneath him.

Instead, though, he put himself in the water and on the seventh time God healed him. Sister Wendy likened this to prayer, saying it is God who is at work when we pray. We may initiate contact, just as Naaman entered the river, and sometimes we might leave feeling like nothing has happened, but in the end, God is the one who helps us pray, just like it was God who healed Naaman.

I think this is truly amazing for those of us who struggle with prayer. If even St Paul admits that it's hard to know how to pray as we ought, then to know that God's Spirit prays for us turns everything around. No longer are we terrified that we might not say the right thing, as if we conjure up God through some magical incantation. No longer are we worried that we aren't worthy enough to be in God's presence.

Instead we simply enter into prayer, like Naaman getting into the river, and let God do the rest. If we say something, we trust that God will work with our words even if they're not great. If we say nothing, we trust that God holds us in our silence. If we come anguished, we trust that God hears our unsaid pain and prays with and for us. Our job, is to enter the water. God takes care of the rest.

So let us pray, bringing ourselves into God's presence for God to work through our just being there.

### Steve

### A View from The Pews by Dominic Hall

I have a question for you; which is the first day of the week?

I thought I knew the answer. It's Sunday, right? The Lord's Day. The Lord being the most important entity surely the Lord's day would be first. Job done, debate settled, where's my glass of wine?

Not so fast. God, Genesis tells us, created the universe, the world and that which lives in it in six days and rested on the seventh day. In the Christian tradition that day of rest is Sunday. Well, if that's the case then the first day of the week is Monday.

Monday makes good sense for those of us who work a regular Monday to Friday job – after all, the weekend comes at the end of the week! However, there are many jobs – medical, retail, service and hospitality – which do not run to a regular Monday to Friday week, so when does their week start and when is their weekend?

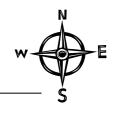
A few weeks ago, I went to the theatre. Those of you who go regularly will know the interval comes in the middle. The interval provides a chance to relax, stretch your legs, get an overpriced ice cream, or spend twenty minutes queuing for the loo! So, if like the theatre, the rest comes in the middle of the week is there a case to be made that the first day of the week is actually Thursday?

Suddenly the debate doesn't seem so settled. Which brings me to the point of these ramblings, I'll bet you wondered if there was a point!

If something so settled and seemingly obvious as the days of the week is actually quite random what does that say about other certainties in our lives? In reality, all that we hold to be true and certain is often built on shifting sand. The 'certainty' of the young is that their parents will be there to fix any problem – then one day they are not. The certainty of parents is that their children will grow up to be fine adults – until they end up in prison or worse. The certainty of the elderly is that they are comfortable and able to relax and enjoy their retirement – until the heating bills start to soar.

Certainty in life is a comfort but a false one on which to rely. It is why so many of us put our trust in God. In willingly leaving the big decisions to God we can remove worry from our lives and think about more important matters – like which day is the first day of the week!

## Prayer Points



September is here already, and heralds the season of Autumn, symbolic of plenty, harvest, beauty and abundance. It can also symbolise decay, old age and even death, and 11 September reminds us of the al-Qaeda attacks against the U.S.A in 2001. Terrible things are still happening, and we see so much suffering, hatred, war and destruction in our world that we can feel overwhelmed. When weighed down at times like these, we need to hold fast to the love of God.

God is love and he enfoldeth
all the world in one embrace;
With unfailing grasp he holdeth
every child of every race.
And when human hearts are breaking
under sorrow's iron rod,
then they find that selfsame aching
deep within the heart of God.
Timothy Rees

When struggling to find the right words, a meditative style of prayer, repeated a few times, can sometimes calm the mind, and help us feel God's presence within us:-

All that I am Lord, I place into your hands
Everything I work for, I place into your hands
Everything I hope for, I place into your hands
The troubles that weary me, I place into your hands
The thoughts that disturb me, I place into your hands
Each that I pray for, I place into your hands
Each that I care for, I place into your hands
The choices I make, I place into your hands
All that I am Lord, I place into your hands.

With thanks to Jan Woodland for this month's Prayer Points

### **ECO CHURCH GROUP**

Walk to Church Sunday - thank you to everyone who took part in this. Maybe this could become a habit if it is not already?

**Harvesting crops** In August, we were able to harvest potatoes, carrots and beetroot from our veg beds outside the Parish Room, so thank you to everyone who has been involved in this in any way - the water butt, pots, compost and the planting and watering. Now we need to make plans for Autumn/Winter planting.

Many of you will be aware that **blister packs** can now be brought to St John's for recycling. Please check that they are empty of any medicines. Dominic has kindly offered to take these to Superdrug in Leeds.

All these actions are really important in how we are caring for our planet. The intense heat /fires in so many parts of the world are the stark reality of climate change that is happening now.

If you want to use a bit of tech to work out how your lifestyle impacts carbon emissions, have a go at doing a **carbon footprint calculator**. The one at <a href="https://footprint.wwf.org.uk/">https://footprint.wwf.org.uk/</a> is straightforward to use - please do share the results with the eco church team! Maybe consider sharing a pledge with us based on what you found out? Pledge cards available at the back of church.

As I have mentioned before, the Church of England is aiming for net zero carbon emissions by 2030. In 2022, St John's emitted 9 tonnes of CO2e per year. So that is high (category E) for our size against other churches in England. When measured for the numbers of people using the building we are in category C. Category A is the best!

So we will be looking at how we can improve on that as we work through the Eco church survey. The Eco church scheme run by the Christian charity A Rocha provides a vast amount of useful information about what we can all do to look after our world. It is one of the national charities in the button vote - please do give it your support.

If you would like to get involved in eco church issues, please do get in touch. We next meet on Thursday 7 September.

Eco church team: Marilyn, Sally, Catherine, Jeanne-Claire, Matthew and Jen.

### THEIR FINEST HOUR

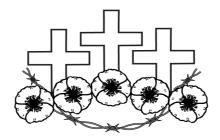
Do you have a story or an object from World War II? Maybe it was passed down to you by your parents or grandparents or other family members? Can you help us to build an archive of these memories for Menston before they disappear?

You will also be contributing to an Oxford University research project (similar to the very successful World War I project run by the village). You can find it at:

https://theirfinesthour.english.ox.ac.uk/home.

### Book the date! Saturday 4 November 2 - 5pm at Kirklands.

Bring along your object and your story. We have a great team waiting to record your history. Please do get in touch with Goodith if you have any questions or would like to contribute: 872043.



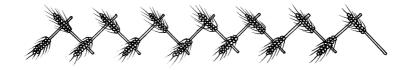
### Bradford North Food Bank HARVEST THANKSGIVING ~ 24 September

### Please do not bring items of food or toiletries.

Once again St John's is supporting the Bradford North branch of the Trussell Trust. Steve has suggested that, as last year, we help the Food Bank with <u>donations of money only</u> as there are problems associated with the handling of donated items. Any food items brought will be used in the local homeless collection.

The Food Bank prefers donations of cash used to provide food parcels to people in crisis in North Bradford / Shipley / Rawdon / Yeadon or Guiseley areas. Our donation is vital to their work, especially now that the large supermarkets are scaling down or stopping donations provided. Without help they would struggle to give those referred to them a balanced and nutritious three day supply of food.

There will be a Big Jar at the back of church for cash donations. If you wish to Gift Aid your donation please do so via their website bradfordnorth.foodbank.org.uk/



### ALTAR FLOWERS

3 Sept	Fiona Johnson
10 Sept	Marjorie Boddy
17 Sept	Judith Knaggs
24 Sept	Harvest

### Information Concerning Churchyard Closure on Behalf of PCC – July 2023

At their latest meeting the PCC agreed to apply to the Ministry of Justice for a closure order for St John's churchyard. The closure is being applied for on the basis of there being no useful space for new graves.

Importantly, closure would not prevent further burials in existing family graves which have sufficient room and would not prevent the burial of ashes in the Garden of Remembrance.

This process could take up to two years and will include mapping of the churchyard area to be closed, a parish consultation and a condition report of the existing memorials in the churchyard.

There will also be the possibility of formal objection from the wider parish and details of this will be advertised in due course. In addition, the PCC will apply to transfer the responsibility for maintenance of the closed churchyard to the Local Authority, in this instance Bradford Council. If adopted, the Local Authority would provide a basic level of maintenance which would not preclude the community 'topping up' the level of care if required.

In other places where maintenance has been taken over by a Local Authority, there has been anxiety about the potential for removal of headstones or monuments. It is important therefore that everyone is aware that if a headstone or monument did indeed become dangerous, a decision would be taken about the most appropriate way of making it safe, and appropriate faculty permissions would be sought by the Local Authority for the work.

Please contact the vicar or the churchwardens if you have any questions or comments.

### Worship this month

3 Sept The Thirteenth Sunday after TRINITY Readings: Romans 12: 9-end; Matthew 16: 21-end Reader: David Mercer 9.30am Zest 11.00am Parish Eucharist 6.00pm 6pm Service ~ Romans 10 10 Sept The Fourteenth Sunday after TRINITY Readings: Romans 13: 8-end; Matthew 18: 15-20 Reader: Ros Wilkinson 9.30am Zest Parish Eucharist 11.00am The Den 7-8pm 17 Sept The Fifteenth Sunday after TRINITY **Readings: Romans 14: 1-12; Matthew 18: 21-35** Reader: Colin Alexander Zest 9.30am 11.00am Parish Eucharist 6pm Service ~ Romans 11 6.00pm 7-8pm The Den 24 Sept The Sixteenth Sunday after TRINITY ~ HARVEST Readings: Philippians 1: 21-end; Matthew 20: 1-16 Reader: Pat Machin Zest 9.30am Parish Eucharist 11.00am The Den @ 'Release' ~ Ilkley All Saints 6.30pm

1 Oct The Seventeenth Sunday after TRINITY

Readings: Philippians 2: 1-13; Matthew 21: 23-32

Reader: Adele Maddy

9.30am Zest

11.00am Parish Eucharist

6.00pm 6pm Service ~ Romans 12

7-8pm The Den

#### MID-WEEK SERVICE OF HOLY COMMUNION

9.30am Thursdays: 7 / 14 / 21 / 28 / Oct 5

ST JOHN'S, MENSTON

# Choral Evensong

LED BY SPECIAL GUESTS
CONCORDIAMICI



SATURDAY 23 SEPTEMBER 3.30PM

WWW.STJOHNMENSTON.ORG.UK

### PERSONAL GROWTH and LEADERSHIP COURSE

Over the past four years, a training team in Bradford have created a space for clergy and lay church teams to explore these areas together, out of the rush of parish ministry, to learn, share, and put into practice some key principles around growth and leadership, encouraging confidence among lay and clergy teams. Personal Growth and Leadership is not just for people who are already leading; it's about people who have the potential to lead, but perhaps lack the confidence.

Personal Growth and Leadership is rooted in six three-hour sessions. They each take place on a Saturday morning. The course will be delivered in person at Fountains Church in central Bradford.

Pre-session videos help to set the scene and get participants ready for discussion. The Saturday morning session then explores the principles of personal growth and leadership outlined in the videos through Bible application, discussion and group work. As a clergy and lay group you are also encouraged to meet between sessions to continue sharing and developing further what you are learning.

The work is built from John Maxwell's work and one of our team, Neville Hilton is trained in this work. He works alongside Sharon Bavington and Archdeacon Andy Jolley.

### What People Say About Personal Growth and Leadership

It has made me reflect, analyse and re-evaluate how I spend my time and energy. It has inspired me to join the mission group and try and be more proactive in the

(Continued on page 15)

congregation. This in turn has led me to read and try and understand the Bible more and relate it to my life. I feel more relaxed about my faith and sharing it with others who say they have no faith.'

'It's nice to speak to people in other churches, and it's good to get ideas of activities that have been successful.'

"I really feel the plans we have made on this course will support the church's vision and growth. Hopefully it has given the leadership team more people to support and be of use to them and to relieve the burden a little.'

'Renewed my sense of calling as a leader and increased confidence, and responding to God's call to do this in our parish. Built stronger relationship with the group from our church. Given me a desire to encourage others to lead by example.'

Dates for the course beginning this September are:

Saturday September 23; Saturday October 21; Saturday November 25;

**2024;** Saturday January 20, Saturday February 24; Saturday March 23

If you are interested, please speak to Steve or Marilyn. We are hoping that we can send a group to the course.



It can be read in the Bible in Genesis chs. 37:1-36,39:1-20

### A short story from the Bible

Jacob had 12 sons but his favourite was Joseph, his beloved Rachel's son. He even gave him special clothes to wear...

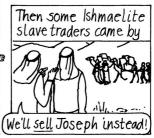


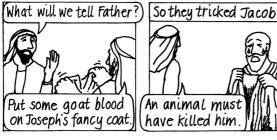


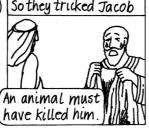


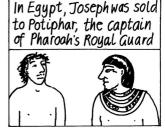
Joseph visited his brothers





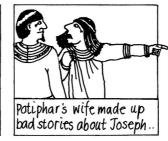






Potiphar was very pleased with Joseph's hard work and put him in charge of his household, but.









#### This month:

### 5 Sept 2.15pm 'Welcoming the year ahead'

We will meet in church to start our new programme with a short service. Refreshments in the Parish Room.

During our summer break we were invited by St Oswald's MU. Guiseley, to attend a special service they were holding to celebrate Mary Sumner Day on 9 August and a small number of St John's members were able to attend.

Mary Sumner founded the Mothers' Union in 1876 and her life and vision continues to inspire us as we serve God in the 21st century. She was a woman of deep faith, the wife of a vicar, with a heart for prayer and a determination to make a difference in the life of others. The 5 main aims which all MU members swear to uphold on enrolment, are:-

- To promote and support married life
- To encourage parents in their role to develop the faith of their children
- To maintain a worldwide fellowship of Christians united in prayer, worship and service
- To promote conditions in society favourable to stable family life and the protection of children
- To help those whose family life has met with adversity

Following the inspiring service, refreshments and fellowship, a retiring collection was taken which would be donated to the MU's current 'Summer of Hope' Appeal in support of the above aims.

Marjorie Boddy & Ann Dixon

### **TOP TIPS for September- think before you buy!**

Think before you buy: the manufacture of a new car uses a lot of energy and resources which generate 6 tonnes CO2e for a small vehicle (more than half your total year's carbon budget), 17 tonnes for an estate car and up to 35 tonnes for a top of the range Discovery Land Rover.

Do you really need a new computer, laptop or phone? Manufacturing new goods has a high environmental cost. A new laptop has a carbon footprint of 200 kg and a high end desktop 800 kg CO2e.

Think ahead to Christmas! How can you show love in your gift giving without costing the earth? Discuss having a Secret Santa or a price limit with family members, choose small thoughtful presents, or hand make gifts.

#### 2025 MENSTON HERITAGE GROUP

We next meet on Monday 4 September in Kirklands at 7.30pm (not 18 September). We will be considering the route of the intended trail and which landmarks/stories/people to focus on.

We will be working with some Bradford University students to make short film clips and we could do with photos of Menston from bygone years. So if you have any pics/articles about the changes in the village, do get in touch.

Archive material is being collected and we hope to start making use of the space at Menston Community Library soon!

Please see the <u>menston.org</u> website for what we have done so far. If you are interested in joining us, have a word with Marilyn or ring 874220.

### **Little and Large Church Buildings**

- 1. Which is England 's smallest medieval cathedral?
- 2. Which is the country 's smallest parish church?
- 3 Where is the largest parish church in England?
- 4. Which is the largest religious building in England?
- 5. Which English cathedral has
  - a) the longest nave
  - b) a truncated nave, because four and a half of the original bays were demolished in the seventeenth century?
- 6. Which is the largest medieval cathedral north of the Alps?
- 7. Which English church has the largest rose window?
- 8. Which cathedral has the highest Bishop 's throne in Christendom?
- 9. Where is the largest stained glass window in the UK?

Thanks to Heather Greig for another of her wonderful quizzes.

```
It is the Great East Window in York Minster.
                                                                      6
         Durham, where it is reached by a staircase in the quire.
                                                                      .8
It is in the chapel of Lancing College, and has a diameter of 32ft.
                                                                      7
                                                   York Minster.
                                                                      .9
                          a) Winchester b) Carlisle.
 Liverpool Cathedral, which is also the 8th largest church in the
                                                                     · 1
                                               Beuerley Minster.
                                                                      З.
                     Masdale Head, depending on your sources!
            Culbone Church in Somerset, or St Oldf's Church at
                                                                      2
                                                          p_{x}
                                                                      Ί.
                                                       zınb oı sıəmsuy
```

### MANOR COATING SYSTEMS LIMITED

### Paint Manufacturers and Merchants

Otley Road, Shipley BD17 7DP

### J Waite & Son Funeral Directors

Independent family business for over 65 years. Personal and professional service at all times.

- Dedicated Chapel of Rest
  - Pre-paid funeral plan
    - 24 hour service



46 Main Street Menston

01943 872485 day or night

### PHILIP DAVIES MP

To contact Philip...

Call:

01274 592248

Write:

House of Commons, London SW1A OAA

### Your Interests, Not Self Interest

Advertising ~ ring the Parish Office 01943 872433

### **TimeWarp**

FOUR PIECE BAND LIVE MUSIC - NO BACKING TRACKS CLASSIC HITS FROM 50s, 60s, 70s & LATER

> www.timewarpband.co.uk Email: david@timewarpband.co.uk

TELEPHONE: 01943 879290 MOBILE: 07899 944246

Ideal for Private Parties, Weddings and Special Functions



# Live well, *your* way with care at home

Start your home care journey with Home Instead®:

Companionship

Home Help

Personal Care

Dementia Care

■ Hospital Rehab/Recovery ◆ Live-in Care

Please contact our specialists covering

Ilkley, Otley & Skipton on

01943 662188 or visit

www.homeinstead.co.uk/Ilkley

We're always recruiting for Care Professionals to join our team. Please call our office for more information.

Each Home Instead franchise office is independently owned and operated. Copyright Home Instead 2023





### SARAH THE CARER

DBS (CRB) checked & BUPA trained

Experienced local lady available to offer companionship and support on a one to one basis, enabling at home care and independence. Services include, but not limited to:

- Night or day care
- Specialist care eg Dementia
- Cleaning/Laundry
- Food preparation
- Personal hygiene
- Local shopping / errands

Please call to discuss your personal needs.

Contact Sarah: 01943 874018 or 07919 566352 Excellent references available.

### B. F. E. BRAYS Ltd

**Chartered Accountants** 

FULL RANGE OF ACCOUNTANCY and TAXATION SERVICES including SELF ASSESSMENT RETURNS

MAKING TAX DIGITAL FOR BUSINESSES

**Contact:** Linda Nelson or Laurence Bentley

Building Society Chambers, Wesley Street, Otley LS21 1AZ

01943 462518 otley@bfebrays.co.uk

### The House Keeper Domestic Support Team

Service you can trust! 51 Derry Hill Menston, Ilkley LS29 6NG



Business established in 2005, specialising in supporting older people and those with disabilities to lead independent lives, as well as busy families and professionals.

We will happily help with cleaning, laundry, ironing, shopping, companionship and accompanied trips out.

Fully insured and police checked - References available

Contact Alyson Smith 07734 428389 or 01943 871511 Thehouse\_keeper@btinternet.com

Without the support of our advertisers the magazine would not be financially viable. Please try to support them whenever possible, and mention this magazine when