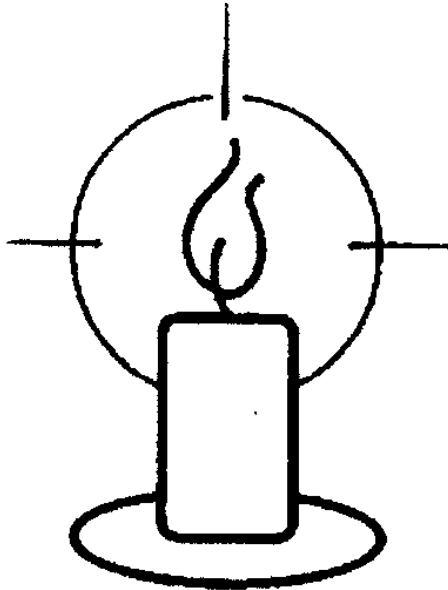


2026

M
A
R
C
H

MENSTON
PARISH CHURCH
St John the Divine



LENT

£1

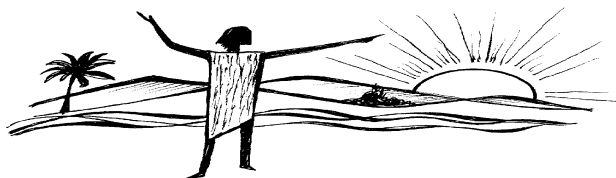
SOME GOOD THINGS ABOUT LENT

The days get longer. The English word for this season is the only one that has no religious significance at all. 'Lent' is simply an abbreviation of the Old English word 'lencten', which means 'lengthen'. On these islands, where weather is always a major topic of conversation, it's not surprising that what people noted about the days of Lent was that they got longer - no more of those ghastly dark tea-times.

It only lasts 40 days. Fasts, by their very nature, can't last forever, but Lent has a very manageable forty days. New Year Resolutions simply stretch off into some impossibly distant horizon, but our Lenten attempts at discipline (chocolate, cigarettes, daily prayers have an end date to them.

It's a journey towards Easter. Lent goes somewhere, and that somewhere is the empty tomb of Easter morning. It's daffodils in the churchyard and new life all around us.

Parish Pump News Service



This month		P13/15Lent/Easter worship
P6	A View from the Pews	P17 Menston MU news
P7	Prayer Points	p18 Bible Bites
P9	Music in the Air	P19 Notices
P10	Parish Room!	P21 Same-sex marriage and C of E

Copy for the **APRIL** magazine is due by **Sunday 8 March** Please email copy to both editor and Parish Office (office@stjohnmenston.org.uk) or leave copy for typing with the office.

The Vicarage

Hello friends!

Spring is on its way, winter is falling away. A wonderful symbol, and lived experience, of the hope we have in Christ. Just as winter gives way to Spring, so too will death give way to life. We may wait with, and in, brokenness, but the restoration and resurrection of all will come, and is on its way - as sure as Spring follows Winter.

Stay patient and hopeful my friends, despite whatever afflicts you now. This Lent we are wondering about how we can draw near to the love and hope on offer in Christ. We walk the way of the cross, but the path leads to the empty tomb and the life beyond. How can you draw near to that truth this season?

We remembered and proclaimed at Christmas that God is with us. How do you live into that truth and draw near to him today? For he is with always and everywhere. There is nowhere we can go from his presence. Yet often we find ourselves lost, or feel abandoned, or simply live independently. It is not God that ever moves from us, but us that move and turn from him. He is with us, if only we would take a moment to notice and to draw near.

Prayer, bible reading, connecting with those who love us, wondering at his awesome creation, worshipping together – all ways in which, if we choose to be attentive, will help us notice that God truly is with us, in Jesus Christ.

In that vein to help you this season, here is a reminder of opportunities for conversation, encouragement and friendship this Lent:

Mondays	8pm @ the Malt Shovel
Wednesdays	7:30pm Home Group
Thursdays	12pm @ Parish Room – bring a sandwich if you like!
Saturday Room	7 March – 10-2:30pm - Quiet Day – Retreat @ Parish Room

We are where we are and He is with us. Take the time to notice and draw near to Him this season.

Blessings,

Jo



Spring's Sunshine by Deborah Ann Belka

Lord, as the buds,
begin to re-form
in Spring's sunshine
bright and warm.

May I too,
open up to You
to be restored
and made anew.

Lord, as the birds,
take up their song
as in the breeze
they glide along.

May I too,
sing out to You
my song of praise
for all You do.

Lord, as Spring,
blooms and sings . . .
may I too emerge
on faithful wings!

Our refurbished Parish Room!

See also Jo's article on page 10



A View from The Pews by Dominic Hall

This year March is dominated by Lent. Undoubtedly there will be diets, abstentions from alcohol and chocolate; some poor souls might even deny themselves cake! What if we did things slightly differently this year?

Instead of denying ourselves access to those moments of joy it might be a good idea to take on a burden that encourages us to reflect with hope rather than misery. For example, I like to read. Indeed, I am rather anxious if I do not have a book on the go. For this Lent, it is my intention to read some of the named books in the Bible and reflect on what their stories mean to me. I am sticking to the Old Testament as that is where I might find the lesser-known stories that I feel will be more surprising and offer more meaty material with which to grapple.

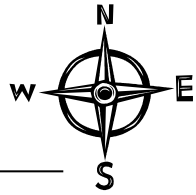
Lent is six weeks long and the books are quite short, so I plan on reading two a week and spending the rest of the time meditating and sitting with the people and their history. I think it will be interesting to read them not in a chronological order of the Old Testament but to pair them randomly and see the effect.

If you wish to join me then my schedule is as follows; week one – Nahum and Ezekiel; week two – Hosea and Ruth; week three – Joel and Ezra; week four – Amos and Habakkuk; week five - Obadiah and Esther; week six – Haggai and Zephaniah. They are plucked at complete random; I have not tried to weave any specific thread through them.

I must confess that I know very little about most of these tales. That is a challenge but also an opportunity. I come to the stories with no preconception or commentary to sway my thoughts.

Like many, I come to church on a Sunday and let the words of the service wash over me like a balm. They give me the strength and hope to get through the week until it is time to do it all again. Spending this Lent reading and reflecting personally on less familiar stories and prophecies will help, I hope, anchor my faith somewhat in the traditions and culture of a world before Jesus and will create a greater awareness of the hope and expectation placed in Him by a people so encumbered by their failings. Looking at the world we have shaped today, that is a message we can all share and hopefully, one from which we can take comfort.

Prayer Points



A Prayer for Ash Wednesday

Loving God,
Let the light you have brought to the world shine in the darkness of our hearts and bring new life, new hope and new possibilities.
Help me to walk more closely with Jesus, to know that I am deeply loved and to share His love with others. Amen.

During Lent

Loving God,
During this season of Lent, bring me closer to you.
Prepare a place in my home and my heart for silence and solitude so that I may rediscover the grace of gratitude and generosity.
Help me to fast from those things that threaten the well being of my body and soul and help me remember your grace and simplicity.
May this season be grace filled time to rekindle my love for and faith in you. Amen

On Mothering Sunday

Loving God,
Thank you for mothers and children and the joys of family life.
Be with those who are grieving because they have no mother.
Be close to those who are struggling because they have no children.
Be near to those who are sad because they are far apart from those they love.
Let your love be present in every home and help your church to have eyes to see and ears to hear the needs of all who come.
We ask this in Jesus' name. Amen.

With thanks to Hilary Feathers for this month's Prayer Points

ECO CHURCH NEWS

At Zest in mid February, just after Valentine's Day, the craft work focussed on how to 'Show the Love' for our world. This is part of the Climate Coalition campaign to encourage us to think about what we love about our local communities: clear air, green space, warm homes and share that with our local politicians to show it is important to us.



COMMUNITY NEWS

Menston Heritage Group

The group are continuing to collect donations and are hoping to gain insights from Otley Museum about how to arrange the material for easy retrieval.

The group enjoyed sharing some of the archive information with the two Scout troops during two sessions in February. Maps, metal detecting finds, old postcards and timelines were all part of the mix and the hope is that after some individual input, they will gain their local knowledge badges.

Climate Action Menston

Once again, we have been invited to take part in Science week at Menston Primary School on 9 March and will be thinking about insulation.

During March and April, we will be taking part in the 'Let's Talk Climate' training provided by *Larger Us* to the various environmental groups in the Wharfe Valley and Silsden.

Saturday 7th March, 3 - 5pm

Music in the air

St John's Church, Burley Lane,
Menston, LS29 6EU

Join us at St John's to hear
local musicians of all ages
making music for local people



£5 per adult including
refreshments. Children go free.

Tickets from the Parish Office:
email office@stjohnmenston.org.uk
text 07440289248, or leave
a message at 01943 872433.

In aid of church funds.

NEW PARISH ROOM DÉCOR!

The Parish Room has had a refresh, (*see photos p5*) and we hope you agree it is a more welcoming and useable space already, supporting mission, evangelism and social connection in Menston in 2026. Best feedback yet is from a small child at our Stay and Play group who said, *'I love this home!'*

Special thanks to:

- ◆ *Julie West* – one our Churchwardens for leading on the decorating logistics and furniture removal – no small task!
- ◆ *Our PCC* for their vision, and approval of the spending church funds in this way.
- ◆ *Standing Committee* (Julie West, Dom Hall, James Sheppard, Sally Smith, and Revd Jo) – making decisions, choices and purchases to make this happen, from assembling sofas, purchasing new chairs, to the installation of a new smart TV).
- ◆ *Sue Wilbraham* for sourcing new curtain fabric and in due course making the new curtains.
- ◆ *Revd Andrew* for assisting with furniture deliveries!
- ◆ *All of those who give financially to church* and have ensured there are funds available to the PCC for project such as this that will further our Mission in Menston.

Many hands make light work – or at least make a big job doable!

A prayer for our new space:

Lord, we thank you for our church building and our Parish Room,
May they be places of welcome and comfort for many,
helping all those who come in to hear and know more
of your love for them,
that they may leave this place with that love and
knowledge of you,
to go and bless the world in your name.
Amen.

OPEN TABLE BRADFORD

Many people here at St Johns have been very supportive of the work that David and I do, in Bradford once a month, and I wanted to thank you for your prayers and your support and to provide an update on where we are.

On the first Sunday in March, Open Table Bradford will be celebrating its 3rd Birthday. Commissioned by Bishop Toby, I have been proud to serve as the co-ordinator since it first began.

Open Table is a national network of growing partnerships that genuinely welcome and affirm people who are Lesbian, Gay, Bisexual, Transexual, Questioning, Intersex, or Affirming (LGBTQIA+) We welcome people who need us and are looking for us. We know that organised religion often turns away people us and the stories people tell are heart breaking. We hear how people are left feeling isolated or ostracised from churches and other places of worship. Open Table seeks to welcome everyone, to affirm them and remind them of God's love.

It's an Open Table because we worship together and it always includes Communion. We meet in person at the Bradford Equity Partnership, and as we worship, we see people grow in their love and faith in God as they are reminded of God's affirming love for them. Our message is to come as you are, no longer pretending to be someone that you are not, and know that you will be made more than welcome.

On an average week we have 15-18 people meet, but if everyone was to turn up who had been over the last 3 years we would have well over 40 people. I believe that this work has been and is Spirit led, made only possible through the prayers of many people. So thank you for your support and please continue to remember us in your prayers.

Rev'd Andrew

Revision of the Electoral Roll 2026

The Annual Church Parochial Meeting will be held on Sunday 26 April.

I'm certain that just about everyone who wants to be, is already on the Roll in which case, you are excused reading any further; please go on to the next article!

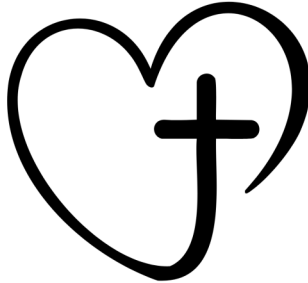
However, if you have joined our church family recently, do consider going onto the Roll. It means you can vote at the meeting to elect PCC members and Deanery representatives; you can also raise matters of parochial or general church interest, and you can stand for election. To the PCC. To be on the Roll, you must be baptised and 16 years old, either live in the parish, or have worshipped here regularly for at least 6 months.

The revision of the Roll is a rather drawn out process, but it is a legal requirement. The existing Roll will be placed on view at the back of church from **22 March for 3 Sundays**, and application forms will be in the same red folder. Completed forms should be handed to me, or handed in to the Office preferably in an envelope marked with my name by **Sunday 5 April** at the latest.

The revised Roll then will be on view for 3 Sundays – from **Sunday 12 April**. If you have moved during the last year, please check I have the correct address. No new names can be added to the Roll during this interim period i.e. until after the AGM.

If you have any queries, please get in touch.

*Elizabeth Leopold : ealeo200@hotmail.com
Electoral Roll Officer*



LET'S TALK THIS LENT

LENT GROUPS WITH ST JOHN'S

MALT SHOVEL
MONDAYS
8 PM

23RD FEB

2ND MARCH

9TH MARCH

16TH MARCH

23RD MARCH

DROP IN

HOME GROUP
WEDNESDAYS
7.30 PM

25TH FEB

4TH MARCH

11TH MARCH

25TH MARCH

PLEASE TALK TO JO
OR THE OFFICE.
OR SIGN UP AT THE
BACK OF CHURCH

PARISH ROOM
THURSDAYS
12 PM

26TH FEB

5TH MARCH

12TH MARCH

19TH MARCH

26TH MARCH

DROP IN

WE WELCOME EVERYONE TO JOIN US TO EXPLORE
DEEPER ASPECTS OF FAITH AS WE LOOK
TOWARDS THE EASTER STORY

March Worship

1 Mar The Second Sunday of LENT
Readings: Genesis 12: 1-4a; John 3: 1-17
Reader: Dominic Hall

9.30am Zest
11.00am Parish Eucharist

8 Mar The Third Sunday of LENT
Readings: Exodus 17: 1-7; John 4: 5-42
Reader: David Machin

9.30am Zest with Communion
11.00am Parish Eucharist

15 Mar The Fourth Sunday of LENT ~ Mothering Sunday
Readings: Exodus 2: 1-10; Luke 2: 33-35
Reader: Diane Beaumont

9.30am Zest
11.00am Parish Eucharist
3.00pm IGNITE / FIREWORKS in the Parish Room

22 Mar The Fifth Sunday of LENT
Readings: Ezekiel 37: 1-14; John 11: 17-44
Reader: Heather Greig

9.30am Zest
11.00am Parish Eucharist

29 Mar PALM SUNDAY
Readings: Matthew 21: 1-11 and Matthew 26/27
Reader: Elizabeth Leopold

9.30am Zest
11.00am Parish Eucharist

MID-WEEK SERVICE OF HOLY COMMUNION

9.30am Thursdays: 5 / 12 / 19 / 26 March

EASTER

ST JOHN'S, MENSTON

DRAW NEAR TO WONDER ABOUT THE HOPE OF EASTER @ ST JOHN'S:

Palm Sunday - 29th March: 9.30am, 11.00am - Holy Communion

During our regular services we remember Jesus entering
Jerusalem & his journey to the cross

Wednesday 1st April: 7pm - Stations of the Cross

A reflective contemplation of Jesus' movement from hero to crucified

Maundy Thursday - 2nd April: 7pm - Last Supper and Gethsemane

Recounting Jesus' last night with his friends, includes Communion

Good Friday - 3rd April: 2pm - An Hour at the Cross

A quiet time of contemplating the pain and the love of Jesus on the Cross

Saturday 4th April: 2pm - 4pm - Zest @ Kirklands Easter Special

A lively and creative time exploring the wonder of Easter through crafts,
storytelling and donkey rides! At Kirklands Community Centre

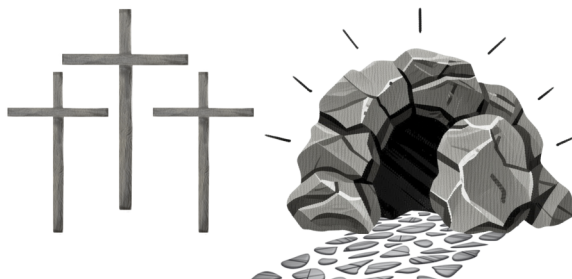
Easter Sunday - 5th April

6.10am – Sunrise and Fire Pit

Watch the Sun rise on Easter Day, followed by a simple breakfast

10am – Everyone Together Easter Celebration

Easter Communion Service for all the family!



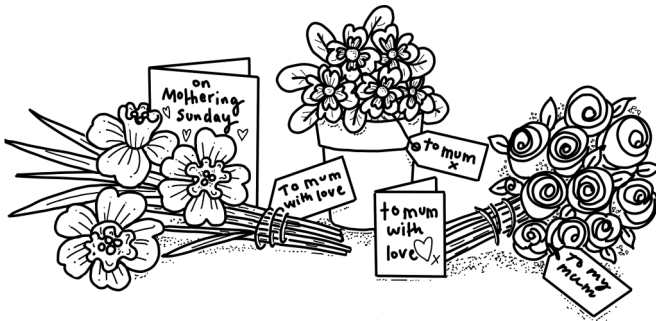
CATHEDRALS QUIZ

The answers to all these clues are names of English cathedrals. As usual some are easier than others!

1. A disciple in a council area.
2. Sooty in a Scottish stream.
3. Success using a piece of furniture.
4. In this place you can cross the river.
5. You might tear your clothes near barbed wire.
6. French salt is hidden here.
7. A prolific letter writer.
8. Rich in iron and with a big harbour.
9. You might find him cooking in the open air.
10. Granny might travel in this in her thick stockings.

Answers on the back page.

Heather Greig





This month:

3 March **1.45pm** Lenten Meditation in the Parish Room.
Led by our Vicar

Please note the **earlier start time** to fit in with Jo's schedule

~ ~ ~ ~ ~ ~ ~

For our last meeting on 3 February, which was our Annual General Meeting, we were pleased to be invited to the home of Sue Wilbraham as the Parish Room and kitchen were not available due to refurbishments. Out of a total membership of 16, only 8 members were present, but the meeting went ahead and business dealt with – reviewing the year 2025 and considering our future as a small group supporting the work of the Mothers' Union in any way we can.

Although Shrove Tuesday was two weeks away, we enjoyed pancakes and trimmings as our social activity and offer our sincere thanks to Sue and Peter for their hospitality.

~ ~ ~ ~ ~ ~ ~

As 2026 has now arrived (the 150th anniversary of the founding of the Mothers' Union) a Membership Challenge has been announced for all Dioceses to undertake – the target is for each Diocese to recruit 150 new members in 12 months. Information sheets have been made available to branches giving helpful tips on various ways to reach out to others with the aim of attracting new, younger members who are very much needed for the organisation to continue into the future.

Marjorie Boddy & Ann Dixon

Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew 25: 14-30

Jesus told a story to help his disciples
to be ready for the end of time. 'A
rich man was about to go on a journey...'

He gave his servants money
to look after, depending on
what they could do.



He gave 5 bags of coins to the
first, 2 to the second, and 1 to the third.

As soon as he had gone,
the first two servants
started to work.



The one with 5 bags of coins
used them to earn 5 more,



and the one with 2 bags
used them to earn another 2!

The third servant dug a
hole and buried his bag.



When
the master
came back,
he called
his
servants
to him...



The first two showed him they
had doubled his money, and he
was very happy with them.



You are a hard man
who expects us to work. I
was afraid so I just hid it.

If you knew what I
expected, why didn't
you do it?



Get out of here!



FROM THE REGISTERS

FUNERAL SERVICES We commend into the hands of Almighty God:
27 February Edmund Day R.I.P.

HOMELESS HAMPERS

When our involvement first began it was a request for foodstuff and for clean/new socks, gloves, underwear.

Over the last few years, the things that people have been donating have changed dramatically.

Consequently as a church we are no longer a drop-off point for donations.

Donations should now be taken

to Menston Library where they are collected weekly, and distributed.

Please discourage anyone from bringing donations and leaving them in church.

Thank you for your help with this. *Revd Andrew*

The PARISH OFFICE is closed on Thursday 19 March and will open instead on ***Tuesday 17 March.***

EASTER LILIES

I realise that Easter Day is some 4 weeks away but if you wish to contribute to the lilies which will decorate St John's at Eastertide this is a gentle timely reminder!

Donations can be posted through the ***Parish Office*** letter box or passed to a warden on Sunday mornings. Please put the money in a sealed envelope

clearly marked ***'for Easter Lilies'***.

We shall be arranging the lilies in church on Saturday 4 April starting at 9.30am. If you would like to be involved bring some scissors or secateurs, you will be very welcome. Help and support on offer. Thank you.



IN THE MONTH OF MARCH

Earth Hour 2026 – a time to turn off your lights . . .

. . . takes place on Saturday 28 March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20th anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The 2025/26 theme is 'Giving an Hour for Earth' is encouraging people to adapt sustainable habits in their daily lives. While our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities. More info at: <https://www.earthhour.org>

Debt Awareness Week 16-22 March 2026

Everybody seems to be in debt these days, from households across the UK, right up to the public sector. As of April 2024, the total debt per household (including mortgages) averaged £65,143. Many households struggle with 'problem debt', ominously relying more and more on credit cards and payday loans to simply meet essential living expenses. This bleak situation, often called a 'debt trap', can ruin lives.

At the same time, our national public debt is at record levels and rising. At the end of 2024, our national debt was the third highest of European countries. And high interest rates and inflation have only increased the cost of servicing this enormous debt, which in turn puts pressure on public finances.

While the government struggles, hundreds of thousands of households are seeking personal help. Debt advice charities like StepChange, Citizens Advice have reported a record-high demand for help. The strain of living with unmanageable debt can affect your mental health, reduce your productivity, and increase your reliance on public services.

So this year's Debt Awareness Week will encourage people to not be ashamed of their debt, but instead to seek free, confidential, and professional advice on dealing with it.

More info at: Citizens Advice - <https://www.citizensadvice.org.uk>

StepChange - <https://www.stepchange.org/debt-awareness-week.aspx>

Same-sex Marriage within the Church of England

On Sunday 15 February, Revd Jo spoke briefly about the Bishop's letter and the complexity of the situation it would be addressing. What follows is an edited version of the full letter. Editor

The House of Bishops has shared a letter to the wider Church of England setting out an agreed position as it prepares to bring the Living in Love and Faith (LLF) process – which explores the Church's approach to identity, sexuality, relationships and marriage – to a conclusion.

General Synod voted in February 2023 to allow same-sex couples to receive public prayers of dedication, thanksgiving and God's blessing – known as the Prayers of Love and Faith (PLF) as part of a regular church service. *(To note: This month's PCC meeting is considering how to offer such prayers here at St John's Menston in line with our mission strategy, one aspect of which is inclusion).*

The Bishop's letter, speaks about proposed new bodies to be set up once LLF comes to a conclusion and confirms an agreed approach to any further changes.

The House of Bishop's acknowledged that general permission for clergy to be in a same-sex civil marriage would require a formal legislative process and agreed to explore what legislation would be needed.

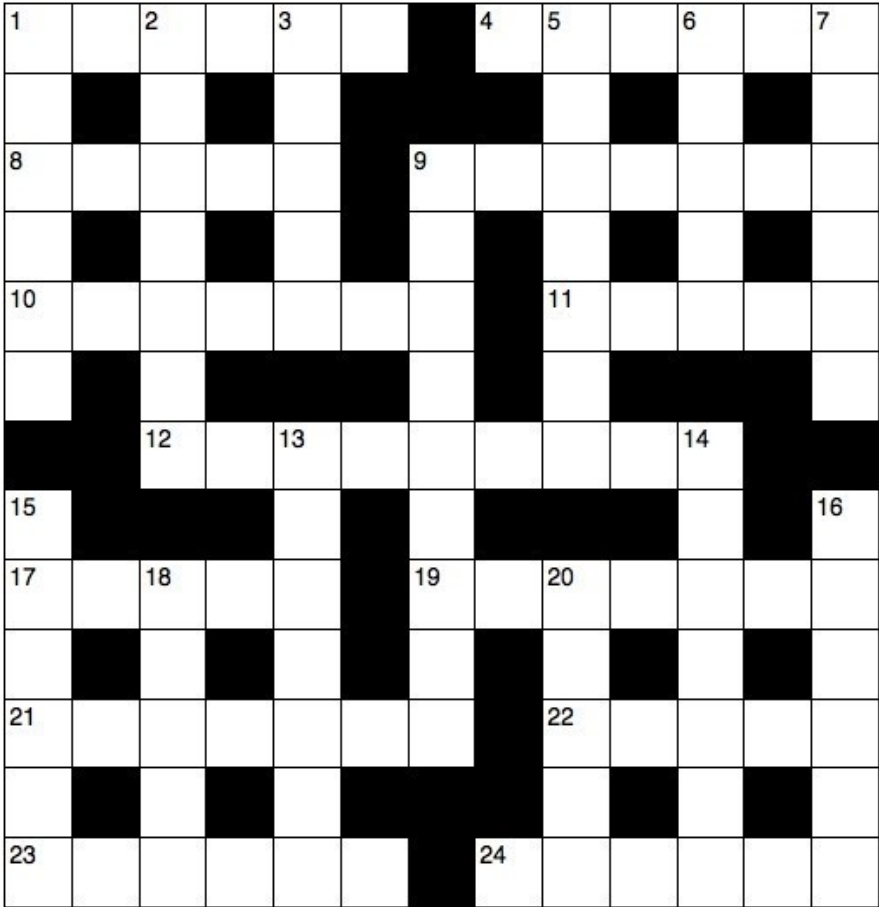
The House recognised and regretted the deep hurt, particularly to LGBTQI+ people, caused by the decisions.

A new working group would carry out the theological and legislative preparatory work needed and report back to the new General Synod – to be elected later this year – with recommendations within the first two years after the election. The new group will explore what legislative changes would be required to enable clergy to enter into same-sex marriage.

The Bishop's say "We dare to hope that the LLF process will leave a legacy of greater inclusion of LGBTQI+ people in the life of the Church of England, together with deeper understanding of the theological issues and greater honesty about, and tolerance of, individual differences.

Lessons need to be learned from the process of the last three years. It is important to avoid a further cycle of hopes or anxieties being raised only to be disappointed."

Parish Pump News Services



Across

- 1 Arouse (Song of Songs 2:7) (6)
- 4 Extinguish (Isaiah 1:31) (6)
- 8 “They — — ,” you will say, “but I’m not hurt!” (Proverbs 23:35) (3,2)
- 9 Unhappiness (Nehemiah 2:2) (7)
- 10 Jewish (7)
- 11 Dirge (anag.) (5)
- 12 ‘A truthful witness gives honest — , but a false witness tells lies’ (Proverbs 12:17) (9)

- 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
- 19 'Do not use your freedom to — the sinful nature' (Galatians 5:13) (7)
- 21 'As you can see, he has done nothing to — death' (Luke 23:15) (7)
- 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
- 23 'All the people — — one man, saying, "None of us will go home"' (Judges 20:8) (4,2)
- 24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)

Down

- 1 Appalled (Job 26:11) (6)
- 2 'In an — to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 'But I have a baptism to — , and how distressed I am until it is completed!' (Luke 12:50) (7)
- 6 'Of the increase of his government and peace there will be — — ' (Isaiah 9:7) (2,3)
- 7 Hurry (Psalm 119:60) (6)
- 9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)
- 13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anag.) (5)

Answers on the back page.

**MANOR COATING
SYSTEMS LIMITED**

**Paint Manufacturers
and Merchants
(Trade only)**

Otley Road, Shipley
BD17 7DP

**J Waite & Son
Funeral Directors**

Independent family business for
over 70 years. Personal and
professional service at all times.

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



**46 Main Street
Menston LS29 6LL**

01943 872485 day or night

*Magazine
Advertising*

*Please ring the
Parish Office*

01943 872433

1/12th page ~ £30/year

1/6th page ~ £58/year

*Larger sizes
available on
request.*

Question of the month:

March brings us Lent and a time when Christians around the world will be reflecting on their faith. As a side note, this March also sees the month of Ramadan begin on Ash Wednesday. So our Muslim friends will be reflecting on their own faith.

We all will have views on the state of the world and the direction we are taking. My question for you to consider this month is;

**What is your process for reflection on
the state of the world?**



Live well *your* way

Start your home care journey with Home Instead®:

- ♥ Companionship
- Home Help
- Personal Care
- ◆ Dementia Care
- Live-in Care
- Hospital Rehab/Recovery

Contact our specialist
team covering Menston,
Burley-in-Wharfedale,
Ilkley, Otley & Skipton

01943 662188
[www.homeinstead.co.uk/
ilkley](http://www.homeinstead.co.uk/ilkley)

Join Us!

Home Instead Activities Group in Partnership with Kirklands Community Centre

1st Tuesday of every month, 10am-1pm, Library at Kirklands
Community Centre Menston

Memory Cafe

1st Wednesday of every month, 10am-12pm, Cornerstone Cafe
Menston

*St John's Church is not responsible for the quality of work or
services advertised in this magazine*

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

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.



**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

St John's Church is not responsible for the quality of work or services advertised in this magazine

Crossword answers - page 22

ACROSS: 1, *Awaken.* 4, *Quench.* 8, *Hit me.* 9, *Sadness.* 10, *Semitic.* 11, *Ridge.* 12, *Testimony.* 17, *Psalm.* 19, *Indulge.* 21, *Deserve.* 22, *Ariel.* 23, *Rose as.* 24, *Beggar.*

DOWN: 1, *Aghast.* 2, *Attempt.* 3, *Eject.* 5, *Undergo.* 6, *No end.* 7, *Hasten.* 9, *Sacrifice.* 13, *Samaria.* 14, *Yelling.* 15, *Spider.* 16, *Dealer.* 18, *Asses.* 20, *Drake.*

Cathedral Quiz answers - page 16

1. *Peterborough.* 2. *Blackburn.* 3. *Winchester.* 4. *Hereford.* 5. *Ripon* 6. *Salisbury* 7. *St Paul's* 8. *Liverpool.* 9. *Sheffield.* 10. *Carlisle*