

2026

MENSTON
PARISH CHURCH
St John the Divine

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PENTCOST
Sunday 24 May

Menston Cares Needs a New Leader!

For 25 years, Menston Cares has offered befriending, lifts, social events, a Cameo lunch, odd jobs, trips and a walking club to people in Menston who might be elderly and isolated. Our volunteers find the job immensely rewarding. We have links to other groups such as the NHS, the Alzheimer Society, and the Menston Community Association. We currently have 19 volunteers and serve 38 Menston residents on a regular basis.

Jane Pratt, our wonderful leader and co-ordinator since the beginning, is retiring and we need a caring and organised person to take over the co-ordination of the volunteers, involving roughly 2-4 hours per week of work.

Could this be you? It is an immensely rewarding job.

If you would like to chat further about the post and see a fuller job description drawn up by the vicar and Jane, please contact Goodith in the first instance at 01943 872043 or at: anne.goodithwhite@ucd.ie and I can tell you more.

Goodith White

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

The Vicarage

Hello fellow Easter People!

We live in the light and hope of our Risen Lord.

We have a God that loves us and cannot be defeated, even by our greatest attempts to do away with him. What glorious news!

I wonder if you have noticed some adverts recently for Uber Eats – a nationwide take away delivery service? Their adverts focus on a call to relax and take a load off (preferably for them by ordering a take way through their service). They use the repeated refrain *'Uber Eats – for when you've done enough!'*

They amusingly star well known people tiring of doing what they are known for. Jude Law is not interested in romance, and Javier Barden has had enough of being a villain, and Alan Pardew, Tony Pullis and Sam Allardyce are swapping the dug out for the spa. The idea is the guys can all take a break because they have done enough.

Post Easter, this made me think of Jesus. If anyone has done enough it is Him.

But how often do we live into that post-resurrection reality?

Do we accept that Jesus, through his life, death and resurrection has done enough?

For you, for me and for the whole world?

It is easy to watch the news and wonder, or to recall our own griefs and question: Is what Jesus did that first Easter enough for all this mess and pain?

Yes.

That first Easter was the beginning of the end.

The beginning of the end of a broken world.

A new dawn has broken, and the world is not the same.

And although we seem to go through repeated destructive cycles (while each generation of humanity has to work out how to use their freedom and find God again) that First Easter made a way beyond that repeated behaviour possible. Now, at any point we can choose to return to God, to accept love and forgiveness and walk the way of Jesus, because now we can understand and trust His Grace. Jesus satisfied the need for justice and so mercy is abundantly available to those who seek it.

As post resurrection Easter People, a new choice, a new way is open to us. Will we accept that Jesus has done enough and turn to him to lead us through?

I hope so.

Blessings,

Jo



The Risen Jesus has breakfast with his disciples – no need for Uber-eats.

A View from The Pews by Dominic Hall

May is a month that represents many things to many people – the international workers' day at the beginning of the month; the start of the wedding season; the chance to clean and air the house after the cold of winter and early spring; not one but two bank holidays! For me, as my family would begrudgingly attest, May is ALL about the Eurovision Song Contest.

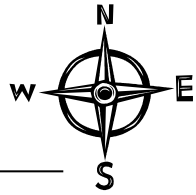
Now, before you shake your heads and move on to the other brilliant pieces in the magazine, I feel a little explanation is in order. When the Eurovision fell victim to Covid, a replacement show was cobbled together so that the magical evening might still exist in some form. During that show, Björn Ulvaeus from ABBA made a short contribution. He said the Eurovision '...is one of the genuinely joyous events...it allows you to escape and be happy...' I think this applies more widely to music in all its forms. Whilst a Europe wide TV show might not be your thing, there is a joy that music delivers through its reliance on communality.

Think of the ways in which making and appreciating music brings us together. The Music In The Air concerts in church give younger performers a chance to play to an appreciative and awe-inspired audience. You may go to gigs at Leeds Arena sharing in your participation of fandom for a particular artist. You may go to recitals in the local area or further afield; you may be a musician enjoying the camaraderie of collective music making; or, you might just take a great deal of comfort and joy by singing hymns with your friends each Sunday in church. We know music has a way of bringing us together – think how beautifully crowded the church is for the carol service – people love to sing and make music together.

Ours is a fractured world. We pray every week for those trapped in torment, conflict and war. Through it all, there is music keeping us in touch with our humanity. Indeed, some of the music making from Ukraine and elsewhere has, in many cases, kept people alive in hope.

So, whether it is cheesy Euro-pop, Afro-American spirituals, Sami joik singing or Inuit throat singing; whether you are creating music with friends, listening to a classical recital or singing badly in the shower (guilty, m'lud) may music be the fuel that reminds us of our commonality and community and keep us hoping for a better tomorrow; for, as ABBA remind us, *'without a song or a dance, what are we?'*

Prayer Points



May the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit (Romans 15:13).

This May we are presented with two starkly different world scenarios, the burgeoning spring and loving abundance of God's world: and the horrendous conflicts being played out through the inhumanity of mankind.

We pray that the God of all hope will give us the faith and courage to live lives that will release hope.

A prayer for Ascension Day

Heavenly Father, thank you for the gift of the Holy Spirit. Fill it with power to live boldly, love deeply and serve faithfully. As we remember Christ's ascension, keep us anchored in your mission until Christ returns in glory.

A prayer for Pentecost

Holy Spirit, at this time of Pentecost, fill your church again with boldness, love and faith. Drive our fear, unite every nation and language, and set our hearts on fire with a passion to share Christ with the world.

A prayer for all seasons by *Nick Fawcett*

Remember all God has done.

Rejoice in all He is doing.

Receive all He shall yet do.

Put your hand in His,

The God of past, present and future,

and walk with Him wherever He may lead,

knowing he will walk with you,

this day and always.

With thanks to Sallie Finch for this month's Prayer Points

ECO CHURCH NEWS

Lady Danbury in Menston??

Due to unforeseen circumstances, we had to postpone the April date for this event. We have re-arranged for Wednesday 10 June at 7.45pm in the Parish Room. So do come along and hear from Bridgerton's Lady Danbury, actor Adjoa Andoh - British acting royalty- in a conversation recorded at the Greenbelt Festival last August. She speaks about her Christian faith and causing a stir. The event will last about an hour. Come early for the comfy seats! Eco church group.



COMMUNITY NEWS

Menston Heritage Group

We next meet on Monday 11th May at 7.30 in Kirklands if you are interested in coming along to find out more about what we do and how you might get involved.

Climate Action Menston

Coming to Menston on 19 May at 7.30pm in Kirklands, a new film, the People's Emergency Briefing, featuring Chris Packham, leading climate and nature scientists, a former general and Jennifer Saunders - all being pretty frank about where things are heading and what can be done about it. All welcome and free but please book - let Marilyn know on 874220.

Also the CAM AGM will be held on Thursday 4 June in Kirklands at 7.30pm. Do come along and hear what we have been doing in the last year and elect the executive committee. Also, follow up to the film shown in May. Do come along.

All in the month of May

400 years ago, on 4 May 1626 that the Dutch explorer Peter Minuit arrived on the east coast of what is now the USA. He negotiated the purchase of Manhattan Island from the Lenape Native Americans for \$24 worth of cloth and buttons. (Equal to about \$1,150 today.)

300 years ago, on 25 May 1726 that the world's first Circulating Library (lending library) was launched by Scottish poet and bookseller Allan Ramsay at his bookshop in Edinburgh.

175 years ago, from 1 May to 15 October 1851 that the Great Exhibition was held in The Crystal Palace, Hyde Park. More than 10,000 exhibitors attended what is regarded as the first World's Fair.

100 years ago, on 4-12 May 1926 that the UK's General Strike was held. The Trade Union Congress (TUC) called a General Strike in support of 1.2 million coal miners. The strike lasted nine days, and had little effect.

90 years ago, on 7 May 1936 that British aviator Amy Johnson made the fastest-ever (at that time) solo flight from England to Cape Town.

Also 90 years ago, on 27 May 1936 that the RMS Queen Mary began her maiden voyage, sailing from Southampton to New York.

75 years ago, on 9 May 1951 that the Lake District National Park was established as Britain's second national park.

Also 75 years ago, on 25 May 1951 that British spies Guy Burgess and Donald Maclean fled to Moscow. They were members of the infamous Cambridge spy ring.

70 years ago, on 24 May 1956 that the first Eurovision Song Contest was held in Lugano, Switzerland. It was won by Switzerland.

Parish Pump News Service

John and Charles Wesley, evangelists & hymn-writers, founders of Methodism.

Two of 19 children born to Samuel and Susannah Wesley of Epworth Rectory in Lincolnshire in 1703 and 1707, their father was the local rector, while their mother was a spiritual inspiration to her many children.

Both John and Charles went to Christ Church, Oxford (1720 and 1726). John was ordained, and Charles and some friends formed a 'Holy Club' while still at college. It consisted of men who dedicated themselves to Bible study, prayer, fasting and good works. Such regular disciplines soon earned Charles the nickname 'Methodist'. The name stuck.

Both Charles and John felt called to the mission field, and so in 1735 they sailed to Georgia. Their time among Indians in America was not a success – they struggled for any real spiritual authority in their ministries. Feeling failures, they returned to England in some depression. John summed it up: "I went to America to convert the Indians; but, oh, who shall convert me?"

Then the Wesleys made friends with some Moravians. They stressed that salvation cannot be earned, but must be received by grace through faith in Christ. Charles was the first to experience this 'true' conversion, when on Pentecost Sunday, 21 May 1738, he wrote that the Spirit of God 'chased away the darkness of my unbelief.' Only three days later, on 24 May, 1738, it was John's turn. As he wrote in his journal: 'In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed.'

John and Charles Wesley then devoted the rest of their lives to sharing the Good News of Jesus Christ. In doing so, they turned England upside-down. When the established Church threw John out, he took to the fields, preaching to coal miners and commoners. His

(Continued on page 11)

evangelism took him 250,000 miles on horseback and to preach over 40,000 sermons. His small 'societies' attracted some 120,000 followers by the time of his death.

Charles became the most prolific and skilled hymn-writer in English history, writing hymns that are sung widely today, such as 'Love Divine, All Loves Excelling.' In all, he wrote more than 6,000 hymns.

The legacy of the two brothers lives on. As well as Methodism, their teaching has widely impacted the holiness movement, the Pentecostal movement, and the charismatic movement.

The hymns of the Wesleys

Charles Wesley wrote over 6,000 hymns, most of which aren't sung nowadays, but among the ones we do still sing are all-time favourites – 'Love divine, all loves excelling', 'O for a thousand tongues to sing'. 'Jesu lover of my soul', 'Hark the herald angels sing' – and scores more.

40 years ago, almost everybody knew quite a lot of hymns, but sadly that's no longer true. Traditional hymns aren't usually sung at school assemblies, not even in church schools, and while the audience for 'Songs of Praise' on BBC TV is substantial, most of those watching are older people.

Nowadays, with only about five per cent of the population going to church, there is inevitably a lack of familiarity with hymns of any kind. Christmas carols are an exception, as is 'Jerusalem' and 'Amazing Grace', because they are frequently heard outside church.

Singing hymns is a wonderful experience at its best – just ask a Welsh rugby crowd singing 'Bread of heaven'!

Take ten minutes and think about what is your favourite hymn – ancient or modern doesn't matter. Then try singing it in the bath or under the shower – a very purifying experience!

Parish Pump News Service

Worship this month

3 May The Fifth Sunday of EASTER
Readings: Acts 7: 55-end; John 14: 1-14
Reader: Peter Wilbraham

9.30am Zest
11.00am Parish Eucharist

10 May The Sixth Sunday of EASTER
Readings: Acts 17: 22-31; John 14: 15-21
Reader: Jenny Steele

9.30am Zest with Communion
11.00am Parish Eucharist

17 May The Seventh Sunday of EASTER
Readings: Acts 1: 6-14; John 17: 1-11
Reader: David Mercer

9.30am Zest
11.00am Parish Eucharist

24 May PENTECOST
Readings: Acts 2: 1-21
Reader: Ros Wilkinson

10.00am EVERYONE TOGETHER Service for Pentecost
3-4.30pm Youth @ St John's

31 May TRINITY SUNDAY
Readings: Isaiah 40: 17-end; Matthew 28: 16-end
Reader: Dorothy Slater

9.30am Zest
11.00am Parish Eucharist

7 June The First Sunday after TRINITY
Readings: Genesis 12: 1-9; Matthew 9: 9-13
Reader: Colin Alexander

9.30am Zest
11.00am Parish Eucharist

MID-WEEK SERVICE OF HOLY COMMUNION

9.30am Thursdays: 7 / 14 / 21 / 28 May; 4 June

Ascension Day 14 May 7pm.
‘Thy Kingdom Come?’

Pentecost - not a Holy Ghost but a Gift

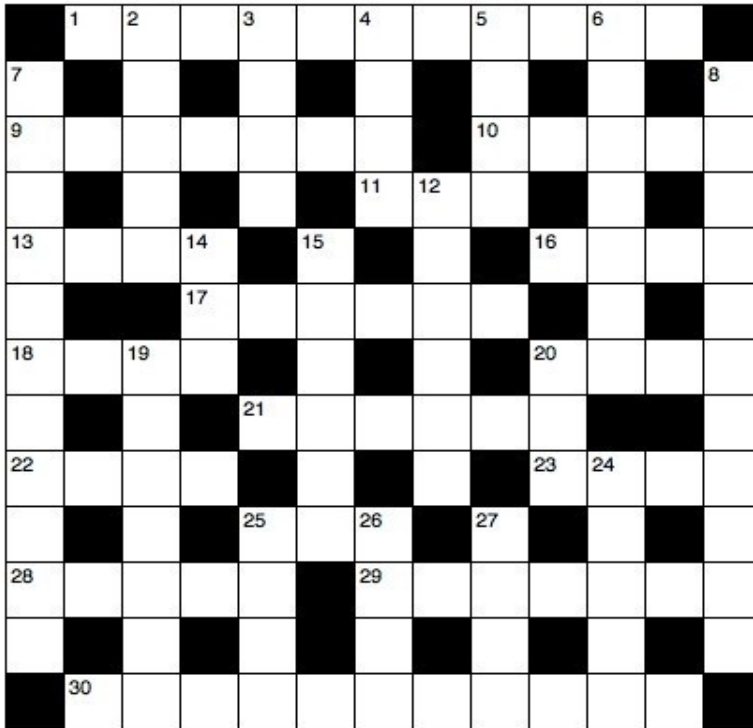
It used to be called Whitsun – ‘White Sunday’ because long ago children marched in processions to church in white on that day.

Pentecost marks a vital event in Christian history. It is celebrated 50 days after Easter. The year Jesus was crucified the remnant of His followers, just 120 of them, were together in an upper room in Jerusalem. They were afraid to show their faces in case the authorities arrested them. But on the day of Passover, they had an amazing collective experience.

They described it in terms of wind and fire, a great surge of spiritual energy and confidence. Afraid no longer, they burst out on to the streets where crowds were gathering for the festival. Led by Peter they began to tell them about Jesus and His resurrection. As they did so, although many of the people in the crowd were foreigners who spoke other languages, everyone heard them in their own tongue.

Peter told them that what they were seeing was the fulfilment of an old prophecy when God would pour out His Spirit on the human race, men and women, young and old.

Parish Pump News Service



Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 ‘The — are mantled with corn’ (Psalm 65:13) (7)
- 10 ‘Each man—a sword to his side’ (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 ‘Anyone, then, who knows the good he ought—and doesn’t do it, sins’ (James 4:17) (2,2)
- 17 Stir up or provoke (Acts13:50) (6)
- 18 Burden (Luke11:46) (4)
- 20 ‘As far as the east is from the—, so far has he removed our transgressions from us’ (Psalm 103:12) (4)
- 21 Sign (Luke23:38) (6)

- 22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, — sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk, so that they...sleep for—and—awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — He will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He...became obedient to death, even death on——!' (Philippians 2:8) (1,5)
- 19 Refrain (1 Peter 2:11) (7)
- 20 'She began to—his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who—you' (Luke 6:30) (4)
- 26 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

Answers on the page overleaf.

FROM THE REGISTERS

HOLY MATRIMONY *We extend our congratulations to:*

9 May Adam Foster and Elizabeth Dinsdale

ALTAR FLOWERS

10 May In memory of Iris Nerurkar

NEW ROTA

The new rota for altar flowers is now in the church porch.
Thank you to all who have signed up - a few dates remain.

EASTER LILIES

Thank you to all those who donated towards the cost of the Easter lilies and to Carole, Judith, Sue and Sonia (Sue's daughter-in-law), who helped to arrange the flowers on Holy Saturday. It is always a great pleasure to do so and to help St John's celebrate the Resurrection on Easter Day.

Jan Alexander

Crossword Answers:

ACROSS: 1, Overwhelmed. 9, Valleys. 10, Strap. 11, Top. 13, Reel. 16, To do. 17, Incite. 18, Load. 20, West. 21, Notice. 22, Wash. 23, Thin. 25, Ash. 28, Noah's. 29, Ever not. 30, Onesiphorus.

DOWN: 2, Value. 3, Reed. 4, Host. 5, Lisp. 6, Ear lobe. 7, Overflowing. 8, Opportunity. 12, Obtain. 14, Lid. 15, A cross. 19, Abstain. 20, Wet. 24, Hindu. 25, Asks. 26, Help. 27, Hero.



This month:

5 May 1.00pm PROJECT LUNCH
Ticket Price £7 in the Parish Room

This is our main fundraising event each year and is a cold buffet lunch with choice of wine or soft drinks. There will be a Raffle and a bring & buy and book stall, and donations for all these would be most appreciated. All proceeds to go to our MU Charities. We hope to welcome a good number of members to this enjoyable afternoon.

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At our last meeting in April we had a visiting speaker, Mrs Susan Nicholas from Baildon whose talk was entitled 'Extraordinary Women'. She had chosen to speak about Florence Nightingale, the founder of modern nursing, as Mrs Nicholas herself has had a career as a nurse and a teacher in health education.

Florence Nightingale was born in Florence, Italy in 1820 and came to prominence while serving as a manager and trainer to nurses during the Crimean War, in which she organised care for wounded soldiers at Constantinople. She highlighted the importance of hygiene in hospitals for the wounded and began to isolate patients in separate wards to prevent the passing on of infections.

Today, her legacy continues to inspire nurses and healthcare professionals in their care for their patients.

Marjorie Boddy & Ann Dixon

Bible Bite

A short story from the Bible

It can be read in the Bible in
Samuel 8:1-10:1, 17-24

Samuel had been a good leader of Israel but he was now old. The leaders of the twelve tribes came to talk to him...

We want a king like all the other countries



God told Samuel

It's not you they are rejecting but Me.



If you have a king, he will take your sons to be his army and your daughters to work in his palace.



He will take the best of your land, your crops and your animals



We still want a king.

Samuel sent them home.



I was hoping he would choose me..

Saul and his servant were looking for some donkeys that had run off.



They decided to ask Samuel to ask God where the donkeys were



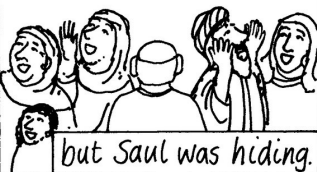
God told Samuel that Saul was to be the king



Samuel called everyone to a meeting and told them that God had chosen a king.



God told them that Saul was to be their king...



but Saul was hiding.

He's behind the luggage.



and they found Saul.

The people cheered!



Long live the King!



Care starts at *home*

Friendly support and activities for older adults in Menston

Join us at our activities



Home Instead Memory Café

Join us every first Wednesday of the month 10am - 12pm at Cornerstone Café, Menston



Home Instead Chair Based Exercise Class

Join us every Tuesday from 2pm - 3pm at St Mary's Parish Centre, Burley in Wharfedale



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Question of the month:

Music is around us all the time. It can bring us great joy, trigger wonderful memories and create a soundscape for our emotions.

With Eurovision, the Proms and the summer music festivals on the horizon, the question for the months asks you to consider:

**What song or piece of music
do you listen to the most?**

Did you know?

Don't drive when sad

You've seen those motorway signs warning you not to drive when you are tired. But now it seems you are far more likely to crash your car if you drive when you are sad, or when you are angry, or when you are agitated.

A study has found that a healthy emotional state is hugely important for your safety at the

wheel; being sad, mad or upset can increase your likelihood of a crash by nearly ten-fold. That compares with fatigue making a crash only three times more likely, while talking on a mobile phone doubles the risk.

Having children in your back seat is a very low risk, and chatting to your passenger or moving to music barely raises the risk at all.

You and a goldfish's attention span

How long can you concentrate on any one thing? According to the now infamous study by Microsoft (back in 2015), our digital lifestyles have had such a detrimental impact on our concentration levels that our average attention span has fallen to below that of a goldfish.

Humans now stay focused for just eight seconds, before being distracted by news alerts, social media and so on – while even a goldfish can concentrate for nine seconds.

And it is not just the endless stream of information that hits us, but the type of information that is so distracting. Violence and endless conflict can leave you distressed and unsettled.

Medical experts recommend regular non-digital breaks such

as a walk, a chat, or even just staring out the window.

Tips to calm your mind:

1. In the evening, reverse the settings on your device, so that you have white writing on a black background. This reduces the blue light that affects your brain's cyclic rhythm, disrupting your sleep/wake cycle.
2. Exercise takes time, but it also sharpens your mind and increases your concentration.
3. Eat well. Avoid sugar and too much caffeine which make your mind busier.
4. Seek company. Anxiety levels rise after six hours, due to the changes in your brain hormones caused by social isolation. So, if you work from home, take your laptop to a coffee shop for an hour, or see a friend for coffee.
5. Fill the final half hour of your day with one simple task, rather than flitting from task to task.

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