

August

2022



The Bridge



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

Rev'd Canon D. Perkins,
The Vicarage, Edensor, Bakewell,
Derbyshire DE45 1PH Tel: 01246 386385
(Church website -www.stpetersedensor.org)

August 2022

On Tuesday 9th August, the Church of England celebrates the life of Mary Sumner who was the Founder of the Mothers' Union. She was born on New Years Eve 1828 and educated at home. Mary learned to speak three languages and was a very talented singer. To complete her musical education she travelled to Rome where she met her future husband George Sumner. He was ordained and in 1851 became the vicar of Old Arlesford in Hampshire. It was here that Mary dedicated herself to raising her children and helping her husband in his ministry by providing music and Bible classes.

In 1876, when her eldest daughter Margaret gave birth, Mary felt it would be helpful for young mothers in the parish to be offered support. She reflected on the importance of motherhood and invited women of all classes to support one another. After planning the first meeting she became very nervous, but soon gathered the courage to put her plans into action. Mary and her husband George spoke to the young mothers about what it meant to be a Christian and the importance of motherhood. This was the first meeting of what has become known as the Mothers' Union. The group who met on a regular basis was limited to her parish until in 1885, she was asked by the Bishop of Newcastle to address the Portsmouth Church Congress about her vision. She spoke passionately about the importance of the vocation of women in society and of how mothers could change the nation for the better. She focussed on the two ideas central to her Mother's Union Group: being a good example to children and keeping prayer central to the life of the family. This led to a number of young women going on to found mothers' meetings in their own parishes, and soon the Bishop of Winchester made the Mothers' Union a Diocesan organisation.

The idea of this new movement spread rapidly to Dioceses throughout the United Kingdom, and as women migrated to different parts of the Commonwealth it was established overseas. By 1892, just after seven years, the movement had spread to India, Canada, Gibraltar, Malta, South Africa, West Indies, New Zealand and Australia operating in 28 Dioceses, with 60,000 members. In 1897, Queen Victoria became patron of the Mothers'

Union giving it her stamp of approval.

On 9th August 1921 Mary died at the age of 92. She is buried with her husband in the grounds of Winchester Cathedral. In 1925 a central headquarters for the worldwide organisation was established in London known as Mary Sumner House, which is adjacent to Westminster Abbey. The integrity and social responsibility of the Mothers' Union has always been highly regarded and in 1926 at the 50th Jubilee, the organisation was granted a Royal Charter by His Majesty King George V.

The Mothers' Union remains the greatest memorial to Mary Sumner, although the range and depth of the movement's work far exceeds Mary's original vision of a circle of prayer upholding family life.

The Mother's Union now has more than four million members in 84 countries. Members continue to promote family life through parents' group work, marriage support and upholding families affected by homelessness, imprisonment, domestic abuse and relationship breakdowns.

Importantly, prayer continues to be at the heart of the organisation, as members maintain a constant chain of intercession across a global membership.

I was privileged to be Chaplain of the Mothers' Union in Derby Diocese for a number of years and was humbled by their commitment and amazing contribution to supporting many people at home and abroad.

I want to close this article with Mary Sumner's personal prayer:

All this day, O Lord,
let me touch as many lives as possible for thee;
and every life I touch, do thou by thy spirit quicken,
whether through the words I speak,
the prayer I breathe,
or the life I live.
Amen.

Every Blessing
Canon Dave

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>

FROM THE REGISTERS

ST. PETER'S

WEDDING

1st July ~ Elliott James Atkin & Olivia Paige Hopkins

BAPTISMS

3rd July ~ Charlotte Eve Sharp

16th July ~ Jasper Donald Little

INTERMENT OF ASHES

11th July ~ Kenneth Leslie Ridgeway (aged 77years)

Telephone Numbers

<u>St. Anne's</u>	Wardens:-	Rupert Turner	01629 732794
		Fiona Swain	<i>ex directory</i>
	Treasurer:-	Fiona Lichfield	01629 813382
<u>Both Churches</u>	Safeguarding:-	Sarah Porter	01629 312168
			0786 669 5132
<u>St. Peter's</u>	Wardens:-	Elizabeth Bradshaw	01246 582421
		Lynne Clark	07767 652 624
	Treasurer:-	Mark Titterton	01246 582245
		e-mail: mtitterton@me.com	

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.

CHATTY CRAFTS has started!

A small group of us met on 30th June in The Cavendish Chapel and we all had a LOVELY chat (and, yes, did a little bit of craft work!).

With a couple of exceptions our craft skills could not be called advanced, but we all appreciated the chance to have 90 minutes to ourselves, get to know each other a little better and a laugh or two.

We look forward to our next meeting which will be on Thursday 25th August 10:30am – 12noon and on every last Thursday in the month thereafter. Do come and join us – no skills required!



Just look at that concentration - how many people does it take to undo a piece of knitting? Well, three obviously; one to hold the knitting, and two to hold and wind the balls of unwinding wool.

Thank you Diane and Kirstie for your help, Liz. photo: Lynne Clark

Dates for your Diary - August

- 13 **Wedding, St. Peter's Edensor - 2pm**
James Wallace & Victoria Jayne Cox

Early Notice

Chatsworth Horticultural & Produce Society
58th Annual Show
10th September at the Cavendish Hall, Edensor
2pm
to raise funds for Ashgate Hospice

For more information & Schedules:

iona.garstang@chatsworth.org

07884 265545

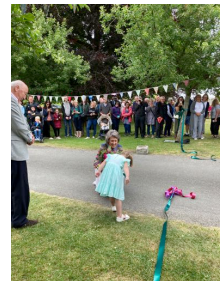
EDENSOR VILLAGE DAY & OPEN GARDENS 2022

After a two year absence Edensor Day was held again. The village welcomed 1,038 visitors who enjoyed the open gardens, entertainments including Holymoorside Brass Band and the Powder Keg Morris Dancers, excellent food courtesy of "Derbyshire Eats" and beer from Peak Ales.

Stalls on the village green traded in cakes, plants and bric-a-brac. At the end of a day of doubtful weather (it never rained!) a staggering amount of over £13,000 was taken, together with the two previous bric-a-brac sales earlier in the year. The six nominated charities, in memory of those lost from the community, will be receiving generous donations and St Peter's Churchyard will continue to be maintained.

It can certainly be said that 2022 was another successful event thanks to the support of the villagers and volunteers.

*Raya Perkins presenting a bouquet to the Duchess of Devonshire at the opening .
photograph Liz Bradshaw*



Rescheduling of 2020 150th Anniversary events

Some of you will remember that a series of events were planned in 2020 to celebrate the 150th Anniversary of St Peter's. Happily, we are now able to reschedule some of these and details of three of them are below. We hope you will join us! All the events will take place in St. Peter's Church.

Tickets are available from Pilsley Post Office (01246 582245) or Lynne Clark (organist, St Peter's).

Wednesday 17 August 2:00pm: Mick Brown 'From an English Country Garden.'

Mick Brown (Chatsworth Production Garden Manager) shows us how to have fun with flowers and demystifies the intricacies of preparation and arranging. Bring your own vase! Some flowers will be provided but you may like to bring some favourites from your garden. Fun, help, tea, cake...and your own personal arrangement to take home! Tickets £10:00 (Places strictly limited so early booking is advisable.)

FUTURE DATES for your diary:

Friday 14 October
7:00pm

Janet Gough OBE (Apsidal Heritage).
'How to pick a favourite church.'

Wednesday 26 October
7:00pm

James Mackay
'Acting Animals'.

St. Peter's Church 100 Club **June Draw 2022**

1st Prize £30 - no. 13 Gill Caws

2nd prize £20 - no. 95 Margaret Jackson

Funds to church this month - £50

Ann Hall

So far so good (Smile...)

So far today, God, I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish, or over-indulgent. I'm really glad about that. But in a few minutes, God, I'm going to get out of bed, and from then on I'm going to need a lot more help. Amen

A splendid evening!

Those who attended Christine Robinson's talk on 'The History of Ice Cream making' had a treat - in more ways than one! Christine gave us a well-presented and entertaining lecture sharing all sorts of information with colourful slides and real examples of ice cream making equipment.

Who knew that ice cream dates back thousands of years, came from the Middle East, was food for the gods and 'only for the King'?

Christine was ably assisted by Clive who beavered away making ice cream during the evening - how his arms and wrists must have ached! Quite a double act!

We were all delighted to sample homemade raspberry, blackcurrant and banana ice cream afterwards whilst sharing a refreshing drink, nibbles and a lovely chat.

FROM AN ENGLISH COUNTRY GARDEN

An interactive demonstration
led by MICK BROWN
Production Garden Manager, Chatsworth

WEDNESDAY 17th AUGUST

2 - 4pm

Bring your own vase!

Tickets: £10 including tea & cake
available from Pilsley Post Office 01246 582245
or Lynne Clark 07767 652 624

Message from the Padley Centre

Padley's aim is that no one in Derby and Derbyshire suffers from Homelessness, poverty and social isolation.

Last year we had 966 visits to our day centre sessions seeking support, cooked 2226 hot meals for people attending our sessions and others out in the community that do not have access to cooking facilities, handed out 1310 emergency food parcels, 239 clothing parcels and 387 toiletry parcels. We also shared 126 trays of food with other food banks across Derby and Derbyshire when they were in need.

Harvest is our most important campaign, without it we could not provide the services that we do to the people that need it most.

Please help us and be part of our Harvest Campaign 2022. We are running an online donation campaign if you wish to donate money instead of items. Please use this link to donate online www.justgiving.com/campaign/padleyharvest2022.

Visit our website to find out more about Padley and watch the video the BBC took when they visited a few weeks ago <https://www.padleygroup.com/>

Thank you so much for your continuing support, we could not do what we do without you.

Kind regards

Sharon Bestwick
Group Administrator
Padley Hub 27
East Street
Derby DE1 2AL
01332 774480 padleygroup.com

Stay in the loop by signing up to our mailing list <http://eepurl.com/hWh9yz>

The Padley Centre

We continue to collect food and clothing for the Padley Centre in Derby. Although summer may officially be here, the weather can still catch us out with chilly winds and rain. We should continue to think of those less fortunate people who know what it is like to be hungry, homeless and cold. Canon Dave continues to deliver donations through the Padley booking system for dropping goods off.

They always need clothing for adults, including waterproofs, warm socks, gloves, hats and scarves (still cold at night), unworn underwear etc. and sleeping bags are always much appreciated as are toiletries including toothpaste, toothbrushes, soap, razors, shower gel and men's and women's hygiene products.

Food in date and unopened - tins of meat, fish, soup, vegetables, beans and tomatoes; dried pasta; rice; flour; sauces; long life milk; tea; coffee; fruit squash; biscuits, chocolate and any other 'treats'.

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.

The Padley Centre also now accepts: *Blankets – any size since if not used in the centre they can sell them in the shop. Bedding – sheets and pillow cases **but not duvets or pillows** due to health and safety reasons.*

Thank you for your continuing generosity with food, toiletries and clothing donations.

Eat your porridge

A daily serving of wholegrains can help slow down your middle-aged spread.

Recent research has found that the wholegrains found in oats, as well as brown bread and brown rice, are the key to midlife weight control and loss. Wholegrains are usually low in fat, rich in fibre and starchy carbohydrate and often have a low

glycaemic index. They also provide a range of nutrients, vitamins, and fats.

One scientist explained that “the data suggests that people who eat more wholegrains are better able to maintain their blood sugar and blood pressure over time. Managing these risk factors as we age may help to protect against heart disease.”

So, eating porridge for breakfast could be an easy way to improve your health.



Helping families with fun and food

If you have children aged five to 16, you can now book onto free summer holiday activities that we're funding. And eligible households have now received a £50 voucher for food.

Check out the '[It's About Me](#)' website to book free summer experiences for children in Derbyshire.

Sessions are provided by local organisations and groups and are free for families who claim benefit-related free school meals, with healthy food provided at every activity.

Activities and learning opportunities include sport and leisure, outdoor and wildlife, health and wellbeing, reading, fun with food and healthy eating, music and history. The [It's About Me](#) website also features podcasts, webinars and information about staying safe and sustainable travel. There are sessions available across Derbyshire for children aged five to 16-years-old.

Families can find out if they're eligible for free activities or how much they cost by contacting the activity provider. There's contact info for each activity on the website.

Food support voucher

Eligible households have now been sent a one-off food voucher worth £50. Distribution started on Friday 8

July and was completed on 12 July. If you think you're eligible for a voucher but haven't received one you can [send an enquiry directly to the team](#).

Trans Pennine Trail survey

Are you familiar with the Trans Pennine Trail? If you are, or if you're new to it, we'd like to get your thoughts.

The 215-mile [Trans Pennine Trail](#) (TPT) crosses the whole country connecting the North Sea and the Irish Sea.

It also has a north-south spur connecting Leeds and Chesterfield with 17 miles of trail within Derbyshire.

Whether you're a walker, cyclist, horse rider or wheelchair-user, the TPT National Office would love to get your feedback about it to help improve the trail.

The survey closes on Friday 2 September.

High Peak bus route to be subsidised

If you're a user of the TransPeak bus service from Derby to Matlock and Buxton you'll be very pleased to hear that we're subsidising the route for six months.

Bus usage is still down on pre-pandemic levels and it's hoped the TransPeak route, given some extra time, will recover and people will use it more.

find out more at [derbyshire.gov.uk](#)

Edinburgh Festival - 5th – 28th August

This year marks 75 years of the Edinburgh International Festival.

It was in 1947 that the first Edinburgh Festival was held. It was the idea of the then General Manager of Glyndebourne Opera, Henry Harvey Wood, as well as the Head of the British Council in Scotland and leaders from the City of Edinburgh. Their aim was to establish “a world class cultural event” that would bring together audiences and artistes from around the world. Over the past 75 years, it has done just that, featuring performers from the worlds of dance, opera, music and theatre.

National Allotment Week - 9th to 15th August

What creepy crawlies are lurking in your allotment? This year, National Allotment Week has teamed up with the Big Bug Survey to try and find out.

The theme of the week is Bugs, Bees and Broccoli, and the aim is to acknowledge the importance of gardening with nature in mind.

As the National Allotment Society (NAS) says, allotments are “a complex web of plants, micro-organisms, fungi, insects and animals that not only produces food but also supports ecosystem services such as pollination and offers a refuge for wildlife in urban areas.”

And Bugslife points out: “Bugs are so important to the healthy functioning of our allotments. We

tend to focus on the ‘pests’ and ignore all the great work the other bugs are doing for us. They are pollinating our fruit and veg, controlling our pests and improving our soil.”

So if you have an allotment, why not take the survey, and so contribute to the monitoring of allotments and bugs? Go to: <https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>



Christian YouTube channel for primary school aged children

The team who distributed nearly half a million free storybooks to schools for the Platinum Jubilee with the Church of England have now released a series of cartoons and songs for primary school aged children, on the *Fruit of the Spirit*. Thousands of families have been using them during the summer holidays!

The *Cheeky Pandas* is an online cartoon series created by Christian charity Swell Revolution, which has previously featured contributions from people including Archbishop Justin Welby, and CBeebies' Gemma Hunt. With catchy pop songs and prayers, the stories are on love, joy, patience, faithfulness and kindness. *God Suit* is one of their most popular action songs. The episodes are all available with British Sign Language options too.

Songwriter Pete James says: "Cheeky Pandas is all about helping children have fun while they grow in their faith. The free storybook that went out before the Jubilee was on the theme of faithfulness, in honour of Her

Majesty the Queen's 70 years of faithful service."

Songs and episodes are created by the makers of CBBC's 'Andy and the Band' and CBeebies' 'The Baby Club', with voiceovers from Gemma Hunt. Previous guests on the free online show have included Nicky Gumbel, Guvna B and the Archbishop of Canterbury.

YouTube is used by 86% of children aged 3-7, according to Ofcom. They watch for an average of a few hours a day, but this may be more during the summer holidays. Parents are often concerned about what their children are watching. The charity behind Cheeky Pandas wanted to create something which children will enjoy, and parents can know is helping them discover the love of God for them. Churches also use the resource, so there are free assembly plans, Sunday school downloads and activity sheets too, with recipes, crafts and games.

The Cheeky Pandas might be an answer to prayer for some young families this summer! Find out more at www.cheekypandas.com or find Cheeky Pandas TV on YouTube.

Grace – it really is amazing

by Lester Amann

Most of us will know the hymn, *Amazing Grace*, by John Newton. Grace is an essential element of our faith, but what is it, exactly?

In everyday life the word 'grace' has many uses: in the courts, a pardoned person has been 'shown grace'; in the arts, an exquisite dancer moves with beauty and grace; if someone undertakes an unpleasant task cheerfully and willingly, it is done with 'good grace' and composers sometimes add 'grace notes' to their music to enhance the playing of their music.

The biblical use of the word 'grace' is quite different! The New Testament describes grace as God doing something for us that we could not do for ourselves. That 'something' is the free and unearned favour of God towards us. It is God's goodness which removes human inferiority and worthlessness and which raises our status. It pays the debt of sin. Grace welcomes the wretched, the weak and the wayward. It adopts us – homeless orphans – into God's family.

The story of King David and Mephibosheth is a remarkable example of grace. (see 2 Samuel 9:1-13) When David discovered a disabled relative of a former friend, he opened the way for this person to be brought into the royal household. He was accepted into David's family and given the same status as one of his sons.

Similarly, God accepts the unacceptable into His Heavenly Family. He accepts us as we are, regardless of status, health - or any objections we may have! Our gracious God loves us even though we are unlovely, undesirable and unholy.

We most see God's love in the gift of His Son. We can only be thankful that through Christ we have a new relationship with God. It is by His grace we are saved.

In John Newton's famous hymn, he wrote 'grace will lead me home'. Through the grace of God we can be assured of eternal life, joy, peace and security with Christ.

Being brave

The Revd Tony Horsfall, a former missionary in East Malaysia and then retreat leader based in West Yorkshire, considers the slow and steady type of Christian.

Some time ago I was helping my grandson George into his car seat in the back of my car, when I accidentally banged his head. He started to cry. "Come on, George, be brave," I said.

"But I *don't* want to be brave!" he wailed.

I guess we all know that feeling. Sometimes life is hard, and we know we have a need for courage, but somehow, we just don't want to be brave. We would rather give in, surrender to the difficulties, and wallow in self-pity.

The Bible seems to constantly exhort us to be brave, to be strong, to take heart, to be courageous. And life during a pandemic and a war certainly calls for us to make a

courageous response. But occasionally we may feel overwhelmed and ready to give in or give up.

Perhaps you are reading this at just such a moment. Maybe this comes as a message to you from God so that you do not lose heart. He knows you, and He sees your situation. And He speaks to encourage you, as He did to the church at Philadelphia: "I know that you have little strength (Revelation 3:8)."

He is the compassionate and understanding God who draws alongside us, to give strength to the weary and power to the weak (Isaiah 40:29). You don't have to do anything, simply turn to Him in your need and ask for help. You will discover, as the apostle Paul did, that when you are weak, then you are strong. His power will be demonstrated through your weakness. You can then do whatever is required of you, because He will give you strength.

Everything is wonderful (smile..)

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty, the cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

How to keep your house cool in a heatwave

When the sun is sizzling overhead, many of us fling wide our windows and even doors, in an effort to get a draught of air through our homes.

But an NHS sleep consultant advises that, instead, people should keep their windows shut and their curtains drawn all day. “It’s all due to temperature differentials. As the sun comes up

throughout the day it heats the inside of your house.

“If you keep your windows and curtains closed until dusk, however, your house will feel very cool when you go to bed. As the sun sets, open your curtains and windows and you’ll feel a lovely breeze coming through your house, which will help you sleep.”

Two sleep better than one

Adults sleep better together than they do alone. Of course, that may be hard to believe if your partner snores, sleepwalks or likes a different level of darkness and coolness in the bedroom.

But a recent study at the University of Arizona has found that working-age adults who sleep with a partner fall asleep faster and are less likely to experience insomnia and general fatigue. Whereas adults who sleep on their own are more likely to be tired, depressed, and anxious.

One researcher explained: “Sleeping with a romantic partner or spouse shows to have reduced sleep apnoea risk, less sleep insomnia, and overall improvement in sleep quality.”

But meanwhile, the number of couples in the UK who choose to sleep separately has doubled in the past decade. According to the National Bed Federation, one in six couples now prefer to sleep alone at night. And the Sleep Charity advises that it is “quite sensible to sleep apart if your partner causes you disturbed sleep on a regular basis.”

DEC Ukraine Humanitarian Appeal

Six months into the war, the Ukrainians need our help more than ever.

In this month of holidays and summer travel, it is awful to think that the crisis in Ukraine simply goes on. More than 13 million people have fled their homes. Millions of families have been separated, people have been injured and killed, and their homes blown up. Critical infrastructure such as health facilities, water supplies and schools have been damaged or destroyed.

The UN estimates over five million people have now fled Ukraine. The refugees have fled to Poland, Romania, Hungary and Moldova, often arriving with only what they could carry.

Another eight million people are

displaced within the country. Many older people, and those with disabilities, have no option but to remain in their homes. They are now isolated, unable to access food and basic necessities.

In such a crisis, the DEC charities in Ukraine and neighbouring countries are working hard to meet the needs of people affected by the conflict.

They say:

- £30 could provide essential hygiene supplies for three people for one month
- £50 could provide blankets for four families
- £100 could provide emergency food for two families for one month

If you can help, please go to:
www.dec.org.uk

Out of the Black Shadows By Stephen Lungu and Anne Coomes, 10 Publishing, £7.99 (Book review)

Stephen Lungu was abandoned by his parents and grew up in a black township near Salisbury, Zimbabwe. To survive, he slept under bridges and scavenged food from white folks' dustbins. As a teenager he was recruited into one of the urban gangs, called the Black Shadows. When a travelling evangelist came to town, Stephen decided to firebomb the event, carrying his bag of bombs and mingling with the crowd. Instead of throwing bombs he stayed to listen ... what followed was better than fiction.

Guardians for child asylum seekers

The Children's Society is backing a campaign for guardians to be given to help unaccompanied children asylum seekers.

As a spokesman explains, "After their long harrowing journeys to the UK, many children seeking safety arrive here alone. The only thing waiting for them is a difficult and draining immigration process. With nobody looking out for them, it's tough."

And so Children's Society is now supporting a group of young

people known as the YLCSC (Youth Led Commission for Separated Children) who are campaigning to change this. Their aim is for all children who arrive in the UK alone to be given a legal guardian.

This person would be "someone to take them to immigration interviews, make sure they're heard, help them adapt to life in a new country. Guardians give children seeking asylum hope for a brighter future."

More at:
www.childrenssociety.org.uk

Pilgrim at Tinker Creek

By Annie Dillard (*Book review...*)
Canterbury Press, £12.99

This much-loved classic won the Pulitzer Prize for Literature in 1975. It is a passionate and poetic reflection on the mystery of creation, with its beauty on the one hand and cruelty on the other. It has become a modern American literary classic in the tradition of Thoreau.

Living in solitude in the Blue Ridge Mountains near Roanoke,

Virginia, and observing the changing seasons, the flora and fauna, the author reflects on the nature of creation and of the God who set it in motion. The language is memorably beautiful and poetic, and insistently celebratory. Just pay attention, Dillard urges throughout, and you will find yourself 'sailing headlong and breathless under the gale force of the spirit'.

Going off to Uni

This month thousands of young people will be preparing themselves for the exciting prospect of going off to what they all call 'Uni' in the autumn. Parents, grandparents and godparents will enjoy a mixture of pride and apprehension. This is a major step in life: leaving home, making new friends, study without compulsion and the heady gift of 'freedom'. Amazingly, the vast majority of students survive it and love it.

As for parents, there are a few basic rules that it is well to adopt. Firstly, don't get too involved in the choice of university. Modern students are a savvy bunch. They actually do talk to their teachers, and they know their way around the internet and social media. It's highly likely that they will

correctly identify the 'right' course and place for themselves.

Secondly, be available (on the end of a phone) but leave them space to make the odd silly mistake. Make sure they carry on their person the number of a reliable taxi service, for that occasion when they find themselves in the early hours and far from their digs. Thirdly, don't worry about their being 'lonely'. The average student makes a friend or two in the first ten minutes of arriving in their digs – and sometimes it's for life!

Look forward to their coming home for the odd weekend, probably with some washing, but don't regret it when they go back. In fact, enjoy the experience at second-hand. And lastly, there's a lot to be said for a little daily prayer for them.

Walnuts

A handful of walnuts may help reduce your feelings of hunger.

Walnuts are unique among nuts in that they are mainly comprised of polyunsaturated fats, which help decrease ghrelin, a hormone that increases hunger. They also seem to increase peptide YY (PYY), a

hormone that increases fullness or satiety.

As appetite hormones play an important part in regulating how much you eat, this could be good news. As one scientist says, walnuts "may favourably change appetite hormones so that we can feel fuller for longer."

If music be the food of love...

David Pickup, a solicitor, considers public noise

You are in the centre of your local town looking at market stalls, and you become aware of a growing racket nearby. Some local young musicians have got loose. Pretty soon you cannot even hear yourself speak because it is so noisy. The sound is blaring out through amplified loudspeakers with a heavy bass. People around you are making faces because the music is not good.

What do you do and what do the people around you do? Not everyone wants to be blasted by a dreadful racket. Performers should realise that no matter how sincere and enthusiastic they are, musical tastes are different.

The first laws affecting buskers were in ancient Rome in 462 BC. The Law of the Twelve Tables made it a crime to sing about or make parodies of the government or its officials in public places; the penalty was death. These days, there may be local town or city restrictions or byelaws on busking (singing or playing music for donations).

There may be other offences. Playing or performing music may breach copyright laws.

It is also an offence, under section 62 of the Control of Pollution Act 1974, to use a loudspeaker in the street:

- (a) between the hours of nine in the evening and eight in the following morning, for any purpose;
- (b) at any other time, for the purpose of advertising any entertainment, trade or business;

There is also a crime called making a public nuisance. A person is guilty of a public nuisance who

- a) “does an act not warranted by law, or
- b) omits to discharge a legal duty, if the effect of the act or omission is to endanger the life, health, property, morals, or comfort of the public, or to obstruct the public in the exercise or enjoyment of rights common to all Her Majesty's subjects.”

So, playing loud music could come under this.

It is also a crime to obstruct a public highway (footpaths, pavements, open pedestrian areas.)

As always this is a light-hearted guide to a complex subject and take advice. It may be that writing a letter to the Council or a quiet word will be more effective than threatening the law.

‘The Transfiguration’ by Fra Angelico

It is found in the Dominican convent
of San Marco in Florence

by Revd Michael Burgess

We behold the glory

TQ – Tingle Quotient – is the name given to those things that can produce a tingle down the spine or a frisson of excitement. It could be a piece of music or the sight of an evening sunset at sea or a newborn babe. We look, we hear, and what we look at or hear evokes a sense of wonder and amazement that has an almost physical effect on us. Something sublime unfolds before us producing delight and awe: a hint of glory that leads us to wonder and even to worship.

The monk who lived in cell no 6 at the Dominican convent of San Marco in Florence must have felt that when he entered his room and saw for the first time the fresco of the Transfiguration that Fra Angelico had painted. I am sure the sight would have stopped him in his tracks, just as Peter, James and John were stopped in their tracks as they beheld their Lord transfigured before them on the mount.

From 1436 Fra Angelico painted a whole series of frescoes for the convent from the High Altar to the Chapter House to the cells of the monks. Here in cell no 6 there is a restrained simplicity and directness about the Transfiguration. One of the three disciples looks out towards us,

while the other two are caught up in wonder and awe as they look on Jesus with the faces of Moses and Elijah on either side.

Here Fra Angelico is not seeking to impress a wealthy patron: he is providing a focus for devotion and prayer for the monks of his community. The scene speaks to us of that sense of awe and reverence. On 6th August we celebrate the feast of the Transfiguration. The Gospel accounts relate that special moment of revelation to the inner group of disciples. The glory shown to them evoked a sense of wonder and marvel, but also a sense of loss. For the glory proved elusive and just out of human reach. The moment of revelation passed, and the disciples had to go down the mount again to meet the crying needs of the world, all but forgotten when they were with their Lord on the mountain top.

The monk in his cell would ponder the glory of Fra Angelico’s fresco, knowing that he would be called from his cell to take up his monastic duties. But the painting would go with him to sustain and nurture his life. It is the same with us: we have moments of glory. But they pass, and we must return to our daily lives. As we look on this month’s painting, we sense that glory and wonder which can sustain us through life. As Thomas Jones says in his poem on this episode:

*Like a pearl we hold
Close to our hearts
what we have heard and seen.*

God in the Sciences

Dr Ruth Bancewicz, who is based at The Faraday Institute for Science and Religion in Cambridge, writes on the positive relationship between Science and Christian faith.

Keeping Calm in the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these ‘coincidences’ in Jesus’ ministry, and they weren’t about to ignore this one. Jesus had calmed the waves with only His words. Wasn’t this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers “Where is your faith?” It’s not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God’s character and pray for help,

trusting that whatever happens He will help us to handle it. Most often, we don’t get the storm-calming effect when we ask for it, but battling on with faith and God’s help is much easier than trying to keep going in a panic.

‘Peace’ in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made. When this knowledge goes hand in hand with experience of God’s intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He’s got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I’ve seen enough now not to panic for too long. Time (and my closest friends) will tell!

The Rev Dr Jo White continues her series on aspects of Christianity.

Reflected Faith Series: **the Awesomeness of God**

Church buildings come in all shapes and sizes, and yet they can all be traced back to one of three basic designs.

They all have a Sanctuary which is the main altar or table area, and a Nave where the people stand or today, more usually sit. (We thought about the nave last month.)

The simplest plan will have just these two areas.

The next would have a Chancel which is an area between the nave and the sanctuary, often marked by a step or a wooden screen and most often where the choir sits.

The third basic plan is the shape of a cross – cruciform. These churches often have a tower where the four arms meet, rather than it being at one end.

Church plans grew and changed when new worship styles were introduced; e.g. if you want to do processions you will need some space for them, and so aisles were brought about.

Every part of the building reflects something of the faith and thinking about God and the practicalities of worshipping Him.

This month

If you can, have a look around the inside of a church building near you. What shape is it?

In particular go up close to the sanctuary. In a Church of England building this area is likely to be grander, more highly decorated and even carpeted! The only people 'allowed' into this area are those directly involved in 'celebrating' the Communion or Eucharist.

This remembrance or celebration of Christ's body and blood taking place here makes it the most 'holy part' of the church: hence the area is separated from the chancel by a step or an altar rail to alert everyone that this is 'holy ground'.

Many years ago, when I was part of a church visit to India, I had the privilege of preaching – translated by the Bishop! – and was invited to act as his deacon in the sanctuary. As such we were the only two people in the building who removed our shoes on entering the building.

What does this space say to you about how awesome God is?

**Pilsley C of E Primary School
NURSERY**

FREE childcare places AVAILABLE

- Exceptional grounds for exploration and play, with Forest School activities, and an outdoor classroom.
- Highly experienced, well qualified early years practitioners.
- Daily 'Read, Write, Inc' phonics and maths sessions.
- High quality child-led learning and continuous provision.
- Links to the local churches and community.
- State of the art interactive smartboard technology in every classroom.
- Dedicated music, baking and PE sessions.
- Delicious home-cooked lunches, prepared on site.

Have you taken your mantelpiece seriously yet?

One of the latest trends in fun home decorating is to 'dress' your fireplace. Known as 'mantelscaping', it can range from simply rearranging your favourite things among seasonal flowers, to creating a huge and dramatic floral display with the help of bunched chicken wire that waterfalls down your mantelpiece in a grand sweep to the floor. So if you like putting photos on Instagram, here is your opportunity!

One designer calls mantelscaping a "simple and joyful way" of ushering in a sense of the approaching season. Another finds "there is something meditative"

about arranging your favourite things and seasonal flowers on a newly dusted and empty mantel. Whatever it is, "even if the rest of your room looks messy, your mantel can be a grand moment."

So – why not get creative? Take a new look at your own mantelpiece. Empty it, dust it, and then re-decorate it with anything from vases and candles to books, collectables, seasonal flowers, artworks and even shells and driftwood.

And don't do it just once. "Moving things around, and frequently ringing the changes of what you display, will help keep a room feeling fresh and inspiring."

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

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).

Bank Holidays: The surgery will be closed on **Monday 29th August**

Surgery Closure for training
from 1pm on **Wednesdays 14th
September & 12th October**

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 from reception inside the surgery.

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 reception.

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**

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

July
solution
☞

August
Sudoku ☞

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

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How many hours of sleep do you really need at night?

Margaret Thatcher famously thrived on four hours a night. These days, 40 per cent of us struggle to nod off at all, while the hoped for 'ideal' is eight hours a night. But how much do we really need?

Recent research at the University of Cambridge and Shanghai's Fudan University looked in depth at sleeping patterns, mental health and wellbeing, cognitive tests, brain-imaging and genetic data.

The scientists concluded that the ideal is to aim for exactly seven hours' sleep a night, from our thirties to old age. Getting too much more sleep than that, as well as too much less, may cause mental health problems and worse cognitive performance.

The study also found that consistency mattered – so it's no good getting nine hours one night then six the next.

Labels

(Smile...)

As part of the admission procedure in the hospital where I work, I ask the patients if they are allergic to anything. If they are, I print it on an allergy band placed on the patient's wrists.

Once when I asked an elderly woman if she had any allergies, she said she couldn't eat bananas. Imagine my surprise when several hours later a very irate son came out to the nurses' station demanding, "Who's responsible for labelling my mother 'bananas'?"

READINGS & ROTAS FOR AUGUST 2022

<u>ST. ANNE'S, BEELEY</u>		<u>FLOWERS & BRASSES</u>
7	3pm Family Service	Liz Turner
14	9.30am Holy Communion	Sarah Porter
21	9.30am Morning Prayer	“ “
28	9.30am Holy Communion	Barbara Hawksworth
<u>ST. PETER'S, EDENSOR</u>		<u>SIDESMEN</u>
7	10.45am Holy Communion	Mr & Mrs Wardle
14	10.45am Holy Communion	Mr & Mrs Jackson
21	10.45am Matins	Mike Pindar/Gillian Caird
28	10.45am Holy Communion	Mr & Mrs Gordon
<u>COFFEE</u>	<u>CLEANING</u>	<u>FLOWERS</u>
7	Mr & Mrs Sherwood	Mr & Mrs Grimshaw
14	Mr & Mrs Hubbuck	Mr & Mrs Wardle
21	Clive & Joy Thrower	Mr & Mrs Grealey
28	Jane Dickson & Kate Green	Mrs Day/Mrs Walters
<u>READINGS</u>	<u>ST. PETER'S</u>	<u>ST. ANNE'S</u>
7	Genesis 15: 1-6 Luke 12: 32-40	Gloria Sherwood <i>Eighth Sunday After Trinity</i>
14	Jeremiah 23: 23-29 Luke 12: 49-56	John Caws <i>Ninth Sunday After Trinity</i>
21	Isaiah 58: 9-14 Luke 13: 10-17	Diana Walters <i>Tenth Sunday After Trinity</i>
28	Ecclesiasticus 10: 12-18 Luke 14: 1, 7-14	David Jackson <i>Eleventh Sunday After Trinity</i>

DUE TO HOLIDAYS Items for the **SEPTEMBER 2022** magazine should reach me **NO LATER THAN MONDAY 8th AUGUST :**

email to: liz.bradshaw@w3z.co.uk

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

It is a mistake to allow any mechanical object to realise that you are in a hurry.