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(Church website - www.stpetersedensor.org)

January 2010

Dear Friends,

HOPE FOR THE NEW YEAR

"God is our hope and strength, a very present help in trouble." Psalm 46.1

One of the favourite readings at a wedding is from 1 Corinthians 13: "There abideth three things: faith, hope and love, but the greatest of these is love." The second, hope, is fitting for the New Year. Lord Palmerstone said to Queen Victoria, "Change, who wants change, we are in enough of a mess as it is!" Yet, whether we like it or not, changes do come. A crisis in the family, - an illness, - a bereavement., - the loss of one's job and so on. In fact, I hardly know anyone who is not enduring some sort of change causing anxiety and fear.

Jesus put this dramatically. "There will be signs in the sun, the moon and the stars and on earth distress among the nations... roaring of the seas and waves ... People will faint with fear and foreboding at what is coming upon the earth ... even the powers of heaven will be shaken."

Sometime ago the Archbishop of Sudan spoke of "over 45 years of civil war and the loss of 2,000,000 lives and 6,000,000 displaced ... Sept. 11th and 7/7 was an everyday experience in terms of losing control over our lives. And because of this face to face experience we are filled with faith and love and above all, HOPE."

Jesus said, "When these things happen, then look up and lift up your heads, because your redemption is drawing nigh." When circumstances are at their most frightening, that is the time to expect God to act. "With this faith we will be able to hew out of the mountain of despair a stone of hope."

Hope releases energy. "We are saved by hope." (St Paul.) This is in contrast to "Where there is life there is hope." (Cicero.) What at first seems impossible becomes possible as we step through the doorway of hope. For hope is believing despite the evidence and watching the evidence change.

Yours in Christ,

David

FROM THE REGISTERS

ST. PETER'S EDENSOR - BAPTISMS

15th November 2009 Jenna Rushton
29th November 2009 Sebastian Joseph Divall
13th December 2009 Olivia Isla Bond

R.I.P.
CHARLES ILLINGWORTH
1906 - 2009

ST. PETER'S KEYS

After the flurry of the Floral Fanfare and church keys being handed from one person to another, we thought it would be a good idea to take stock of where the keys are now. If you currently hold a key to the chapel door, the vestry door or both please would you let me know and we can make a new list. If you have a key or keys and no longer need them, then please return them to me and we will have a set of spares.
Many thanks, Liz Bradshaw

Magazine Subscriptions

Your magazine subscription for 2010 is now due - £7.20 and if I post it to you a book of 12 x 2nd class stamps brings the total to £10.80 (or give me a book of stamps!) Thank you for your continued support.

Cheques should be made payable to
Edensor PCC

ST. ANNE'S, BEELEY

The Coffee Evening & Christmas Raffle, held on 24th November, raised £707 for church funds.

Thank you to everyone who helped to make this such a successful fundraising event; particular thanks to those who bought raffle tickets.

DATES TO NOTE

9/23 Jan	SKIP: Baslow	Council Houses	7.45-8.15
		Nether End Car Park	8.20-10.45
9 Jan	SKIP: Edensor	The Green	7.45-9.30
	Pilsley	Garage Yard	9.45-10.45
12 Jan	BEELEY WI Monthly Meeting		
	7.30pm Village Hall		
	Speaker: Heather Thomas 'Journeys through Rwanda'		
16 Jan	SKIP: Beeley	Devonshire Square	7.45-8.45
20 Jan	Chatsworth WI Monthly Meeting		
	7.30pm Cavendish Hall Annexe		
	Speaker: Sophie Spencer 'Homelessness in Chesterfield'		
	Competition: Best New Year's Resolution		
	Flowers & Parcel: Val Blackwell		
	Teas: Jean Sutton & Margaret Oliver		
	Vote of Thanks: Rosie Brewer		
21/22/23 Jan	'The Shoestring Players' present 'Aladdin', Bakewell's first Community Pantomime in the Town Hall - 7.30pm with a matinee at 2.30pm on 23rd. TICKETS ON SALE FROM Bakewell Bookshop. Adults £5 children £2.50		

Useful Telephone Numbers

St. Anne's	Wardens:-	Rupert Turner	01629 732794
		Vernon Mather	01629 732317
St. Peter's	Treasurer:-	Gloria Sherwood	01629 732983
	Wardens:-	Elizabeth Bradshaw	01246 582421
		Duncan Gordon	01629 734099
	Treasurer:-	Mark Titterton	01246 582245
		e-mail: mtitterton@btinternet.com	

Curious business of raising children

You spend the first two years of their life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.

St. Peter's Church 100 Club November 2009

1st Prize £30 no 81 Lis Hamilton
2nd Prize £20 no.97 Ray Bradshaw
Funds to church this month - £48

News Flash!

The vicar of Bakewell, the Revd. Tony Kaunhoven, will be leaving his church for a few days in January to take up residence in a Chinese laundry in Old Peking. Widow Twankey's laundry will be brought to life on the stage in the Town Hall as Bakewell's first community pantomime, **Aladdin**, opens its doors to the public.

Aladdin will run from Thursday 21st January to Saturday 23rd January at 7.30pm, with a Saturday matinee at 2.30pm.

Come and cheer **Aladdin**; boo the wicked Abanazar; marvel at the *Genie of the Lamp* and the *Genie of the Ring*; feel sorry for *Wishee Washee*; watch out for wide-boy *Tricky Tu*, and 'aah' the beautiful princess *Orchid Lee*.

Tickets £5 Adult, £2.50 Children
from The Bakewell Bookshop

"T'WAS THE MONTH AFTER CHRISTMAS"

'Twas the month after Christmas,
when all through the house,
nothing would fit me,
not even a blouse.

The goodies I'd nibbled,
the punch that I'd taste
at holiday parties
had gone to my waist!

I remember the marvellous meals
all prepared:
the gravies and sauces,
the beef "nicely rared".
The wine and the puddings,
the bread and the cheese
and the way that I NEVER said
"No thank you" but please!

As I dressed myself in my husband's
old shirt,
and prepared once again to do
battle with dirt,
I said to myself (as only I can)
"You can't spend the winter
disguised as a man!"

So - away with the last of the sour
cream dip,
Get rid of the fruitcake, every
cracker and chip!
Every last bit of food that I like must
be banished
'till all the additional "ounces" have
vanished!

I won't have a biscuit
not even a lick!
I'll want only to chew
on a celery stick!

I won't have hot scones,
plum bread or a pie,
I'll munch on a carrot
and quietly cry.

I'm hungry...I'm lonesome...and life's
such a bore!

But isn't that just what January's for?
I'm unable to giggle,
I'm no longer a riot!

HAPPY NEW YEAR TO YOU ALL
AND TO ALL A GOOD DIET!

Courtesy of Di Homer, Beeley

A WOMAN'S POEM

He didn't like my casserole
he didn't like my cake.
My biscuits were too hard...
not like his mother used to make.

I didn't perc the coffee right
he didn't like the stew.
I didn't darn his socks
the way his mother used to do.

I pondered for an answer
I was looking for a clue.
Then I turned around and smacked him
like his mother used to do!



Sales this month (or part of a month) have been the third best ever at £1957. This includes £356 at the Great Longstone Coffee/Chocolate Morning, £89 at a Diocesan gathering at Lady Manners School, £50 at the Oxfam Christmas Sale and £73 at the Bakewell Choral Society concert.

Sue Woollen and her helpers are to be congratulated on their magnificent effort at Great Longstone. The morning at the village hall produced not only a magnificent total on the day but generated a number of special orders as well. The whole village was notified and parents at the school encouraged to come. Chocolate was available to sample and the whole range of food items were on sale. Catalogues were available and many people encountered Traidcraft for the first time.

If anyone else feels stimulated to try organising something similar that will be warmly welcomed and you can be assured of plenty of encouragement, support and practical help to rely on. So, how about it?

(Peter Bird – 01629 813087)

Real comfort on a plate

Here's a question every mum has asked herself at sometime or other: what is the most comforting food to feed your child when they are feeling a bit desolate? Chicken soup or chocolate cake? Cottage pie or ice cream?

Now the neuropsychologists have become curious as well, and so scientists at the University of Sussex calculated a formula to measure foods on a 'Comfort Indeed.' After exhaustive research they came up with two top results: baked beans on toast or macaroni cheese. Presumably they work on adults, too.

Why not send us your favourite 'comfort food' recipe and we can include it in our new recipe book. Personally, my ultimate 'comfort food' has to be fluffy, buttery, mashed potato!

WHERE WILL GOOD NEWS COME FROM IN 2010?

adapted from an article by Stephen Cave.

For many of us, our first interaction with the world each morning is to tune into the news, whether by radio, TV or on-line. Sadly, some mornings it is so dreary or even appalling that our first reaction can be to want to go back to bed and cancel the rest of the day.

As January 2010 begins, much of the news coming in from around the world is bad. The war drags on in Afghanistan; politicians continue to argue, an election is looming, the economy is struggling. There doesn't seem to be a lot of good news about!

Perhaps, though, there is a different way of thinking about good news. Nowhere in the Bible did Jesus say that we should be looking to political leaders and our society for good news. Instead, he put the responsibility for bringing hope to people firmly on US, in the living of our everyday lives.

'For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' (Matthew 25:35-36 NLT)

What a challenge! Jesus put the responsibility on US to BE good news to other people, and to show his compassion in the ordinary actions and relationships of life. Sure he expects some of us to be involved in impacting the 'big issues' of society and government. But for most of us, our challenge is more straightforward, more immediate..

So today, ask yourself: 'The world may be a mess, but for whom can I be good news today? Who will have cause to be thankful today, whose life will be a bit brighter, who will be given fresh hope because of something I have done in the name of Jesus?'

Bringing good news to someone today.... that is the responsibility of each one of us.

DAY & NIGHT BLESSING

May God's blessing be yours,
And good be it sent;
May Christ's blessing be yours,
And good be it meant;

Spirit's blessing be yours,
For life's good intent,
Day arising indoors,
Night lying down spent.

Ancient Celtic Prayer

SIGNS & SYMBOLS: CHURCH DESIGN

The Rev Dr Jo White

Today's church buildings are rich and varied in their designs, sizes, materials, plans and groupings; from large cruciform churches to simple single room designs; from red brick to stone, and so on.

Since buildings were first specifically designed and created as places for Christian worship – churches – they have undergone numerous changes and additions. When you look carefully at a church more than a few hundred years old in any part of the world you can trace the development of its use by its architecture. Perhaps you'll see a door or window bricked up or a new one opened. The widening of the nave by the addition of arches and one or more aisles. Change in stone or building materials as later technology was available or even a change in design as new techniques came into safe use.

The closest we get in England to very similarly designed churches are those known as the Commissioners' Churches - 600 of which were constructed during the early to mid 19th century using £1 million from the Church Building Act 1818 and a further £1/2 million in 1825. Though even these have undergone changes in the intervening years.

Parliament made this Act following the battle of Waterloo, when increasing populations were moving into towns and forming suburbs because of the industrial revolution and there was real concern that social upheaval might erupt in England. Ensuring that there were enough Anglican churches in the freshly created towns and suburbs was a chosen method to help prevent people from becoming involved in likely unrest.

This month: Have a look at a couple of local churches and spot the changes in their buildings over the years. If we wanted to prevent social unrest today where do you think we would direct our monies and energies?

Every morning after I have cleaned my cell and polished my tins, I read a little of the gospels.... It is a delightful way of opening the day. Everyone, even in a turbulent, ill-disciplined life, should do the same.
Oscar Wilde.

On 6th January we celebrate Epiphany - the visit of the wise men to the baby Jesus. But who were these wise men? No one knows for sure. Matthew calls them 'Magi', and that was the name of an ancient caste of a priestly kind from Persia. It wasn't until the third century that they were they called kings - by a church father, Tertullian. Another church father, Origen, assumed there were three - to correspond with the gifts given. Later Christian interpretation came to understand gold as a symbol of wisdom and wealth, incense as a symbol of worship and sacrifice, and myrrh as a symbol of healing - and even embalming. Certainly Jesus challenged and set aright the way in which the world handled all three of these things. Since the eighth century, the magi have had the names Balthasar, Caspar and Melchior.



Hunger Strikes East Africa

The Horn of Africa is bracing itself as a severe and prolonged drought tightens its grip. Recent reports predict that as many as 23 million people could be on the brink of starvation in Ethiopia, Kenya, Eritrea and other countries

Drought has seized the area for four successive years, bringing with it bad harvests. Coupled with conflict, climate change and population growth the crisis has left millions of people desperate for food.

Francis Omondi, a senior Christian leader in a famine-stricken region of Kenya, says: "Now that the rains have come, people need seed to sow but they need food to feed their families until they can harvest their crops."

Dr Patrick Sookhdeo, International Director of Barnabas Fund, says: "The United Nations' Food Agency has warned that, across the world, there are more hungry people and there is less

food aid than ever before. In the Horn of Africa many of our Christian brothers and sisters are living in situations of discrimination and persecution. Aid that is distributed by the majority community may therefore not reach the Christians. Please would you pray for them, and - if you are able - send a gift to help."

Barnabas Fund is supporting the hungry Christians of north-east Kenya, a strongly Islamic area where Christians live with marginalisation and hostility. Barnabas Fund is providing seed for them to sow, to make use of the current rains, and food to support them until the harvest.

Would you like to help? Please go to <https://secure.barnabasfund.org/?id=25-359> and quote project reference **25-359** (Drought victims in the Horn of Africa and NE Kenya). If you prefer to telephone, dial: 0800 587 4006 from within the UK or +44 1672 565031 from outside the UK (Please quote project reference **25-359**).

NEW YEAR, NEW JOB?

Starting a new job can be more stressful than visiting the dentist, more scary than going on a first date, and more nerve-racking even than taking an important exam.

A study by Office Angels has found that the first week is a minefield. Three quarters of us commit a gaffe: anything from being late, to arriving in the wrong sort of clothes, to mixing up colleagues' names, to mistaking a senior colleague for a junior one. Some of us even manage to get totally lost in the new office.

Office Angels advises that when you begin a new job remember the SMILE code of conduct:-

Smile at your colleagues, even if you are nervous. It will make you at least appear friendly.

Make an effort to learn the names and roles of your colleagues.

If in doubt, ask. They don't know that you don't know, so tell them.

Listen: employers notice when you show an interest.

Enthusiasm is crucial - show you want to be there and want to do a good job.

Beware when you buy new stone for your garden!

This year, if you are offered good looking stones for your garden rockeries or other feature: beware, it may have been stolen. An increasing number of ancient dry stone walls are being torn down by thieves, who are selling off the valuable stone. Across the country a number of landmarks, including war memorials, churches, graveyards, have been targeted, and the problem is increasing.

The craft of dry stone walling goes back more than 3,000 years, and has been used a lot in the north

and west of the country, where trees and hedges do not grow easily. Along with hedgerows, dry stone walls are one of the most commonly used field boundaries in England. They are traditionally constructed without any mortar to bind the stones together and are instead held up by the interlocking of the stone.

Britain has an estimated 125,000 miles of dry stone walls, most of which was built in the first half of the 19th century. Now the Dry Stone Walling Association is supporting the use of cement on the top stones of walls - in order to make it harder for them to be stolen.

WHEN BAD NEWS CAN BE BETTER THAN NO NEWS

Which is worse – losing one’s job, or just fearing that one might?

Recent research suggests that the on-going misery caused by the financial crisis, and widespread fears over job security, is likely to affect those still in employment as much as those who actually lose their jobs.

Dr Stuart Whitaker, senior lecturer in occupational health at the University of Cumbria, says that a number of studies have linked job insecurity with increased use of doctors’ surgeries and hospital appointments, especially by men. Some studies suggest that such unease is also associated with higher rates of smoking, drinking and drug use, as well as separation and divorce.

Dr Whitaker explains: “Employees who are afraid of losing their job enter a damaging ‘anticipatory’ phase where they are aware that their position is under threat, but have no further knowledge. During this phase, people may experience low-level anxiety, disturbed sleep and changes in behaviour. The employing

organisation may also feel the impact in terms of worsening industrial relations, absenteeism and reduced motivation to perform well.”

However, when employees are made redundant or sacked, they move out of this phase and begin to deal with the consequences rather than worry about them. Employers have an important role in helping to avoid the most damaging effects of job insecurity. When they are making decisions about how to manage a difficult situation, they must give serious consideration to the potential effects of their actions.

Dr Whitaker says that if the anticipatory phase is allowed to continue for long periods, more serious signs and symptoms can arise. Past research has shown that raised blood pressure, an increase in coronary heart disease, mental health problems and even increased rates of cancer have been associated with job insecurity. “It may sound obvious,” he says, “but the key to reducing the potential risks is honesty. People find it hard to deal with the unknown and in health terms it’s fair to say that bad news is better than no news.”

Big Mac, early Mac!

Did you know that 70 per cent of three year-olds in Britain recognise the McDonald’s symbol - but only half of them know their own surname?

How to survive the January sales

Before you venture into the jungle of the January sales, remember these 10 commandments for safe sales shopping:

1. Make a list of what you need. Do a wardrobe ‘detox’ before you go. Most women have a ‘safe’ staple item they continually feel impelled to buy: from jeans to black jumpers or whatever. But if your wardrobe is stuffed with these, now is the time to fill in some gaps in your wardrobe. Also, get rid of anything that makes you feel drab or which doesn’t fit.
2. Don’t over-spend. Set your budget and stick to it. Don’t get the idea that there is a famine of clothes coming, and that you have to stock up now for years to come. And especially don’t buy anything just because it is cheap. If you won’t wear it, what is the point?
3. Leave him at home. You may think you’ll want your partner’s opinion, but you won’t. He’ll only rush you into buying things you just want to try on; he’ll need constant coffee breaks, get sore feet, look miserable, get in other people’s way...you’ll be far better off without him.
4. Be honest. Pay attention to fit and how it makes you feel – and look! An honest girlfriend with taste is an invaluable companion at times like this.
5. Wear good underwear and uncomplicated clothes...and bring high heels if trying on posh frocks. You’ll need to be able to dress and undress quickly.
6. Think in outfits. Before you buy anything, consider what you will wear it with once you’ve got it home. Take a list of neutral co-ordinates that you have already at home, or hunt for some of those right now.
7. Stock up on the basics. White T-shirts, vests and camisoles are always useful. Well-fitting jeans and smart/casual jackets are always ‘in’.
8. Try new things. In each shop, take a few minutes to try that ‘wild card’ item – something you wouldn’t usually wear. Take a risk – at least in the dressing room! Experiment with a different shape or colour – you may have a wonderful surprise in store.
9. Don’t forget accessories: the sales are great for costume jewellery, belts, scarves, shoes and bags.... You can look fashionable at once without waiting for your diet to kick in....
10. Go online – there will be plenty of bargains there from your favourite shops.

World Leprosy Day 31 January

'Praise the LORD, O my soul ... who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.' Psalm 103:2-4

World Leprosy Day is celebrated around the world on the last Sunday of January (31st this year.) Its aims are to encourage people to pray for those affected by leprosy and to raise awareness about the disease.

This year for World Leprosy Day, The Leprosy Mission is focusing on leprosy in Nepal and money raised will be going to The Leprosy Mission's Anandaban hospital in

Kathmandu. This is the largest leprosy hospital in the country and provides medical care and counselling. It also provides education support, housing support and small business loans through its community rehabilitation projects.

Leprosy still affects millions of people around the world – there were over 4,700 new cases diagnosed in Nepal alone in 2008.

There is a cure for leprosy, a course of drugs called multidrug therapy. However, unless the disease is treated in the very early stages, it can cause permanent nerve damage and eventually deformities and disabilities will develop. It can also cause intense social exclusion.



USE CASH NOT CREDIT CARDS

Leave your credit cards at home and use cash when you are shopping if you want to stick to your budget - that's the advice from Dr John Preston, the Church of England's National Stewardship Officer.

Why two are better than one

If you have a long journey to make by car, take somebody along. A passenger in your car can help you relax more on the journey.

The Department for Transport studied the heart rates of 10 drivers sent into heavy traffic – first on their own, and then with a passenger. Scientists found that solitary drivers' heart rates increased more quickly, and that at the end of the journey, motorists with a passenger returned to normal heart rates more quickly.

USING A DIARY TO PRAY IN 2010

Lynne Chandler explores the idea of keeping a diary of your prayer life...

Life without time for prayer and reflection can easily spin out of control. With so many pressures and demands pushing in from all directions these days, the need to step back and find ways to commune with the Divine is essential. Using a diary to pray is not just a resource for writers. There is no wrong way to do it. In this age of technology, it may be a much welcomed luxury to engage in writing several longhand pages each day you can carve out the time. Whether your words take the form of your own stream-of-consciousness, or a letter to God or to yourself, listen. Pay attention. Be honest. Pray.

Diaries are windows. They allow you to see a glimpse within the deepest part of you, and to let light shine into the darkest corners of your soul. These pages (and God) can handle anything you write in them. Try trauma, drama and self-pity. Then listen to the soothing echo of release. This is prayer. Try tantrums, confusion and anger. Then listen and let go. This is prayer. Try questions, hopes and dreams. Then listen and let your soul rest. This is prayer. Try gratitude, praise and wonder. Then listen and let yourself

celebrate. This is prayer.

When you take time for inner reflection and waiting, quieting your inner self before God, you will see and hear the things of God. Turning your attention away from outer concerns, you will enter into light and discover God's kingdom within. Once things are visible and committed to the realm of conscious thought, then light can shine on its pages and offer a respite. All witnesses will be present – your heart, your thoughts, your spirit, your mind, your emotions, and God. The words in these pages prove you are human, alive, for better or for worse. They create honesty with yourself and intimacy with God.

Prayer is a song of the heart and inside these words will be woven melodies of thought and explorations of discord, creating harmony and a wholeness of spirit, true freedom. A diary is a meeting place, a tool for prayer, where God can fill your memories with reminders of his faithful presence, enlighten understanding with healing, and centre your heart with a steady peace.



NEW YEAR'S HONOURS

We are all familiar with the Queen's New Year honours list, which celebrates peoples' significant contributions in life, but what would God's New Year honours list look like? Who are the people he chooses to honour?

Psalm 1 gives us an answer to these questions. The person who is blessed by God is compared to a tree: 'he is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers' (3). They are strong and well-nourished, able to cope with drought and storms, while being fruitful.

Will this be a true of us during 2010? By contrast, we can be more like bonsai trees, whose growth has been stunted. They are starved of nutrients to ensure that they are perfectly formed, but miniature in size. So often the church today resembles a bonsai nursery rather than a forest of mighty trees! Like the bonsai, we are starved of nutrition. Instead, consider the alternative: 'his delight is in the law of the Lord, and on his law he meditates day and night' (2).

Here is the challenge for us during this coming year: to push our roots deeply down into his Word, meditating on it day and night. As we

read and reflect on God's word we are constantly reminding ourselves of God's promises, character and acts.

The psalm promises us that as we do this the Bible will become a real delight, rather than an experience of learning multiplication tables! As we learn to do it, it will delight us more and more, because it is the voice of a friend speaking to us. Obviously the devil doesn't want us to experience this! He wants to keep our growth as stunted as possible. So we need to build ways (eg use some sort of Bible reading notes) of keeping our roots in the Bible. Don't forget that a recent survey found that one-third of people will have given up their New Year resolutions by the end of January, and only one in five will keep them to the end of the year.

There will be times when our Bible reading doesn't seem to delight us, when it feels like a real slog! At such times turn back to Psalm 1 and remind yourself what the goal is: to grow into maturity, deeply rooted, drought resistant and fruitful. We will never get there unless our roots are deep in God's word.



GLORIOUS THE SONG WHEN GOD'S THE THEME'

The Rev Michael Burgess continues his series looking at great works of music.

Those words of the 18th century poet Christopher Smart remind us how faith and music have always gone hand in hand, faith inspiring the music and music expressing the faith. In this series we shall be looking at twelve pieces of music inspired by the Christian faith, beginning from its roots in the Old Testament and leading up to the present day.

Music has that unique ability to express the whole range of human emotions. Especially in relation to God, and so among the first occasions we read of music in the Old Testament are the song of Moses and the Israelites thanking God for their deliverance in Exodus and the music of the shofar, the ram's horn, proclaiming God's jubilee in Leviticus. We are told in 1 Samuel that a band of prophets played the harp, tambourine, flute and lyre, which worked with God's Spirit to transform the young Saul. Later David's playing of the lyre calmed Saul when he was king. Instruments accompanied the ark's arrival in Jerusalem and bells were attached to the curtain covering the ark.

Hebrew music came into its own when performed in the temple. We might imagine the music to have been loud and triumphant, praising God with voice and instrument, but scholars now believe that the temple music was

provided by a small choir with strings and harp who would perform in a calm, contained fashion. Certainly there were trumpets, horns and percussion, but they would only be played in the sections between the sung parts, and then always restrained in tone to contrast with the drums and exuberant clamour of the pagan rituals around.

The temple choir would sing the words of the psalms, that incredible collection of 150 hymns that offer praise and thanks to God, but also express human emotions of anger, grief, abandonment and desolation. All human life is there in the psalter, and so inevitably and surely it passed into Christian worship through the monastic daily office of prayer and praise. The psalms are, as one scholar expressed it, 'relentlessly Jewish in their mode of expression,' but that very expressiveness has spoken to people of all faiths.

Possibly the most loved and most used of all the psalms is Psalm 23, 'The Lord is my shepherd.' St Francis was singing it when he went alone, bare foot and bare headed, to visit the sultan. He found strength and confidence in the psalm's expression of trust in God the good shepherd, watching over his people both in life and in death. It is that theme of God's care for us each day that has made the psalm so loved. John Ruskin was taught the psalm at his mother's knees, and I should imagine most of us will have grown up singing it to the tune Crimond. This is a

Scottish melody from the 19th century, but in recent years Brother James' Air has proved as popular and of course, there is Howard Goodall's setting, which provided the theme music for 'The Vicar of Dibley.'

However the setting of psalm 23 I would like to focus on is in Leonard Bernstein's 'Chichester Psalms.' This work was commissioned for a performance in Chichester Cathedral in July 1965. Bernstein set 6 psalms in their original Hebrew for solo voice, choir and orchestra. The middle movement begins with a boy soprano or counter-tenor singing a beautiful melody to the opening words of psalm 23. Bernstein had in mind the psalm being sung by David himself, and so the melody with its bluesy, Jewish feel, is

accompanied by a harp, as we remember David playing the lyre.

Suddenly the men's voices interrupt the soloist's song of trust with the words of Psalm 2, 'Why do the nations so furiously rage together?' But their outburst cannot halt the serene outpouring of the soloist which sounds out clear and strong amid the threat of war and division. The movement leaves us with the melody of 'Adonai ro-i' in our heads and hearts, reminding us that, because the Lord is our shepherd, we need not fear, even in the darkest valley and even when the world hurls the threats of Psalm 2 at us. David the psalmist assures us that God's goodness and mercy will follow us all the days of our life.

Dear Lord, during the year ahead, please keep your arm around my shoulder - and your hand over my mouth.

That's telling
 Young Jimmie finished his Christmas holiday and headed back to school. Only two days later his teacher was on the phone, telling his mother that he was misbehaving. "Wait a minute!" protested Jimmie's mum. "I had him here for two weeks over the Christmas break, and I never once rang YOU when he misbehaved!"

1	3	8	9	5	4	6	2	7
9	4	6	3	2	7	1	5	8
5	2	7	1	8	6	9	4	3
8	7	3	4	9	1	5	6	2
2	9	4	6	3	5	8	7	1
6	5	1	8	7	2	4	3	9
4	8	9	2	6	3	7	1	5
7	1	2	5	4	8	3	9	6
3	6	5	7	1	9	2	8	4

December solution

January Sudoku

7	1		6	8				
			2				8	
	3					1		
			5				2	
1		4				8		3
	8			7				
		6					9	
	2			6				
			1	9			3	5

SERVICES & ROTAS FOR JANUARY 2010

ST. ANNE'S, BEELEY				FLOWERS	
3 Jan	9.30am	Holy Communion			Mrs Turner
10 Jan	9.30am	Holy Communion	2.30pm	Evensong	" "
17 Jan	9.30am	Holy Communion			Miss Abell
24 Jan	9.30am	Holy Communion			" "
31 Jan	9.30am	Holy Communion			Mrs M Fearn
7 Feb	9.30am	Holy Communion			" "
ST. PETER'S, EDENSOR				SIDESMEN	
3 Jan	10.30am	Holy Communion			Mrs Thomas/S Liddicot
10 Jan	10.30am	Holy Communion			Mr & Mrs Gordon
17 Jan	10.30am	Matins			Mr & Mrs Jackson
24 Jan	10.30am	Holy Communion			Mr & Mrs Machin
31 Jan	10.30am	Holy Communion			Mr & Mrs Wardle
7 Feb	10.30am	Holy Communion			R S Sherwood/Diana Walters
		COFFEE	CLEANING	FLOWERS	
3 Jan	Rev. & Mrs Thrower		Mrs Bateman/Mrs Robinson		Liz Bradshaw
10 Jan	Mrs Cooper/Mrs Clarke	-----			" "
17 Jan	Pat Bossett		Mrs Day/Mrs Owen/Mrs Nelson		Mrs Penrose
24 Jan	Mrs Mather	-----			" "
31 Jan	Mr & Mrs Sherwood		Mrs Sherwood/Mrs Kembery		Mrs Nelson
7 Feb	Mrs Bradshaw	-----			" "
JANUARY READINGS		ST. PETER'S	ST. ANNE'S & SUNDAY SCHOOL		
3	Ephesians 1: 3-14 John 1. 10-18	Molly Marshall	Di Homer	Sarah Porter	Rupert Turner
10	Acts 18: 14-17 Luke 3: 15-17 & 21-22	Diana Symonds	Sarah Porter	Fiona Swain	Lynda Hinxman-Allegri
17	Isaiah 62: 1-5 John 2: 1-11	Tony Gray	Rupert Turner	Lynda Hinxman-Allegri	Judith Fraser-Martin
24	1 Samuel 3: 1-10 John 1: 35-end	David Jackson	Lynda Hinxman-Allegri	Sarah Porter	Fiona Swain
31	1 Corinthians 13: 1-13 Luke 22: 22-40	John Bowns Roger Wardle	Judith Fraser-Martin	Fiona Swain	Di Homer
7 Feb	Genesis 2: 4b-9 & 15-25	Molly Marshall	Fiona Swain	Lynda Hinxman-Allegri	
<p>'The Bridge' Parish Magazine-60p per copy (£7.20 per year) Items for inclusion in the February Magazine should reach me by Monday 19th January. e-mail: lizbradshaw@onetel.com</p>					