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A Letter from Líz



In October last year the UN announced that the world's leading climate scientists had warned that there are only twelve years to prevent global warming exceeding 1.5 degrees Celsius; increases greater than even half a degree significantly worsen the impacts of climate change; i.e. droughts, floods and extreme heat. It called for urgent and unprecedented changes to avoid the worst impacts.

In 2007 an assessment was made about how to change humans' behaviour to limit global warming, and among many suggestions the second most important was considered to be reminding the world's faiths of their traditions which all include care for the environment.

A movement called Eco Church is encouraging all churches to join and consider how to become more environmentally active by completing a survey which looks at five areas — worship and teaching, management of church buildings, management of church land, community and global engagement and lifestyle; and advises churches on how they might change their practices in ways that are consistent with being good stewards of the environment. Incentives are to get a bronze, silver or gold eco award. Rushen Parish PCC has agreed to sign up to the movement, complete this survey and review the results.

We as individuals can also help in our own lifestyles – a lot of the advice is common sense. We can try to consume less: less water, less energy, less products that are heavily packaged, less travel (unless it is walking, cycling, public transport or electric cars) and make positive choices; locally sourced foods and goods, sharing cars or using public transport or electric cars where possible, heating our homes less and insulting them so that they stay warm, wearing warmer clothes when it is cold, avoiding discarding so much rubbish by recycling, and trying to find alternatives to plastic. We can encourage Tynwald to make renewable electricity using wind or solar power.

So we can see that being green could save us money and improve our environment, money that we could use to change our behaviour to help us to make more environmentally appropriate lifestyle choices.

God Bless



When the Spirit Came

Pentecost is on 9th June, widely considered to be the 'birthday' of the Church.

For Christmas we have the build-up of Advent, and Easter Day is preceded by Holy Week. But when it comes to Whit Sunday, it just suddenly arrives. Yet Pentecost is all about the birth of the Christian church and the coming of the Holy Spirit. Surely, that is something to get excited about!

For forty days following our Lord's resurrection, Jesus appeared to His followers and taught them about the Kingdom of God. Just before His ascension into Heaven, Jesus told the disciples to wait in Jerusalem for the gift of the Spirit.

Ten days after His ascension, it was the Feast of Pentecost and this was a significant festival for the Jews. It was an annual occasion for people to assemble in the Holy City. The day marked the time when the barley harvest officially ended. This feast day was characterised by religious ceremonies and the offering of sacrifices. No work was done. It was a day of thanksgiving. A time to remember deliverance from Egypt and God's mercy and reconciliation with His covenant people.

On the day of Pentecost, the followers of Jesus met together in an upper room. Its location was probably on Mount Zion to the west of Jerusalem. The site can be visited although it's not *the* Upper Room. It's an ancient building dating from the 14th century and built on the site of a church destroyed by the Persians seven centuries earlier. But the first floor chamber is large with old paving stones, surrounded by stone pillars and arches. According to tradition, this is where Jesus ate the 'Last Supper' and His followers received the Holy Spirit.

On Whit Sunday we would do well to remember why the Holy Spirit was sent to us. We are given power to live God's way:

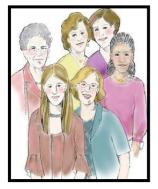
to lead us into the things God has prepared for us; to worship and glorify Him;

to enable us to pray;

to lead us into truth;

to give us a desire to share the love of Christ with others and to help us trust God for all our needs.

This Pentecost may our prayer be for God's Spirit to transform us, for the gentleness of His Spirit to lead us, and for the gifts of His Spirit to equip us. Amen.



Ladies Working Party – St Mary's

A wet and windy morning on Friday 10th May did not discourage our loyal supporters; we had a good turn out and a lovely atmosphere for our May Time Coffee Morning in aid of the Friends of Chernobyl's Children (IOM). Thanks to the efforts of many people, the hall looked very inviting with our pink theme evident everywhere, from the Instant Pink Raffle stall, to the beautifully decorated tables, complete with Sally's floral decorations and Margaret's complimentary

bookmarks. We would like to thank all who printed posters and tickets, set up the hall, prepared stalls, brought and sold raffles, baked cakes, sold plants, prepared and served coffee, washed up, and gave donations.

We were delighted to welcome Norman and Joan Rivers, the coordinators of FOCC(IOM) and to hear the interesting talk each gave on how the children's trip is organised- a daunting task with so much paperwork to be completed. We were thrilled to raise £687.40 on the day and wish to say a huge thank you to everyone who generously supported and helped us in any way. We were pleased to be able to make this up to £1000, the cost of bringing one child to the island, and to send this to Mr and Mrs Rivers, from whom we have received a lovely letter of thanks along with their receipt. We are also looking forward to hosting our annual lunch for the 18 children and their interpreters and helpers on Monday 23rd July, in the church hall.

On a more sombre note, we were saddened to hear of the death of one of our long serving members, Mrs Helen Roper. Helen had worked tirelessly for the church, being responsible for many years for the beautifully maintained church linen. Her funeral will be on 23rd May at 1pm, in St Mary's Church, with the ladies providing refreshments in the hall thereafter. We extend our love and sympathy to her family and friends.

During our weekly meetings, we always pray for those who are going through a difficult time, who are experiencing health worries, loss of a loved one, or more general concerns.

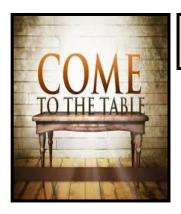
We hope that this present spell of glorious weather continues to lift everyone's spirits.

With our love and prayers, from all the ladies of the Working Party.

Pat Thomson

With Trinity Sunday in mind:

How can God be One and Three at the same time? Perhaps the Father is like the sun in the sky – dazzling in majesty and glory, whose light, Jesus Christ, illumines all mankind; and whose invisible warmth, the Holy Spirit, brings us to life. Sun, light and warmth – eternally the same, but eternally different. - Anon



Signs & Symbols Eucharist, Communion and the Lord's Supper

The **Rev Dr Jo White** continues her series on 'Why do they do that?' which looks at things that happen in churches which may seem mysterious. This series will run until December (Editor)

What do you call the church service where Jesus' last meal with His apostles is re-enacted? And does it matter what we call it?

The word 'Eucharist' comes from the Greek word *eucharistia*, which is itself a translation of the Hebrew word *berekah*. All three words have the meaning of thanksgiving, or praise for the wonderful works of God. So, we are giving thanks for all that God has done for us and all that Jesus has achieved through His life, death and resurrection.

'Communion', according to the Cambridge dictionary, has the meaning of being in a close relationship with someone in which feelings and thoughts are exchanged. So, at Communion we are together with Christ and with each other.

The term 'The Lord's Table' refers to recalling the last meal that Jesus ate with His apostles and doing so in remembrance of Him.

There is a lovely invitation which is sometimes used to invite people to come forward to receive the bread and wine which goes along these lines:

Come to this table.

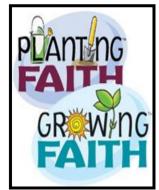
not because you must but because you may, Come, when you are fearful, doubtful or in need; to be held by the God who made you and loves you. It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

Come. It is Christ who invites us to meet Him here.



What's important is not so much what we call this act of worship but rather our attitude in accepting this invitation from the Lord Himself.



St Mary's Junior Church

On the 3rd May, along with Claudia and Peter, I attended Lukas' "graduation" from the 412 course at Broadway Baptist Church. The course is so called after the bible verse from 1 Timothy, chapter 12, verse 4 - "Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity." It was a lovely evening shared with the nine young people and their families and friends. We heard from each of them as

to how they had grown in confidence and leadership skills and had discovered their strengths and weaknesses. We congratulate Lukas and wish him well as he continues to grow in faith.

On 5th May we looked at Daniel, chapter one. We learned how Daniel, Hannaniah, Mishael and Azariah were taken to the court of King Nebuchadnezzar They were educated in the ways of the court and brought rich food and drink. They refused the rich food as Daniel wanted to stay faithful to what God had planned for him. The King's servant brought them fruit, vegetables and grain to eat and at the end of two weeks they were stronger and healthier than everyone else at court. We sampled a variety of healthy and 'not so healthy' foods and discussed what health problems we might have if we just ate crisps, chocolate and fizzy drinks – from diabetes to tooth decay! We then prepared a display on the 23rd Psalm – being the theme for our All Age service the following week.

Our service on the 12th May was led by Liz Hull. Lukas read the first lesson and Claudia read the Gospel. In the Learning Together section Liz explained the importance of listening and talked a blindfolded Lukas and Sebastian through an obstacle course. We then acted out the scene of the flock in the sheepfold, with the shepherd (Jesus) at the gate. Sarah was the shepherd, Carole the assistant who ran away at the first sign of danger, Lukas the thief, Hannah the wolf and Claudia and Connie the sheep. It illustrated how Jesus protects all his 'flock' from danger and cares about each and every one of us. We then led the congregation in singing a 3 part round of "The Lord is my shepherd; I'll follow Him always".

On the 19^{th} May members of the Junior Church are taking part in the Harbour to Harbour walk for local charities. We decided we would like to take part – as a group – in a local community event. (Still to come at time of writing!)

There will be no Junior Church on 26^{th} May – the start of TT fortnight. However, we will meet on the 2^{nd} June to prepare for our All Age service for Pentecost on the 9^{th} .

The TT fortnight is a very busy time on the Island, especially on the roads, we pray that everyone stays safe.



News from St Catherine's & Kirk Christ



As it is now in the latter stages of spring and the beginnings of summer, the weather will be much better, and many people will be arriving for the TT races, and visiting churches, including St Catherine's and Kirk Christ.

Kirk Christ is to be one of the churches across the island taking part in the annual flower festival being held between 30thJune - 7thJuly. All windows throughout the church have been assigned to various organisations within the parish. Rushen Parish churches will decorate the windows in the sanctuary. It is with much thanks to Glenda Murphy and Joyce Christian, expert flower arrangers, who are acting as co-ordinators for the event. Thanks are also offered to Jim Dale and his personal secretary, Gerry Ratcliffe, who have been responsible for the secretarial work involved. The flower festival opens at Kirk Christ with a joint parish service at 11am on Sunday 30th June.

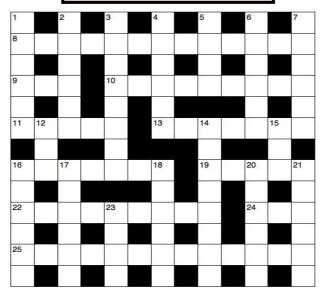
St Catherine's has continued to have many visitors, enjoying the silk paintings and reflective time amidst Christian music in the background. As usual St Catherine's Church and Hall will be the venues for Messy Church and Soup Inn during June.

Gerry Callister





Crossword June 2019



	Across		
8	Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)	5	Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6–12) (4)
9	In favour of (3)	6	One of the gold articles plundered from the
10	'The child's father and mother — at what was said about him' (Luke 2:33) (9)		Midianites offered to the Lord by the Israelite army 'to make atonement'
11	Swagger (Psalm 12:8) (5)		(Numbers 31:50) (6)
13	'Terrors — him on every side and dog his every step' (Job 18:11) (7)	7	'The fathers have eaten sour grapes, and the children's teeth are set — —'
16	Bay bits (anag.) (7)		(Jeremiah 31:29) (2,4)
19	Preach, address an audience, speak in public (5)	12	Ate (anag.) (3)
22	Holy Communion (9)	14	'We ourselves groan inwardly as we wait
24	'On their way to — out the land, Joshua		eagerly for our — as sons' (Romans 8:23) (8)
	instructed them, "Go and make a survey of the	15	Abram's nephew (Genesis 14:12) (3)
	land"' (Joshua 18:8) (3)	16	Rupture (Job 30:14) (6)
25	Joseph advised Pharaoh to appoint these to administer his grain storage plan	17	'Yet to all who received him he gave the right to — children of God' (John 1:12) (6)
	(Genesis 41:34) (13)	18	'I asked him the true meaning of all $-$. $-$
	Down		he told me and gave me the interpretation o
1	'Assyria's pride will be brought down and —		these things' (Daniel 7:16) (4,2)
		20	NATION - 1 - (F 1 - 4 4 20) (C)

- sceptre will pass away' (Zechariah 10:11) (6)
- 2 'And Jesus grew in wisdom and stature, and in - with God and men' (Luke 2:52) (6)
- The descendants of Esau (Genesis 36:9) (8) 3
- 4 The components of the crown that Jesus was made to wear before his crucifixion

- р
- ıe
- 3)
- of
- 20 Military units (Exodus 14:20) (6)
- 21 'Joseph her husband was a righteous man and did not want to — her to public disgrace' (Matthew 1:19) (6)
- 23 Diva (anag.) (4)

May Crossword Solution



The winner of the April sudoku competition was Susan Inch. The entry was drawn by my next door neighbour who chose number 3, which was the number assigned to it. The prize money of £5 was posted through her door on Sunday 12th May. Altogether there were only four entries (eight puzzles in all). This was the lowest number for some time. (Editor)

Plant your Spring Garden

Three rows of peas:

- Peace of mind
- Peace of heart
 - Peace of soul

Three rows of squash:

- Squash indifference
- Squash hatred
- Squash bullying

Three rows of lettuce

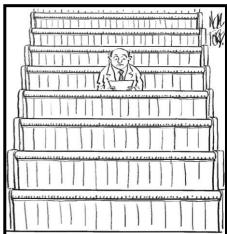
- Let us be kind
- Let us be compassionate
- Let us love one another

Water with patience and cultivate with love

Supplied by Inger Perkins

May Sudoku Solutions

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



8 6 2

With the congregation depleted by the bug that was going around, it suddenly dawned on Roy that he wouldn't be able to get away with just miming to the hymns this week

Before

I saw the summer flowers on a bright and sunny day,
I heard the sound of birdsong as they fluttered on their way
I thought all this was science, only nature's rules at play –
And that was such a shame.

I saw the stars of winter shining in a velvet sky
I knew creation's wonders, but I never wondered 'why?'
I thought that life was just for now and will finish when I die;
Life had no point, no gain

Before I knew your name.

I had a lot of company, of friendship I'd no lack
(I always had the feeling that they wanted something back)
Of what I spent on parties I could struggle to keep track;
My life was just a game.

I made a lot of money – I knew every business trick I could earn it easily – I could spend it just as quick It should have made me happy but instead it made me sick.

I lived without an aim

Before I knew your name.

I thought that church was not for me, I didn't trust a word
I thought the things they said and did were really quite absurd!
I really thought I understood, but in fact I hadn't heard –
I just dismissed their claim.

And then one day a truer friend came in and sat by me, And told me things of Jesus Christ with simple clarity Their total faith in what it meant enabled me to see

That I was most to blame

Before I knew your name.

Before my birth you came to earth because you loved me so My sin was why you had to die but still you chose to go To Calvary to die for me despite my sin and woe And then you rose again.

Your triumph saved me from the grave and now from sin I'm free, I've raised my gaze from my old ways and now I really see!
To live for you is what I'll do and that eternally

And so, to live is gain

Because I know your name.

This poem was written by **Nigel Beeton** who writes: 'Though I was brought up as a Baptist I did go through a phase in my early twenties when I thought I knew better, when I truly thought that the claims of the Bible did not stand up to modern science. I did, therefore, have the opportunity to discover the 'joys' of life without God, and discovered how empty they are. But God was patient with me, and, through a Christian friend, gently but firmly drew me back'.



Thank you for making the National Mills Open Weekend so enjoyable. To date a donation of over £730 has been sent to the United Society, Prayers in the Gospel (U.S.P.G.). The Society celebrates 318 years of missionary, world-wide, this year.

Please accept my gratitude if you, in any way, contributed to make this event so successful. Without your help, and the sunshine, the Society would not benefit.

Please do come again next year. The event always takes place during the second weekend in May. The new address is U.S.P.G., 5 Trinity Street, London SE1 1DB. (Tel: 02079212200)

website: www.uspg.org.uk email: info@uspg.org.uk

Elizabeth Sheen

June in Bloom

By Perfectplants.co.uk: an on-line shop offering delivery to your door of plants, gifts and accessories: Tel: 01323 833479





There's no excuse for not enjoying the garden in June. Even non-gardening folk can't fail to have noticed the astonishing beauty of gardens and countryside. Flowers are blooming in abundance; most of the kitchen garden is winning the race, romping away from hungry slugs and snails, and trees are looking freshly clothed in their early summer lushness.

With frosts a distant memory (although never take anything for granted), you can generally rely on the June weather to be just about best for growing. A savvy gardener will always keep a weather-eye on things, however. Always be wary of extremes: too dry; too cold; too windy; too wet; too hot. It's rarely just right, as Goldilocks will tell you. You need to adjust the balance if you want to get the best out of your plants — water when dry, protect when cold or windy, provide shade when too hot.

- There are plenty of jobs in the garden for June; here are just a few suggestions:
- Tall perennials might need staking. Do it before they start to flop as the stems will be misshapen if you leave it too late.
- Keep deadheading once flowers such as those on perennials and roses are past their best. This will encourage the plant to produce more flowers.
- Got some gaps? Fill them with annuals if you want prolonged colour in the garden.
- Cut back anything that's showing mildew, such as Pulmonarias. And early flowering beauties that are past their best such as oriental poppies. They all benefit from a feed too – then you'll soon see fresh foliage sprouting.
- The same applies to hardy geraniums, give them a trim and they will come back to life.
- Some spring perennials can be divided and replanted such as primulas and Polyanthus.

- Some spring perennials can be divided and replanted such as primulas and Polyanthus.
- Prune spring-flowering shrubs such as Weigela and Philadelphus once they have finished flowering.

In the vegetable garden:

- Plant runner beans outside early in the month.
 They generally do better in early June than those planted in May.
- Sow second batches of courgettes, carrots, and sugar snap peas.
- Sow brassicas and leeks ready for winter consumption.
- Sow salad crops in succession, including spring onions, lettuce and radish.
- June 21 is the official end of the asparagus-picking season. Enjoy them! Then leave the plants to grow, remembering to water occasionally during dry periods.
- Lift your strawberry plants onto a bed of straw to keep the fruits away from munching beasties and wet soil.

Plants Ltd is an on-line supplier of garden plants, house plants, garden equipment, furniture and gifts for all seasons www.perfectplants.co.uk

Looking back on D-Day 1944

D-Day took place 75 years ago, on 6^{th} June 1944, when over 150,000 Allied troops landed on the beaches of Normandy, France. The Battle of Normandy ended on 25^{th} August with victory for the Allies.

It began the liberation of France – and eventually Europe – from Nazi control, and laid the foundations of victory on the Western Front. Planning for the operation involved a great deal of deception as to timing and the precise location of the landings.

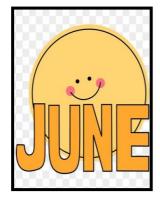
The weather on D-Day was not ideal, and the operation had to be delayed 24 hours. None of the immediate goals were achieved, but a foothold was gained which the Allies expanded over the coming months. The Germans had been misled by inaccurate storm forecasts and were unprepared – with many leaders, including General Rommel, not in position.

King George VI had earlier rallied England to prayer, and on the eve of battle crowded services were held on landing craft, ships and airfields, with chaplains urging troops to put their trust in God. In America, as news of the invasion was broadcast, stores closed, and prayer meetings were organised all over the country.

Museums, memorials, and war cemeteries in Normandy still welcome many visitors each year.

Tim Lenton





All in the month of June

200 years ago, on 12th June 1819, Charles Kingsley, British clergyman and writer was born. Best known for his historical novels Hypatia, Westward Ho! And Hereward the Wake.

175 years ago, on 6th June 1844, the YMCA (Young Men's Christian Association) was founded in London.

125 years ago, on 30th June 1894, Tower Bridge in London was officially opened.

100 years ago, on 28th **June 1919**, the Treaty of Versailles was signed at the Paris Peace Conference, marking the official end of the war.

90 years ago, on 12th June 1929, Anne Frank, German Jewish diarist and Holocaust victim, was born.

80 years ago, on 7th June 1939, King George VI became the first British monarch to visit the USA.

75 years ago, on 6^{th} June 1944, D-Day took place with the Normandy landings. Over 150,000 Allied troops landed on the beaches of Normandy, France, at the start of the Battle of Normandy. The battle ended on 25^{th} August and was an Allied victory.

70 years ago, on 8^{th} June 1949, George Orwell's novel Nineteen Eighty-Four was published.

50 years ago, on 22nd June 1969, Judy Garland, American actress and singer, died. Best known for her role as Dorothy in the film The Wizard of Oz. Mother of Liza Minnelli. Died of an accidental drug overdose, aged 47.

40 years ago, on 1st **June 1979**, Rhodesia ended 90 years of white minority rule, established a black government and changed its name to Zimbabwe-Rhodesia. **Also 40 years ago, on 7**th **June 1979**, the first elections for the European Parliament were held.

25 years ago, on 7th June 1994, Dennis Potter, British TV dramatist and screenwriter (Pennies from Heaven, The Singing Detective, Blue Remembered Hill, etc.) died.

20 years ago, on 11th June 1999, the Kosovo War ended when the Federal Republic of Yugoslavia and NATO signed a peace treaty. NATO peacekeeping forces entered Kosovo the following day.

10 years ago, on 25th **June 2009**, Michael Jackson, 'the King of Pop', died. This American singer, songwriter and dancer had hit songs that included Beat It, Bille Jean, Thriller, and Bad. He died of an anaesthetic overdose.



God among the ruins

The tragic fire at Notre Dame Cathedral shocked the whole world. Seeing such a magnificent building engulfed in flames saddened all who saw the devastation unfold. It was a monumental blow to the nation of France. It will take years to rebuild this famous place of worship.

One striking image from the fire showed the interior of the church scorched and ruined, its art treasures lost, its contents still smouldering. But high up in the background,

unbowed by the flames, stands a golden cross, brightly shining in the darkness of the surrounding debris.

Since the fire took place at Easter, it is hard not to see this picture as a parable. One Anglican vicar made this comment: 'Notice what is left inside, untouched, after the destruction of all sorts of 'priceless' works of arts at Norte Dame Cathedral? The Cross. What an image for Holy Week and what a picture to describe secular Western Europe.'

As I pondered the picture it spoke to me of the abiding value of the Cross. The words of a hymn came to mind:

In the cross of Christ I glory, Tow'ring o'er the wrecks of time; All the light of sacred story Gathers round its head sublime.

The place of worship may be destroyed, but not the God we worship. The message of the Cross, at the centre of our faith, remains a timeless, undamaged truth. The hymn continues:

When the woes of life o'ertake me, Hopes deceive, and fears annoy, Never shall the cross forsake me, Lo! It glows with peace and joy.

Even among the ruins of our own lives the Cross stands tall, reminding us of the presence of God and His grip on our lives.

Tony Horsfall

Cheers

The restaurant where I took my two sons for a meal was crowded with fans watching a sporting event on TV. The harried waitress took our order, but more than half an hour passed with no sign of her return. I was trying to keep my children from becoming restless when suddenly shouts of victory came from the bar. "Hey," commented my 11-year-old, "it sounds as if someone just got his food."

From the Registers

Funeral (April 2019)

Thursday 11th April 2019

Hamish Ross Kirk Christ @ 10am

Loneliness Week 17th to 21st June

Britain is in the midst of a loneliness epidemic. A survey by the Jo Cox Commission in 2017 revealed that nine million of us in the UK are affected by it. So, no wonder that last year the British Government even appointed the world's first loneliness minister, Tracey Crouch. And no wonder that the Marmalade Trust aims to raise awareness of isolation in the UK. Loneliness hurts you physically as well as mentally. It has even been said that it can be as bad for your health as smoking 15 cigarettes a day. It can raise blood pressure, and cause diabetes and obesity. Technology is a big factor: we send emails rather than talk; we have virtual team workspaces rather than speaking in person. Many people use their mobile phones and/or social media to keep in touch. One health expert said, "We're getting out of the habit of actual conversations." People who work from home and who also live alone can go days without speaking to anyone. No wonder that the millennial generation, for whom technology accounts for an increasing percentage of their interaction, are reporting high levels of anxiety. Experts advise that you simply try and make as many social connections as you can, however brief. Make tea for someone at work, or chat to your neighbour.

Safeguarding

The Parish of Rushen is committed to the safeguarding, nurture and care of **everyone** within our church community. If you, or someone you know, are concerned that a child or vulnerable adult is at risk or has been harmed, or are concerned about the behaviour of someone towards children or vulnerable adults, please contact:

Rushen Parish Safeguarding Officer, Claire Jennings (Tel. 830850)

The **Diocesan Safeguarding Adviser** has now been appointed. For more details contact the diocese.

A copy of the Diocesan Safeguarding Policy is available on the Diocesan website: http://www.sodorandman.im/safeguarding_inclusion

Peace between neighbours

Peace between neighbours near, Peace between kindred here, Peace between lovers dear, In the love of the King of us all.

Peace man with man abide,
Peace man to wife allied,
Mother and bairns to guide,
And peace of the Christ above all.

Bless, O Christ, bless my face, My face bless every face, Christ, bless mine eye with grace, Mine eye give a blessing to all.

> From Poems of the Western Highlanders



Rushen Mothers' Union

We had a good turnout, and a very successful meeting in St Mary's Hall on Monday 13th May to plan our programme for 2019-20. Everyone present agreed that our system of members suggesting speakers and volunteering to organise and lead our monthly meetings had worked well. Again, there was no shortage of excellent ideas from members, which now allows Elsie Faragher to begin contacting potential

speakers. Thank you, Elsie, for doing this. We enjoyed our tea and cake supplied by Jane Gunn, and had good fellowship around the table.

There will be a Quiet Evening in Maughold Church on 11th June. Bring a packed tea for 5.30pm and the service begins at 6.30pm.

Founder's Day service will be held in Kirk Andreas in the evening of 9th August.

Our next meeting will be our Opening Communion on Monday 9th September, at 2pm in Kirk Christ, Rushen.

With love, get well soon wishes to those not in the best of health, and best wishes for a happy summertime to everyone, from all our members.

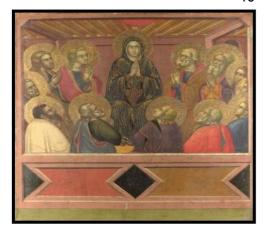
Pat Thomson

In praise of knitting

Knitting can be astonishingly good for you. This gentle hobby has been found to lower blood pressure, reduce depression, keep your mind alert, slow the onset of dementia, distracts from chronic pain (such as arthritis), boost wellbeing, and reduce loneliness.

A major study by the organisation 'Knit for Peace' has found that knitting lowers the heart rate by an average of 11 beats per minute and induces 'an enhanced state of calm.' The repetitive movement also boosts calming serotonin, which lifts your mood and dulls any pain. Knitting also boosts the reward centres of the brain, because it allows people to feel that they can still make a contribution to society.

In Britain, where the NHS spends more than £2 billion each year on blood pressure treatments, around £300 million on antidepressants, and about £26 billion on dementia, and unknown billions on various chronic pain, perhaps more people should take up knitting. As one expert says: 'Research has shown that there is a growing crisis in primary care. As a skilled and creative occupation, knitting has therapeutic potential. There is an enormous amount of research showing that knitting has physical and mental health benefits.' Why not join Rushen Purlers? For more information contact Margaret Galloway



God in the Arts

Panel depicting the first Pentecost: Barnaba da Modena

The National Gallery at Trafalgar Square in London houses one of the finest collections of European paintings in the world, with some 2,300 works spanning the centuries. During this year we are journeying through the gallery to explore one of those treasures each month. (Editor)

Over the last years praying 'Thy kingdom come' has become an important part of church life for the days between Ascension and Pentecost. It has been promoted by church leaders, who have encouraged Christians to follow the pattern of Mary, the mother of our Lord, and the disciples. St Luke tells us in Acts how they gathered in an upper room to pray, while they waited for the outpouring of the Holy Spirit.

It is the theme of this month's painting from the National Gallery – a panel depicting the first Pentecost painted by Barnaba da Modena, a prolific Italian artist, in 1377. Here we look into that upper room and see Mary and the twelve, their hands in prayer, and the Holy Spirit descending like a dove into their lives.

The disciples had seen their Lord ascend to the Father, and they must have returned from that mount to Jerusalem expectant, but also concerned and anxious about what the future held for them. Afraid and uncertain, they devoted themselves to prayer. The artist has shown us the gift of the Holy Spirit that marks the birthday of the Church and a new day in their lives. The doors of that upper room may have been closed to the world, but the Spirit came to open them and inspire the disciples to go into that world with a new purpose and hope. The closed world of fear and anxiety was changed by their prayer and by the working of the Holy Spirit.

In the days from Ascension to Pentecost we follow that tradition of prayer. We may also be concerned and anxious about our world and our lives. The Spirit calls us to move from fear to trust. Someone calculated that the words 'Do not be afraid' occur 365 times in the Bible – one for the great day of Pentecost, and one for every other day in the rest of the year.

Rev'd Michael Burgess



Children's Page



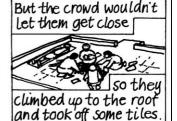
A short story from the Bible

It can be read in the Bible in Mt 2: 1-12, Mk 9: 1-8, LK5: 17-26

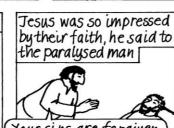
The Pharisees had come to Jesus'home in Capernaum to make sure he wasn't breaking any of their religious rules.



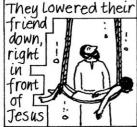
Four men brought their paralused friend to Jesus for healing

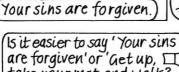


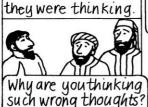












But Jesus knew what

take your mat, and walk?

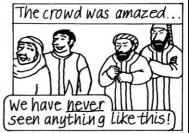




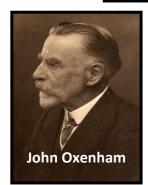
Get up, take your mat and go home!



He got up, picked up his mat and walked home, praising God



The Story Behind the Hymn



In Christ there is no East or West

In Christ there is no East or West, In Him no South or North; But one great fellowship of love Throughout the whole wide earth.

In Him shall true hearts everywhere Their high communion find; His service is the golden cord, Close binding humankind.

Join hands, then, members of the faith, Whatever your race may be! Who serves my Father as His child Is surely kin to me.

In Christ now meet both East and West, In Him meet North and South; All Christly souls are one in Him Throughout the whole wide earth. In 1889, Rudyard Kipling published his poem, "The Ballad of East and West," which begins, "Oh, East is East, and West is West, and never the twain shall meet."

Those lines sound as if Kipling is saying that there is no hope that people from East and West can ever come together, but the opposite is true. The poem tells of Kamal, a man of India who steals an English Colonel's horse. The Colonel's son rides off in pursuit. The two men end up in a place where Kamal has a soldier behind every rock, but he respects the young Englishman's courage and spares his life. The young Englishman, in turn, passes up a chance to use a hidden pistol with which he could have killed Kamal.

Kipling's poem celebrates the possibility of mutual respect between people who are very different from each other.

Nine years later after Kipling's poem was published, William Arthur Dunkerly (using the pen name John Oxenham) wrote this hymn, "In Christ There Is No East or West." The occasion was a great missionary exhibition sponsored by the London Missionary Society.

The hymn, which gets its inspiration from Kipling's poem, takes Kipling's idea a step farther. It reminds us that Christ brings all sorts of people together "in one great fellowship of love."



30th

Rushen Parish Prayer Diary

Lord Jesus, open our ears and hearts today to Your message so that through the power of Your death and resurrection we may walk in newness of life in accord with the teachings of Your Gospel

Amen



June 2019

This is your invitation to pray day by day for:

1 st	The children attending Rushen School and Scoill Purt le Moirrey
2^{nd}	Our families, friends and neighbours, and those we know living far away from us
3 rd	The sidespersons who carry out their duties in our church week by week
4 th	All who seek to relieve hunger and suffering
5 th	'Play and Praise' meeting at 2pm today in St Mary's Church and Hall
6 th	The works of agencies such as the Samaritans and Alcoholics Anonymous
7^{th}	People who are homeless, poor and starving and in need of help
8 th	Everyone living in Port Erin and Port St Mary
9 th	All volunteers prepared to work with young people as they grow up
10 th	The police on the Isle of Man and the work they do to maintain law and order
11 th	The Mothers' Union 'Quiet Evening' at Maughold Church commencing at 5.30pm
12 th	Doctors, nurses and all people helping to look after people who are ill
13 th	The work of the Church Army
14 th	Those who entertain us through sport and artistic talent
15 th	Those who minister within the Southern Mission Partnership
16 th	The five PCC committees working to enhance God's work within the Parish of Rushen
17 th	Those responsible for maintaining the highways on the island
18 th	The Ladies Working Party which meets this afternoon
19 th	That we may be gracious and loving in our relationships with each other
20 th	Families preparing to come to the island for their holidays during July and August
21 st	Places in the world where live have been lost and communities destroyed
22 nd	Messy Church which meets at St Catherine's this afternoon
23 rd	Those in financial difficulty
24 th	Young single mothers having to bring up their children in difficult circumstances
25 th	Guidance for leaders in industry and commerce
26 th	Those who look after the environment within the parish
27 th	Actors and Actresses who provide such pleasure to theatregoers
28 th	Those living daily with domestic violence and the people who try to help them
29 th	All who work in dangerous and poor conditions

Volunteers prepared to work with young people as they grow up

Services June 2019

2 nd June (Easter 7)	8am 9.30am 11am 11am 3.15pm	St Catherine's Holy Communion (BCP) Kirk Christ Morning Prayer (CW) St Mary's Holy Communion(CW) St Catherine's Morning Prayer (CW) St Peter's Evening Prayer (BCP)
5 th June	11.15am 2pm	Southlands Holy Communion (CW) St Mary's Play & Praise
9 th June (<i>Pentecost</i>)	9.30am 11am 11am 3.15pm 6.30pm	Kirk Christ Holy Communion (CW) St Mary's All-Age Service (CW) St Catherine's Holy Communion (CW) St Peter's Evening Prayer (BCP) Kirk Christ Alternative Service
16 th June (<i>Trinity Sunday</i>)	8am 9.30am 11am 11am 3.15pm	St Catherine's Holy Communion (BCP) Kirk Christ Morning Prayer + Baptism (CW) St Mary's Holy Communion (CW) St Catherine's All-Age Service (CW) St Peter's Holy Communion (BCP)
23 rd June (Trinity 1)	9.30am 11am 11am 3.15pm	Kirk Christ Holy Communion (CW) St Mary's Morning Prayer (CW) St Catherine's Holy Communion (CW) St Peter's Evening Prayer (BCP)
30 th June <i>(Trinity 2)</i>	11am 3.15pm	Kirk Christ Joint Holy Communion (CW) St Peter's Evening Prayer (BCP)
3 rd July	11.15am 2pm	Southlands Holy Communion (CW) St Mary's Play & Praise
7 th July (<i>Trinity 3</i>)	8am 9.30am 11am 11am 3.15pm	St Catherine's Holy Communion (BCP) Kirk Christ Morning Prayer + Baptism (CW) St Mary's Holy Communion(CW) St Catherine's Morning Prayer (CW) St Peter's Evening Prayer (BCP)
(Dates d	11am 3.15pm	St Catherine's Morning Prayer (

(CW) Common Worship

(BCP) Book of Common Prayer

Contact Details for Rushen Parish

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St Mary's Ladies Working Party

Mrs Susan Maddrell, Athol Lodge, Fistard, Port St Mary. IM9 5PE 833151 Miss Margaret Moore, 51 Ballamaddrell. Port Erin. IM9 6AT 832399

St Mary's Hall Bookings:

Mr G Callister, 60 Ballamaddrell, Port Erin. IM9 6BA 474924/834627

St Catherine's Hall Bookings:

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Articles for the magazine should be submitted to the editor no later than 20^{th} of each month. This arrangement is subject to change.

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Churchyard Enquiries:

Please contact Mr Harry Dawson: 478050/835770

or Mr G Callister: 474924/834627

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Sudoku Competition June 2019

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

Here are another two puzzles for you to solve. As I explained on page 10 only a few of you had a go last month. I am told that it only takes about 10 minutes to solve one of these easy puzzles, so whilst you are sitting in the garden, or have 20 minutes to spare, see if you can win the £5 prize. All entries are put into a draw and the winner is chosen by someone not associated with the parish. Entries can be posted, e-mailed, given to one of the churchwardens, or given to me. The last date for you entry is Friday 28th June. The prize money is usually sent by post to the winner, Good Luck! (Editor)