

MARCH

2021



The Bridge



BEELEY WITH EDENSOR
including CHATSWORTH, CALTON LEES & PILSLEY
PARISH MAGAZINE

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(Church website -www.stpetersedensor.org)

March 2021

Palm Sunday, which we celebrate on 28th March, was a day of two processions. You may not know that the procession of Jesus into Jerusalem was not the only procession that the city saw that day. Roman historians record that the governor of Judea, Pontius Pilate, led a procession of Roman cavalry and centurions into the city of Jerusalem on the same day.

Imagine the spectacle of that entry. From the western side of the city, the opposite side from which Jesus enters, Pontius Pilate leads Roman soldiers on horseback and on foot. Each soldier was clad in leather armour polished to a high gloss. On each centurion's head, hammered helmets gleamed in the bright sunlight. At their sides, sheathed in their scabbards, were swords crafted from the hardest steel; and, in their hands, each centurion carried a spear. Drummers beat out the rhythm of a march for this was no ordinary entry into Jerusalem. Pilate, as governor of the region, knew it was standard practice for the Roman governor of a foreign territory to be in its capital for religious celebrations. It was the beginning of Passover, a Jewish festival that the Romans allowed. So, Pilate had to be in Jerusalem as uprisings were always in the air. Intolerance for rebellion was well known and so on this occasion, Pilate had travelled with a contingent of Rome's finest men from his favourite headquarters in Caesarea-by-the-sea to the stuffy crowded capital of the Jews, Jerusalem.

The two processions could not be more different in the messages they convey. Pilate leading Roman centurions demonstrating power and might and Jesus riding on a young donkey embodying the peace and tranquility that the peace of God brings to his people. Those who watch that day will make a choice. They will either serve the god of this world or they will choose to serve the king of a very different kind of kingdom, the kingdom of God.

It is interesting to note that the crowd gathered on that first Palm Sunday shouted, "Hosanna to the Son of David!" In other words, they were placing their faith in Jesus that he would restore the glory of the nation to its splendour when David, the Old Testament King previously ruled a united

kingdom. That is what the Jews wanted after all. To be ruled by a man like David. They thought that Jesus could make their lives better from an oppressive system under which they lived and worked, and turn the tables on the Romans. However, by the end of the week the crowd turned on Jesus because they knew he wasn't going to do any of those things. So, when Jesus is accused, when he is brought by Pilate before the angry mobs, they want to get rid of him. Jesus, in their minds, never did what they wanted him to do. He never defeated the Romans and he never dissolved the unfair tax system.

If we had been in Jerusalem that day and had seen both processions passing by, which would you have chosen to follow? That is the choice we make each day. To choose power and might over love. To choose "the way things are done" over "the way God intends them to be." Two processions. Two choices. Which would you choose and what kind of king do you expect?

Every Blessing
Canon Dave

Service of Committal at Chesterfield Crematorium

15th February ~ Ian Fraser-Martin aged 80 years

Telephone Numbers

<u>St. Anne's</u>	Wardens:-	Rupert Turner	01629 732794
		Fiona Swain	<i>ex directory</i>
<u>Both Churches</u>	Treasurer:-	Fiona Lichfield	01629 813382
	Safeguarding:-	Sarah Porter	01629 732365
			07866695132
<u>St. Peter's</u>	Wardens:-	Elizabeth Bradshaw	01246 582421
		David Jackson	01246 583452
	Treasurer:-	Mark Titterton	01246 582245
		e-mail: mtitterton@me.com	

A Message from Pilsley Post Office & Village Shop

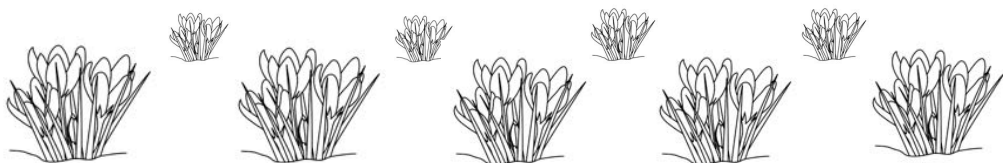


In these difficult times, especially with our maturing local residents still being careful, I am very happy to deliver any emergency grocery items/essentials to you in Pilsley and Edensor. We can arrange payment over the phone by card.

Let's show that the Pilsley and Edensor community can support each other!

Best wishes
Sarah Titterton

Sarah is also able to collect prescriptions from Baslow surgery for residents of Pilsley and Edensor, just contact her to let her know.



Why not contact a lonely neighbour?

The public have been urged to write letters to their lonely neighbours, as the Government has announced a £7.5million cash injection for community-boosting activities.

It is hoped that people will "reach out virtually and help combat loneliness", says Robert Jenrick, the Communities Secretary. This could be done either by "picking up the phone or writing a letter."

He urges, "Let's all do what we can to connect with our older neighbours, in a Covid-secure way, so they feel less alone and know how valuable they are to their communities at this time."

The charity Age UK has said it reckons there to be about 1.4million older people in England who are "chronically lonely."

Easy Fundraising

If you already SHOP ONLINE, or if you haven't yet done so, then why not use Easy Fundraising and help raise money for St. Peter's Church? There is no extra cost to you and a percentage from your purchase will come back to the church.



To Register

- Go to www.easyfundraising.org.uk
- Click on **Register**
- Choose **Saint Peter's Church - Chatsworth Park** as your charity and fill in the rest of the form

To Shop

- Go to www.easyfundraising.org.uk
- Search for your store in the alphabetical list
- Go ahead and shop

Choose from over 2000 of the UK's best-known retailers including names such as Amazon, M&S, Argos, John Lewis and HMV and when you shop using the links on the easyfundraising site up to 15% from every purchase you make is donated to St. Peter's Church.

JUST GIVING AT ST. PETER'S

We now have a **JustGiving** page, where people can donate to St Peter's at any point, the link is <https://www.justgiving.com/edensor-stpeters>.



If you normally give to St. Peter's through an envelope in Church, you can still support our mission by giving online and following the link at Just Giving. <https://www.justgiving.com/edensor-stpeters>.

CHURCH PATH CLEANING

St. Peter's

Volunteers needed for (socially distanced) cleaning of the church path.
Recommended method is for hot, soapy water and a stiff brush (provide your own please), then a rinse with clean water.

If you are able to help please contact David Jackson (01246 583452) for convenient dates and times.

ST. ANNE'S, BEELEY

TheGivingMachine is a unique registered charity that enables you to generate sales commissions with every online purchase. They convert these commissions into free donations for the schools, charities and other community

organisations you choose. **St Anne's, Beeley** is one of the organisations you can support. The donation is calculated without going via another website so doesn't affect your shopping experience.

Please sign up at <https://www.thegivingmachine.co.uk>



St. Peter's Church 100 Club January Draw 2020

1st prize £30 no. 29 Ray Bradshaw
2nd prize £20 no. 14 Sarah Titterton

Funds to church this month - £50

Thank you to everyone who supports the 100 club.

Ann Hall

Little old lady seeks handsome young man (*Smile...*)

An advert appeared in a student newspaper of a university: "Sweet little old lady wishes to correspond with good-looking university student – especially a six-footer with brown eyes, answering to initials J.A.D."

It was signed: "his mother."

St. Anne's & St. Peter's Churchyards

A reminder to everyone who tend graves or cremation plots in our churchyards, please would you make sure than all old plants and Christmas wreaths are removed before the mowing season begins.

If your Christmas wreath was on a plastic or wire frame you will need to remove the frame before putting the greenery into the green recycling bin, everything else should be put in the household refuse bin.

May we also remind everyone that only fresh flowers are allowed in the churchyards.

What can our readers share with each other right now?

We are inviting readers to send in 100 words on how they are spending their time at home, and what they actually like about it. If you would like to send in your 'Life in Lockdown' thoughts please email them to me: either

'A day in my life under lockdown'

Or *'The three things I most want to do when coronavirus is over.'*

Here is our first offering.

It is always interesting when an unexpected event unfolds at home, especially in lockdown. My Wife went to her appointment in the morning and I decided to take the ladders out to start pruning the climbing rose, not an easy task, but requires a degree of concentration. I could hear the police sirens, but thought nothing of it as they are always busy on the A6. Imagine my surprise when my wife appears in the driveway minus her car? All roads to house are cordoned off, no traffic is allowed anywhere near the house, and there are police and their cars, blue lights flashing, standing guard. Opposite our house is the Primitive Methodist Church, being converted into a house by an energetic couple, who were digging out the floor and found a bomb. He called the police and the bomb squad, hence the activity. The bomb team arrived, assessed it as harmless and left. Panic and excitement over, police left, my wife walked back to collect the car, and I resumed the pruning.

An interesting morning!!

Duncan Gordon

Nigel Beeton writes: For those of us fortunate enough to have gardens one reliable source of joy and pleasure over the past dark months has been the birds visiting them. I even saw goldfinches in mine, they are not common visitors but it's lovely to see them when they come! They really are spectacular birds!

The Goldfinch

*A flash of yellow, gold, and red
Dancing in our flower bed
Flocked together, bringing charm
Their joyful song restoring calm.*

*Through centuries since times of old
We've always loved their plumage
bold;
As they gathered round to feed
Seeking grubs, and thistle seed.*

*So, go ahead, and plant some thistles
You will see, among the bristles.
Golden birds who dance and dart
Bringing joy to warm your heart.*

By Nigel Beeton

Your daily walk should be a sacred ritual

Under lockdown, millions of us who rarely walked around our immediate locality are now well acquainted with every nearby driveway, every crack in the pavement, and every pothole in the road. We have developed views on our neighbours' gardens, on their oddly coloured garage doors, and on their dogs, children and cars. If we go out at the same time every day, we may even be saying hello to the same people we don't know every day.

For many of us, that daily walk has become the high point of our day.

After all, it is one of the few liberties we have left. Some of us go early, to enjoy the relative peace and quiet. Some of us go at midday, to at least see other people, even if we can't talk to them. Others of us opt for dusk, the dark comfort of a street with lit houses and stars in the sky.

Whatever time you most enjoy, make sure you do make the time to go for your walk. Your mental and physical fitness can only improve!



How to stop stress getting the better of you.

With the third lockdown, too many of us are facing a torrent of stress over job insecurity, home schooling, isolation, illness, or all of the above!

Stress makes us want to eat badly, exercise less and drink more. It also has a profound effect on our immune system.

While brief or 'acute' stress can spur us on to some specific achievement, the opposite is true of 'chronic' stress, which does only damage. It suppresses our immune system, making us more susceptible to bugs. That is why a stressful event can leave you feeling run down, or trigger a bad cold, shingles, or asthma.

So how do we give our immune systems some help during this crisis?

Eat well. A balanced diet includes at least all six plant-based food groups: fruit, vegetables, wholegrains, legumes, nuts and seeds.

Exercise every day: regular moderate exercise helps your immune system.

Get enough sleep. It has been called "the foundation of the immune system." Avoid caffeine in the afternoon and keep devices, laptops or screens away from you for an hour before bedtime. Instead, stretch and relax, and consider a hot shower or bath.

Finally, don't be mean to yourself. Practise some self-compassion. Give yourself some private time, forget perfectionism, and accept that 'sometimes half-good is good enough.' Be kind to yourself – because even that will help your immune system.

Everyone will benefit from Census 2021

Households across the Derbyshire Dales will be asked to take part in Census 2021 this spring.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales.

Understanding the needs of the nation helps everyone, from central government to organisations such as councils and health authorities, plan and fund public services across England and Wales. Census outputs inform where billions of pounds of public funding is spent on services like transport, education and health – on cycle routes, schools and dental surgeries.

Information from the census is also important in helping lots of other people and organisations do their work.

Charities and voluntary organisations often use it as evidence to get funding. It helps businesses to understand their customers and, for example, decide where to open new shops. Plus, those doing research, like university students and people looking into their family history, use

census data. It provides important information on population diversity, allowing organisations to know whether they are meeting their responsibilities and triggering action where necessary.

Census 2021 will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

“The census provides a unique snapshot of our communities,” Iain Bell, deputy national statistician at Office for National Statistics, said. “It benefits everyone. Based on the information you give, it ensures millions of pounds are invested in emergency services, mental health care, school places, hospital beds, houses, roads, GP’s and dentist’s services.

“No-one should miss out. Everyone can complete on online with a new search-as-you-type ability and paper forms for those who need them.”

Census day will be on March 21st, but households will soon receive letters with online codes explaining how they can take part. The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as

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well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records

will be locked away for 100 years, kept safe for future generations.

For more information and advice on how to answer the questions, visit [census.gov.uk](https://www.census.gov.uk)

A year of coronavirus

The Ven John Barton considers the sorrows of the past year.

The Queen recently spoke for the whole country when she said that many are, “tinged with sadness. Some (are) mourning the loss of those dear to them and others missing friends and family members, distanced for safety. When all they really want ... is a simple hug or a squeeze of the hand.”

We may have become accustomed to wearing face masks in public, keeping our distance from others, cutting out social gatherings, and attending church services online, but ‘no touching’ seems the cruellest of punishments.

As one vicar friend of mine said, the Church has had to learn a lot from lockdown:

“That Zoom is no substitute for meeting together, sharing warmth, laughter, tears – and drinking from the same cup. We have a commonality in Christ, whoever we

are. Christianity is more ‘us’ than ‘me’.

“Also, we cannot ignore those who will bear considerable cost arising from the pandemic. People have lost loved ones, businesses, confidence, jobs. It is vital that the church becomes a place of hope – not glib, clichéd words – but solid hope drawn from Scripture and made real in action. The church could become a real hub of the local community.

“But we have to rethink much of what we do and how we say things. The money has all but gone now and the church has to refocus on how it attracts people, what it says in plain English, how it presents itself and provides a warm welcome to those who haven’t a clue what Christianity is.... and all this on a very tight budget!”

He’s got to be right. And some of us could begin to apply some of his ideas right now, even before the pandemic is under control.

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The Padley Centre

We continue to collect food and clothing for the Padley Centre in Derby and with winter and much colder weather upon us we need to give even more thought for those less fortunate people who know what it is like to be hungry, homeless and cold. Canon Dave has been delivering these donations throughout the last few months - the Padley has a booking system for dropping goods off.

They need warm clothing for adults, including waterproofs, warm socks, gloves, hats and scarves etc. Sleeping bags are always very much appreciated, especially now, with the much colder nights during the winter months.

Food - tins of meat, fish, soup and tomatoes; dried pasta; rice; biscuits and chocolate and any other 'treats'; also toiletries including toothpaste, toothbrushes, soap and feminine hygiene products.

Donations can be brought along to a Sunday service if you are able to attend, or you can phone Canon Dave to arrange to drop them off at the Vicarage. Alternatively, you can phone David Jackson if you are in Baslow or Liz Bradshaw if you are in Pilsley and arrange to drop them off with them.

The Padley Centre also now accept:

Blankets – any size since if not used in the centre they can sell them in the shop

Bedding – sheet, pillows and pillow cases **but not duvets or pillows** due health and safety reasons

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As a direct consequence of lockdown, many of us have much more money in the bank than we bargained for. We could send a substantial sum to our local church, and some to an overseas charity, to make some of those ambitions come true. With time on our hands, we could earmark an hour or two for

emailing or phoning those in our address book who live alone. We could buy extra supplies for a food bank on our next visit to the supermarket.

And we must ask God to make our church more comprehensible to those who consider themselves outsiders.

Wear your daffodil and unite in memory

Marie Curie, the UK's leading end-of-life care charity will this year celebrate their 35th annual Great Daffodil Appeal, which is held every March across the UK. The money raised from this appeal enables the charity to continue their vital work providing care and support to people living with a terminal illness and their families.

The coronavirus continues to have a devastating effect on Marie Curie's fundraising, as activities up and down the country have had to be cancelled. However, there's still lots of ways people can get involved, with things like the Step into Spring Challenge in March where people walk 10,000 steps a day, they can host a virtual collection or buy and wear one of the charity's iconic daffodils in memory of a loved one.

This year will be even more special as the charity encourages the nation to come together to reflect, grieve

and remember for a National Day of Reflection. Tuesday 23rd March 2021 will mark one year since the UK first went into a nationwide lockdown and Marie Curie is inviting the nation to unite and remember those who died and show support and solidarity for those who have been bereaved. The charity knows how important it is for people to grieve and the emotional and psychological impact of not being able to say goodbye properly and grieving in isolation can have.

Due to the pandemic, Marie Curie won't have their normal collections on the street, so donations are more important than ever. To support the Great Daffodil Appeal, you can donate at www.mariecurie.org.uk/daffodil or you can buy your daffodil pin in store at a number of high street stores including Superdrug or Savers.



Wild Lent – discovering God through creation

By Rachel Summers, Kevin Mayhew, £7.99 (review....)

Wild Lent could change how you experience Lent this year. Instead of a nice cosy room, coffee, biscuits and lots of discussion about the meaning of Lent, you'll be wrapping up warm and heading off into the wilds!

You could get up close and personal with creation and make a shadow clock, have a sunrise breakfast walk, go on a giant egg hunt, hug a tree, walk barefoot... and share God's creation with others. The book gives you lots of ideas for things to make and do, whatever the weather.

Rachel Summers is a Forest School Practitioner and runs Curious Wilds, which provides forest school sessions.

How to get free travel to and from your Covid vaccination thanks to Derbyshire bus company

A Derbyshire community bus company has won praise after offering free travel to and from Covid-19 vaccinations at two centres in the county.

Bosses at Hulleys of Baslow say they have introduced the initiative to help make the process of getting vaccinated as straightforward as possible.

The firm's 'community-minded' new scheme has been welcomed by residents who have hailed it as a 'fantastic' idea.

Managing director Alf Crofts said: "It's been nearly a year since the first lockdown, and all we want to do is to be able to get people moving again.

"The idea of the vaccine is daunting for some so if by doing this we can make the process easier and quicker then we can all go back to normal that much sooner."

From Monday, January 25th, Hulleys will be offering free bus travel to and from coronavirus vaccination appointments at Newholme

Hospital, Bakewell, and Sharley Park Leisure Centre, Clay Cross.

The initiative will last throughout the vaccination programme and will be available to all residents, regardless of age.

A spokesperson for the company said: "When you get your appointment letter, go online and obtain your two appointment dates – instructions will be on the letter.

"Write these dates on the letter. When you travel to your appointments simply show your letter to your driver."

Services to the two vaccination sites include the 63, 170, 172, 173, 178 and 257.

These buses serve places including Matlock, North Wingfield, Tupton, Wingerworth and a host of villages in the Peak District and Hope Valley.

For more information and timetables, visit the [Hulleys of Baslow website](https://www.hulleys.co.uk).

<https://www.google.co.uk/amp/s/www.derbyshiretimes.co.uk/news/people/how-get-free-travel-and-your-covid-vaccination-thanks-derbyshire-bus-company-3112275%3famp>



Driving in the snow

1. Wear comfortable and dry footwear
2. Accelerate gently
3. Move off in second gear as this will help reduce wheel spin - some cars have a winter mode.
4. Maintain safe stopping distances between you and the car in front, leaving as much as 10 times the normal recommended gap.
5. Prepare for an uphill by leaving plenty of room in front so you can maintain a constant speed without the need for changing gear.
6. Use a low gear for going downhill and try to avoid braking unless necessary, make sure you leave plenty of space between you and the car in front.
7. When approaching a bend, brake before you actually start to turn the steering wheel. If your car does lose grip try not to panic; the key thing is to take your foot off the accelerator and make sure that your wheels are pointing in the direction you want to go in.
8. If you do encounter a skid, steer gently into it - for example, if the rear of the car is sliding to the right, steer to the right. Do not take your hands off the steering wheel or stamp your foot on the brakes.
9. When driving in heavy snow, make sure that you use your dipped headlights. Relying on daytime running lights is not enough, because they don't

always put lights on the back of your car.

10. If visibility drops below a 100m, put your fog lights on. But remember to turn them off when the visibility improves.

11. If the road has not been gritted, be wary of driving in the wheel tracks of other vehicles as compressed snow is likely to be more icy than fresh snow.

12. Controls such as the brakes, as well as the steering, accelerator and even gear changing should be operated smoothly and slowly.

13. Sunglasses can help to reduce the glare of low winter sun on the snow.

14. Keep your speed down and allow more time to stop and steer.

15. Finally, it's important to think about the environment that you're driving in, especially microclimates that might appear on the road. These are areas that perhaps the sun hasn't got to, which could stay icy when the rest of the road has thawed. Bridges are a good example. They're normally the first to freeze and the last to thaw. So be aware of that when you're driving in open spaces.

REMEMBER: Make sure you keep your car clean. The salt used to de-ice roads can cause corrosion to your car over time, so it's worth making a point of cleaning it regularly throughout the winter months.

Message Sent By Benjamin Morris
(Police, PCSO, Derbyshire Dales)

(Even though it may not be snowing when you read this it could still serve as a reminder for the next time we have snow).

Brief Notes from St. Peter's PCC Meeting held via Zoom on Tuesday 2nd February.

Nine members of the PCC were present and apologies were received from one other.

Canon Perkins opened the meeting with prayer.

The minutes of the meetings held on 21st October and 9th and 12th December 2020 were agreed as a true record.

Matter arising not on the agenda: Canon Dave said that he is having difficulty finding someone to take over the maintenance of the churchyard from Richard Finney. He will ask the team who currently look after Beeley churchyard if they will quote for the work. Sarah Porter may also have contacts who would be able to give a quote. Richard is prepared to meet with prospective teams to show them what is involved.

Report from the Chair: Canon Dave said that we are still able to remain open for a limited number of people to attend services. He feels that his weekly message is very important at this time and he will continue to send it out for as long as it is needed.

We continue to collect items of food and clothing for the Padley Centre and Dave delivers it on a pre-booked slot.

Canon Dave hopes to have a Lent Group via Zoom, possibly on a Thursday morning or afternoon.

Financial Report: The Treasurer had provided the PCC with the Draft year end accounts prior to the meeting. These had been independently examined by Peter Holdridge. David Jackson proposed a vote of thanks to Canon Mark for all his work on our behalf, and the meeting wholeheartedly agreed. David Jackson proposed that the accounts be accepted, Liz Bradshaw seconded the proposal and all were in agreement.

Schedule of Works Report: The toilet project is progressing well. A new floor to ceiling cupboard will be made in the lobby area to house the lighting switches etc. The cost of this will be within the contract price. The joiner is going to supply the same veneered wood, cut to size, and Roger Wardle will make a free-standing cupboard to house the flower stands, this will cost in the region of £400 and will be positioned under the Paxton memorial. The meeting agreed to these works and it was proposed by David Hartington and seconded by Cynthia Gordon.

Update on Grants: Sarah Porter had obtained a grant of £300 from DDDC Community Fund towards work on the clock dial.

Safeguarding: There was nothing to report. Canon Dave said that he is pleased we can rely on Sarah Porter to keep us up to speed with safeguarding in the church.

Work on the Clock dial: Liz had heard from Peak Park that they do not need to give permission for the work. Their email has been passed to the Registrar who will now be able to forward the Faculty to the Chancellor.

AOB: Canon Mark told the meeting that 20 - 25% of congregations have been lost generally from Church of England congregations as people flit from one live-streamed

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service to another week by week. Canon Mark urged us to seriously consider streaming services and Canon Dave said that he would look into it with the two churchwardens.

Dates of APCM: A provisional date of Sunday 16th May, either in Church or via Zoom. Canon Mark said that the Zoom package he has access to would allow voting etc.

The meeting ended with respect paid to Captain Sir Tom Moore whose death was announced during the afternoon, followed by the Grace.

'Zoomed Out?'

The Revd Canon Paul Hardingham considers the need to stay connected

'You're still on mute!' If you've used Zoom over the past year, you'll be familiar with this cry! After a day on Zoom, the last thing we often want to do is using it for a chat with friends or a church service on Sunday! Now this reveals a wider problem that we face. We know that staying connected in the pandemic is hard. When we're tired and busy, it's easy to stop connecting with others, which would encourage our faith or wellbeing. This might also include not sending a text, Facebook comment or phoning somebody up.

Remember what Paul says: *'For what I want to do I do not do, but what I hate I do.'* (Romans 7:15). It's often easier to avoid connecting with God and others, when this would be good for our sense of value, purpose and identity. Certain patterns of behaviour can make us feel safer, but in reality they prevent us from living our lives fully as God intends.

Paul adds: *'What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!'* (Romans 7:24,25). Through the death and resurrection of Jesus we have the freedom to act differently. Lent is an ideal time to develop new habits, especially when we are tired or anxious. It may involve spending less time on Facebook, turning the TV off to call a friend who we need to catch up with, or getting up a bit earlier to spend time in Bible reading and prayer.

Let's keep reminding ourselves that *'God is bigger than Zoom'* and make sure that we don't get disconnected! Let's be committed to doing the right thing, rather than simply the easier thing.

How to gain contentment

Jennie Pollock is a writer with London Institute for Contemporary Christianity (LICC). She blogs at jenniepollock.com.

Rejoice in the Lord always. I will say it again: Rejoice! ... Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
(Philippians 4:4,6-7)

I've been thinking a lot about contentment in the past couple of years, and have been struck by the fact that we can choose to be content.

As Paul says in Philippians 4:12, "I have learned the secret of being content in any and every situation ... whether living in plenty or in want." He doesn't explicitly tell us what the secret is – but the word 'learned' is significant.

Contentment isn't something we have to hope we might be given, or something that would blossom in our lives if only we received or achieved all the things we're longing for. Contentment isn't the result of everything being the way we want. Nor is it a gift randomly given to some people to enable them to bear difficult circumstances.

Rather, it is something we can learn, something we can actively pursue. We

do that by choosing to seek *Christ's glory* over our own, to emulate His life of grumble-free humility, and to learn from others how to press on towards the goal of becoming more like Him.

And we do it by *choosing to rejoice*. Paul doesn't say 'Rejoice in the Lord when things work out', or 'Hang in there; we'll be able to rejoice one day'. No, he commands us to rejoice in the Lord *always*. God is always good. There are always things to praise him for, in our plenty and in our want, in promotion or demotion, on a luxury holiday and in a long, lonely lockdown. (Isn't it interesting that Paul had to learn how to be content with plenty as well as with want? Even the dream job, ideal home, and perfect partner won't bring automatic contentment.)

This doesn't mean denying the reality of our situations. We can and should 'present [our] requests to God', we just do it in an attitude of thankfulness not anxiousness. And as we play our part, God will respond by giving us something greater than what we have asked for – He'll give us His peace, 'which transcends all understanding, [to] guard [our] hearts and [our] minds'.

True contentment is a gift from God, as indeed is everything good in life, but God in His goodness allows us to choose whether to receive it or not. So, make the choice: **rejoice!**

Green Pastures – the charity that finds homes for the homeless

Here is a story that went on to change many lives:

‘There was a knock at the door. Pete slowly opened his front door, and the stranger standing before him said in a quiet voice, “Please sir, do you have a bed for the night? I’m homeless.”’

Those words, spoken 20 years ago, stirred such compassion in Pete Cunningham’s heart that it moved him to action. Together with a church member, Vicki Woodley, a small pension was cashed in and Vicki’s house re-mortgaged to put a deposit on two flats to house two homeless people, and Green Pastures was born.

The vision grew greater than they ever imagined.

20 years later, Green Pastures provides homes and support for over 1,100 people across the county, and is growing rapidly. The passion to release the Church to eradicate homelessness burns brightly. In partnership with churches and charities, Green Pastures makes real change in the desperate situations in which many find themselves.

Investors are paid up to 5% to house the homeless. Green Pastures buy

property for churches and charities so that they can reach out and house the homeless in their area. They provide all the paperwork, expertise and ongoing support to operate successful supported housing projects. Green Pastures is a national Christian social enterprise that releases the Church to end homelessness.

The enormous changes in towns and individual lives can be seen everywhere. Residents of partner, The Greenhouse Project, Plymouth, have experienced the faith of the support workers in their Green Pastures home to encounter Jesus through genuine caring relationship.

One resident commented, “When I met the guys at The Greenhouse and saw how they love Jesus and the way that they were living for God, that appealed to me, and that helped me get back to faith, that helped me get back into recovery.”

For how Green Pastures can help you, go to www.greenpastures.net or call 0300 365 4500.

Palm Sunday & Holy Week

This helpful overview is an edited version of an article that comes from: <https://christianity.org.uk/article/the-first-easter>.

The events of Easter took place over a week, traditionally called Passion Week.

It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving from all over Israel. Thousands of them went to Jerusalem each year to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted the money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, 'Father if you are willing, take this cup from me; yet not my will but yours be done'. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.

150 years of the Royal Albert Hall

The Revd Michael Burgess celebrates a special building.

Joyce Grenfell wrote a wonderful song, Joyful Noise, about three lady choristers: Miss Clissold, Miss Truss and Ivy Trembley. Their greatest delight was to sing in an oratorio at the Royal Albert Hall. 'It may be like a gasworks with a green-house roof above it, and it may lack convenience, but all the same we love it.' That love has marked the life of the Royal Albert Hall over 150 years as this month we celebrate its opening on 29th March 1871.

After the success of the Great Exhibition, Prince Albert dreamed of creating a more permanent cultural area in London to promote and popularise the arts and sciences. On his death in 1861 at just 42 years, it was decided to erect a memorial and a 'Central Hall.' And so the Royal Albert Hall was built. At heart it is an impressive concert hall promoting classical music with an annual performance of Handel's *Messiah* from 1876, and from 1941 the BBC Proms: 8 weeks of concerts in the summer welcoming musicians from all over the world and culminating in the memorable *Last Night*. Composers from Wagner and Verdi to Bernstein and Britten have conducted and had works performed there.

But the Royal Albert Hall has also hosted an amazingly wide variety of events through its life: the Beatles in

1963, Ella Fitzgerald in 1990, poetry evenings, sport (boxing, tennis and basketball), the Cirque de Soleil, Teenage Cancer Trust concerts, and the 25th anniversary performance of *The Phantom of the Opera* in 2011. It has provided a platform for Winston Churchill, Einstein and the Dalai Lama. Many of us will have poignant memories of the annual RBL Festival of Remembrance held every November since 1923: a moving occasion that culminates with the shower of poppy petals.

Sadly, because of the restrictions with the pandemic, the Hall's programme of events has had to be limited in scope since last year, but the frieze on the outside of the building remains to inspire. There we see a celebration of the rich variety of arts and sciences that include music, sculpture, painting, astronomy and navigation, and the words *Thine O Lord is the greatness and the power and the glory and the majesty* - a reminder that all our creative work here is a reflection of the wonder of God the Creator.

'He will never forget at all The day he played at Albert Hall'. That line from the Kinks' song *Session Man* invites us all to celebrate and give thanks for the richness of the life and work of the Royal Albert Hall as we look back over its 150 years and as we look ahead with hope and faith to a richer future.

Battling bishop takes on the bookies

The Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the CofE, reports on one initiative against gambling.

When a grieving family came to see the Bishop of St Albans, the encounter sparked a campaign that could transform the role of gambling in British public life.

Church of England bishop Alan Smith was deeply impacted by the visit from a family whose son had taken his life because of his struggle with problem gambling.

In his role as a member of the House of Lords, he has since fought to combat gambling-related harm.

Bishops who sit in the Lords are sometimes themselves reluctant to speak of their role in the House – concerned that some churchgoers may wish them to devote all their time to their dioceses.

But the bishop's response to the family's grief demonstrates the positive role that CofE bishops in the Lords can play.

In a recent podcast interview with Church Times, the bishop recalled the visit from the family. "They sat in

my study, they broke down. They said we don't know what to do. We don't want this to happen to anyone else. Can you help?

"I felt very helpless. I listened to them, prayed with them, then I put some questions down in the House of Lords."

It became clear that the government did not have a lot of statistics about the extraordinary growth in online gambling and the harm it was having, with possibly one or two people taking their lives every day in the UK

After he raised the issue, Bishop Smith was inundated with people writing to him. Many told him about a family member who had taken their life because of problem gambling and urging him to continue with the campaign.

Several years on, there is now a coalition of around 150 peers – the largest lobby group in the Lords – seeking to lessen the impact of problem gambling. A report by a Select Committee is calling for widespread changes to the Gambling Act dating from 2005.

They want TV advertising of gambling to be restricted, and for the gambling industry to pay levies to meet the costs of tackling problem gambling. They point out that the NHS runs 14

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problem gambling clinics at a time when funds are under desperate pressure.

Bishop Smith is also concerned about what he describes as the 'gambification' of sport. He explained: "When I was young, we loved watching football and cheering our side on, but you didn't have to gamble. The gambling industry has persuaded people that the need to bet is integral to sport."

The Bishop has called on the Football Association to lead the way in tackling gambling, rather than

having to respond to mounting public concern.

Debates around the bishops' role in the Lords will no doubt continue, with critics calling for their removal.

Supporters say the bishops maintain strong grassroots contacts in their dioceses and bring perspectives from local organisations and people. Many bring insights from their work with charities and other non-governmental organisations, as well as an important faith perspective.

Combatting the spread of FGM

28 Too Many, a UK based research charity set up to campaign against the continuing practice of Female Genital Mutilation [FGM] is running a series of workshops in an effort to halt the resurgence of FGM which has occurred worldwide, including the UK, during the coronavirus pandemic.

Dr Ann-Marie Wilson, the founder and executive director of 28 Too Many and a Church Mission Society mission partner, said: "At the start of 2020 many countries were reporting their lowest levels of FGM since records began in 2004 yet with the

escalation of Covid-19, thousands of girls and young women are at risk of being 'cut' and sold into marriage or forced to work in the sex industry."

Across Africa, from Kenya to Senegal, and Nigeria to Sierra Leone, multiple factors emanating from the coronavirus crisis have combined to cause charities and NGOs concern. Ann-Marie explains: "Restrictions on travel, reductions in funding for FGM programmes and the fear of contracting the disease, as well as the closure of the school year for pupils across Africa, has meant many girls are now isolated, under the radar and exposed to the dangers of FGM."

Help support this work at: <https://www.28toomany.org>

God in the Sciences

This series is written by Dr Ruth M. Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith. www.faraday.cam.ac.uk/churches and <http://www.cis.org.uk>

What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, and vaccinations and better weather may make handling the pandemic a little easier. On the other hand, marking a year from the start of the first UK lockdown will be painful for some, especially as many of us are likely to be experiencing restrictions or ongoing hardships for quite some time. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying creation can also help us connect with God.

Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament & praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug –
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in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how

great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

Here are two snippets to (hopefully) make you smile....

Dressed up

An evangelical vicar was asked to celebrate Holy Communion for his Anglo-Catholic neighbour who was ill. Unfamiliar with some of the vestments, he did the best he could. Breakfasting at the vicarage afterwards he said to the vicar's wife that he hoped he had got all the vestments on properly. "Oh yes," she said, "you were quite all right – except that my husband does not usually wear the book-markers!"

Give me a sense of humour, Lord, give me the grace to see a joke,
To get some humour out of life, and pass it on to other folk.

Movement over mind?

Exercise can be just as effective as mindfulness when it comes to reducing your stress and anxiety. Such is the conclusion of a recent study at Cambridge University.

Mindfulness is a form of meditation which involves focussing your thoughts and sensations, and it has become popular in recent years. But now Cambridge University experts say that it should not be assumed that meditation will always have a positive impact. Instead, people can

reap mental benefits from physical exercise.

As one doctor said: "The main message here is, don't assume mindfulness will work. We have much more evidence for the mental and physical benefits of physical exercise."

Last year it was found that people who exercised for 30 to 60 minutes at a time, for two to six hours a week, recorded the fewest days of poor mental health per month.

Baslow Health Centre – Church Lane, Baslow

www.baslowhealthcentre.co.uk

Appointment Times: Clinicians are still available for consultations and medical advice. Please contact the surgery and a GP or Nurse will call you back to discuss your concerns and if necessary arrange to see you in person. Many problems can be dealt with over the telephone.

Patient Online: Have you registered to use the online service? This allows you to book or cancel appointments on line (during normal service) and order your repeat medications. You can also request access to your Summary Care Record, and Detailed Coded Data contained within your medical records. You can also look at your test results.

Telephone Numbers:

Reception: 01246 582216

Surgery Fax: 01246 583867

District Nursing Team 01332 564 900

Health Visitor: 01629 816633

Normal Surgery Opening Times

Mon, Tues, Wed, Thurs & Fri
8am-6.30pm;

(closed Bank Holidays)

(Phones 8am – 6.30pm Mon - Fri).

Surgery Closure for training -

Wednesdays from 1pm:

10th March

Ordering Repeat Medication

You can order repeat medications in the following ways:

- In writing or with our on-line access service
- Return your repeat request form to surgery by Post or Fax

Please allow **three** working days before collection and **collect between 8am and 5pm**

Prescriptions can be collected via the side window near the back door.

Samples – if you need to leave a sample with us please ensure it is labelled with your name and date of birth and returned in a bag, if provided, either through the letterbox or at the side window.

Test Results – Please ring for test results after 2.30pm as we do not receive test results back from the hospital until lunchtime.

**For Urgent Calls when
we are closed call 111**

St. Anne's, Beeley (pre-booked places only)

please phone Canon Dave Perkins 01246 386385 to reserve a place

Sunday 14th March: Mothering Sunday (Holy Communion)

Colossians 3: 12-17 *Reader: Clair Cadogan* *Brasses: Fiona Lichfield*

John 19: 25b-27

Sunday 28th March: Palm Sunday (Holy Communion)

Philippians 2: 5-11 *Reader: Yvonne Ward* *Brasses: Sarah Porter*

Liturgy of Palms Mark 11: 1-11 **Passion Gospel according to Mark**

March cleaning: *Fiona Lichfield*

St. Peter's, Edensor (pre-booked places only) 10.45am

Sunday 7th March: Third Sunday of Lent (Holy Communion)

1 Corinthians 1: 18-25 *Reader: Diana Walters*

John 2: 13-22 *Stewards: David & Margaret Jackson*

Sunday 14th March: Mothering Sunday (Holy Communion)

Colossians 3: 12-17 *Reader: David Jackson*

John 19: 25b-27 *Stewards: Mr & Mrs Gordon*

Sunday 21st March: Fifth Sunday of Lent (Matins)

Jeremiah 31: 31-34 *Reader: Duke of Devonshire*

John 12: 20-33 *Stewards: Diana Walters & Roger Sherwood*

Sunday 28th March: Palm Sunday (Holy Communion)

Philippians 2: 5-11 *Reader: Mike Woodcock*

Liturgy of Palms Mark 11: 1-11 *Stewards: Margaret Perkins & Liz Bradshaw*

Passion Gospel according to Mark

Cleaning Rota for March

We are very grateful to those who are still able to clean the church. Please phone the Vicar to arrange your cleaning day and time and to collect the key.

7 Mr & Mrs Jackson

21 Mr & Mrs Wardle

14 Trevor & Jackie Grimshaw

28 Mike Pindar & Jennie Ball

Items for the **APRIL** magazine should reach me **NO LATER THAN MONDAY 15th MARCH** - email to: liz.bradshaw@w3z.co.uk

The Bridge'Parish Magazine £1 per copy (£12 per year).