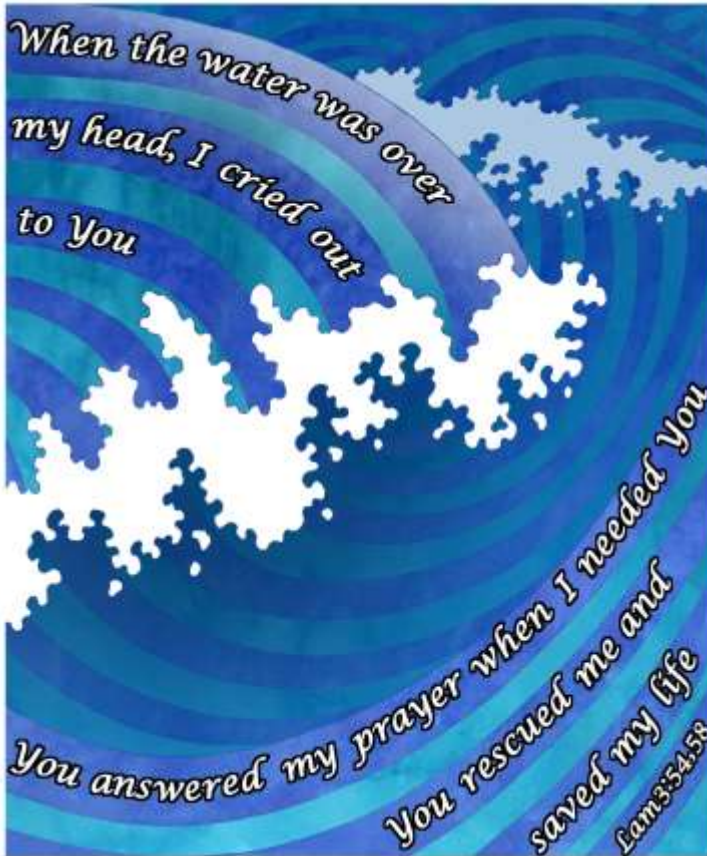




The
United
Reformed
Church

Bamford Chapel & Norden URC



March 2023

BAMFORD CHAPEL & NORDEN URC

MISSION/VISION STATEMENT



Loving God, Serving Others,
Building Community

Worship

In our devotion we will come together to express our joy, love and thanks through worship.

We shall share our praise and dedicate it to God.

Ministry

Through the guidance of the Holy Spirit we will show compassion and love by understanding, supporting and meeting the spiritual, the physical and the emotional needs of others.

Evangelism

We are called as Christians to share the good news; living as examples of Christ in our everyday lives we can spread the word and love of Jesus.

Discipleship

We as a church have a responsibility as Christians to encourage people to know God and to enable them to develop their relationship with Him through prayer, discussion, study and learning.

Fellowship

We welcome to our church family those who want to belong. We show our love for others by sharing acts of fellowship in God's name.

March 2023

For those who are unable to attend Sunday morning worship, services are live-streamed on YouTube (Bamford Chapel and Norden United Reformed Church) and available on the church website (www.bcnchurch.org.uk)

Friday 3 March	1.30 - 3.30 pm	Dementia Friendly Café
Sunday 5 March	10.30 am 6.30 pm	Family Worship with Communion Led by Ken Greer Missional Partnership Café Church
Monday 6 March	7.30 - 8.30 pm	Monday Prayer Group Meet in the Lounge at BC & NURC
Tuesday 7 March	7.30 - 9.00 pm	Tuesday Home Group On Zoom (see page 6)
Thursday 9 March	10.00 - 12 noon	Transform Trade (formerly Traidcraft) Big Brew (see page 11)
Saturday 11 March	10.00 - 12 noon	Project 2023 Big Breakfast (see page 16)
Sunday 12 March	10.30 am 2.00 - 4.00 pm	Family Worship - Led by Church Group Messy Church (see page 14)
Saturday 18 March	6.30 pm for 7 pm	Community Film Club "Mrs Harris goes to Paris" (see page 20)
Sunday 19 March	10.30 am 12 noon	Family Worship - Led by David Watson Followed by Church Meeting
Tuesday 21 March	7.30 - 9.00 pm	Tuesday Home Group On Zoom (see page 6)
Wednesday 22 March	7.30 - 8.00 pm	Missional Partnership Prayer Time (on zoom - see page 4)
Saturday 25 March	7.30 pm	Saddleworth Male Voice Choir Concert In Memory of Charlie Peacock (see page 13)
Sunday 26 March	10.30 am	Family Worship Led by Leo Roberts

Message from the Manse “Taking our eyes off God”

As I sit with my laptop open reflecting on what I might write in this article my mind went to the fact that as you read this it will be Lent. The Christian Church observes Lent for 40 days to reflect the time Jesus spent being tested by the devil in the Wilderness. In Matthew’s account, we read:



The Temptation of Jesus

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² He fasted for forty days and forty nights, and afterwards he was famished. ³ The tempter came

and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ ⁴ But he answered, ‘It is written,

“One does not live by bread alone,

but by every word that comes from the mouth of God.”

⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶ saying to him, ‘If you are the Son of God, throw yourself down; for it is written,

“He will command his angels concerning you”,

and “On their hands they will bear you up, so that you will not dash your foot against a stone.”

⁷ Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’

⁸ Again, the devil took him to a very high mountain and showed him all the

kingdoms of the world and their splendour;⁹ and he said to him, ‘All these I will give you, if you will fall down and worship me.’¹⁰ Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God, and serve only him.”’

¹¹ Then the devil left him, and suddenly angels came and waited on him.

As I read these familiar words again my thoughts went to the title I have given this message “Taking our eyes off God”. Jesus in this passage despite hunger and tiredness remains faithful to God and his trust in God as his Father.

Jesus in many ways keeps his eyes fixed firmly on God and upon God’s Word contained in the Bible. Jesus counters each temptation by quoting scripture to the devil.

I don’t know about you but there are many times in my life when I have taken my eyes off Jesus. And it is amazing how quickly life can unravel when we take our eyes off Jesus.

I often think Lent is a time when we can re-adjust our eyes and place them back on Jesus. We often give something up in Lent.... as I type this on the 14th February I am still deciding if I am going to give something up or not. I know of some people who often start doing something rather than giving something up for Lent. For example, they may commit to reading through parts of the Bible during Lent as a spiritual discipline.

I want to gently encourage, dare I even say challenge us, to think of something we might start doing during Lent that we can continue beyond Easter Day which marks the end of Lent. Something that will enable us to fix our eyes on Jesus and keep our eyes on Jesus - the one who bore great suffering for us that we might have life and have it in abundance.

I pray we all have a blessed Lent as we keep our eyes fixed on Jesus.

***God Bless,
Richard***

Missional Partnership Prayer Times



Rochdale, Bury and North Manchester Missional Partnership times of prayer on zoom

Dates and times

25th January: 7.30pm – 8pm

15th February: 10.30am – 11am

22nd March: 7.30pm – 8pm

19th April: 10.30am – 11am

17th May: 7.30pm – 8pm

21st June: 10.30am – 11am

ALL WELCOME!

For further information please
contact Revd Richard Bradley:

01706 369622

07483 155807

richard.bradley@nwsynod.org.uk

Jesus often spent time in
prayer.

It is important that we as
followers of Jesus do likewise.

Zoom ID: 836 4636 0141

Passcode: Prayer



A Reflection on The Lord's Prayer (Matthew 6:1-18)

Editor: This month is Lent, when we take a good hard look at where we stand with God...

Our Father in heaven, please help us.
We, your children, learn slowly.

So often we say nothing when your name is mis-used.
Often our lives do not reflect your ways,
Mostly we do what we want on earth,
And this can make heaven unimaginable.

We expect so much more than we actually need each day.
Sometimes we think we don't need forgiveness,
Sometimes we think we are unforgivable,
And we forget that other people make these same errors of
thinking.

When it comes to temptation, we find our own ways,
We are confused about what is and is not evil,
We are confused about deliverance,
We are confused...

And here is the wonder, the grace and the mystery,
That you know us completely,
Our failings, our secrets,
And still love us forever and ever,

Amen.

By Daphne Kitching



Tuesday Home Group

Tuesday Homegroup on Zoom

10th and 24th January
7th and 21st February
7th and 21st March
7.30pm

All welcome

Zoom ID:
849 9885 2008

Passcode:
517449

For more information contact
Revd Richard Bradley on:
01706 369622
07483 155807
richard.bradley@nwsynod.org.uk

Dr Watt and Her Time Machine



It is now over three months since Doctor Watt and her Time Machine took us on a wonderful journey through the life of Jesus Christ.

It is not too late to say thank you to all of you who were a part of this journey because we continue to be on this journey even though the Gospel Panto has ended. Doctor Watt was a perfect start to the Christmas season.

Well done all of you. I am not going to single anyone out. Each player played their part so well.

Lesley Sutton



Ladies Fellowship

Meetings in March and April have been cancelled due to holidays and Easter. The next meeting will be the AGM on Thursday 11th May.

The group is desperately in need of new committee members, particularly to take on organisational roles, otherwise Ladies Fellowship will have to close. If you think this is something you would be interested in, please speak to Linda Kerford or Linda Peacock.

World Day of Prayer



Rochdale World Day of Prayer Service

Friday 3rd March at 11am
at St Patrick's Presbytery,
2 Watts Street, Rochdale

People from Taiwan have put the
service together for this year

Further information from
Anne Fitton—01706 641403

All Welcome!



Mothering Sunday

Editor: Canon Paul Hardingham considers our appreciation of mothers.



Mothering Sunday is a day of mixed emotions. For many it's a happy, joyous day, but for others it's one of pain and grief. A day to celebrate love, while acknowledging those who cannot have children or have lost them and those who have no relationship with their mother.

In the dying moments of His life, Jesus honoured Mary his mother by showing her love and care. He entrusted His mother to John's protection: *'When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home.'* (John 19:26,27). While affirming the importance of mothers, Jesus reminds us that the love we show on Mothering Sunday is just a token of our continuous appreciation of them.

Jesus also creates a new way of being family, marking the beginnings of the church. In the past, people would go back to their *'mother'* church on this Sunday, to acknowledge its importance in their lives. Jesus invites us into this new family of love and mutual belonging, where we can find a place, irrespective of our own family circumstances.

Church is not always an easy place to be, because we are shaped by our own experience of mothering. We may find it hard to give or receive love without ourselves getting in the way. However, God's help is available to change things, *'because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.'* (Romans 5:5)

The mother of three difficult youngsters was asked whether she'd have children if she had it to do over again. *'Yes,'* she replied. *'But not the same ones.'*



A Bucket of Tadpoles: Springtime, Curiosity, and the Theology of Science

Editor: 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. The graphic is from Pixabay, and may be used without a credit.

When I was nearly three, I knocked a bucket of tadpoles all over the patio. Those unfortunate creatures must have been collected to educate my brother and I on where frogs came from, but a toddler can't just stand by and watch. Can I see up close? Or maybe I was 'helpfully' moving it to another place. I just remember doing something I shouldn't have done and saw the tadpoles on the ground. I was sad that I wouldn't get to see those creatures grow up.

I might have been great at destroying things when I was a child (my family would probably say I still am), but I absolutely love watching living things up close. The more I learn, the more my sense of wonder grows. For a tadpole to become a frog, large sections of its gut, salivary glands and muscles must die, as well as the gills. The cells in those tissues are programmed to curl up and disintegrate, and are swallowed up by a specialised kind of white blood cell. Legs grow from small sacs of cells on the tadpole's body, and one of my textbooks says that 'The nervous system is also remodelled' - which I suspect is a bit of an understatement.



This knowledge removes a little of the mystery of how a tadpole turns into a frog, but there is plenty more to discover. These few details also reveal the cleverness of the process. Metamorphosis is surprisingly common in the animal kingdom. How is that an efficient way to grow up, or is efficiency not the most important thing for an animal?

Scientists are essentially grown-ups who are still very much in touch with their inner two-year-old self. They refuse to stop asking questions, even when finding an answer becomes decidedly more awkward than opening a textbook.

Many scientists are people of faith, and this also drives their questioning. They believe that God created a world that was very good, that the purpose of all Creation is to praise Him, we are made in Gods image, and that we are tasked with looking after Creation. So Christians, of all people, should be enjoying and investigating our surroundings. These are the bones of a Theology of Science which serves some of us very well, and keeps us looking into things like buckets of frogs – that is, until a two-year-old comes and knocks them over.



Transform Trade
Formerly Traidcraft Exchange

Big Brew

£4.00
Including
tea/coffee
+ scones & jam

TRAIIDCRAFT stall
Trading products of ethical origin

cake stall
raffle for hamper
(tickets £1)

2023!

Thursday 9 March 2023
10 – 12

Holy Days - 24th March: Oscar Romero, Archbishop of San Salvador, Martyr 1980



Oscar Romero was a bit of a modern Thomas Becket – loyal to the authorities until he was given great responsibility for the Church. Then, like Becket, there was trouble.

In Romero's case, it all began when he was born Ciudad Barrios in El Salvador back in 1917. Devout from a young age, he was ordained in 1942, and became a parish priest in the diocese of San Miguel.

For 25 years Romero worked hard in his parish, where he was a traditional priest, very conservative, ascetic, and devoted to the Virgin Mary. In 1967 he was appointed Secretary to the Episcopal Conference of El Salvador. He was elevated to be Bishop of San Salvador and then Bishop of Santiago de Maria. An admirer of the conservative Opus Dei movement, Romero firmly opposed any liberation theology.

Then in 1977 Oscar Romero was appointed Archbishop of San Salvador. The Salvadorian government saw him as a safe pair of hands for the job.

But they were in for a shock. For Romero's new responsibilities made him look afresh at the relationship between Church and State in El Salvador. He did not like what he saw. Romero saw that social unrest and poverty were the direct result of government repression, and even worse, that the Church played its part in the on-going violence of Salvadorian society. After the murder of several outspoken priests and then the expulsion of several

allegedly Marxist Jesuits, Romero felt compelled to speak out.

The right-wing Latin American governments were well used to priests who worked with the poor speaking out against them. But this was the first time that an Archbishop had raised his voice, and they were furious.

But Romero became a champion of liberation theology. He condemned government violence and championed the right of the poor to economic and social justice. He even wrote a pastoral letter from the Salvadorian bishops, supporting proportionate counter-violence towards the oppressive right-wing regime. When, nonetheless, he also still tried to act as a mediator between the rival groups, he was nominated for the Nobel Peace Prize.

For several years Romero received death threats from both left and right-wing paramilitary groups. Finally, while celebrating Mass, he was shot through the heart by a government assassin. It was 24th March 1980, and 40 more people died in the gunfire and explosions at his funeral. The Church worldwide mourned for him.



Saddleworth Male Voice Choir



Concert
in memory of Charlie Peacock

At Bamford Chapel & Norden URC

Saturday 25th March 7.30 pm

With guests Hindle Wakes Folk Group

In aid of the British Heart Foundation
(SMVC nominated Charity)



Bamford Chapel & Norden URC Monday Prayer Group



Before Covid we held a prayer meeting on Monday evenings. Our focus was wide and varied - our Church and our Community, topical items and personal concerns. Occasionally some people "prayer-walked" the streets with back-up from the pray-ers in the Chapel.

We feel it is time to resume these meetings, commencing on:

Monday 6th March
7.30 - 8.30 pm
In the Lounge

Please come and join us as we pray, all are welcome

Look out for our next 12 March

NICSS CHURCH

ALL ARE WELCOME

CRAFT TIME

food

FUN

science

On Sunday 12 March 2 – 4 pm
@ Bamford Chapel and Norden URC
Norden Road Rochdale
OL11 5PQ

Think about it..

- * If you were raised on eggs, bread, butter, bacon, cabbage, spuds and tea
- * played in dirt, rivers and streams fishing for tadpoles
- * got smacked when you misbehaved
- * had one television channel and no remote
- * no telephone, no computer
- * got jobs/chores to do after school
- * shops were closed on Sunday
- * watched films thinking they were real
- * recorded the top twenty from the radio by blocking the holes on cassette tapes
- * drank water from a hose
- * didn't know what a Happy Meal was



AND YET YOU STILL TURNED OUT OK



To be a Christian without prayer is no more possible than to be alive without breathing. Staying in bed shouting 'Oh my God' will never replace going to church to worship him.

Embrace the Middle East Project 2023 Big Breakfast

Bamford Chapel and Norden URC, Norden Road, OL11 5PQ

Fancy a bacon butty?



Vegetarian option available

£5

Also including toast
and endless drinks

*Saturday
11 March
10.00 – 12.00*

In aid of

our 2023 church
project in Egypt
together with



Weekly Monday Home Group



Monday 8.00pm [unless notified otherwise] at the home of Barbara and Addie Redmond

Lively discussions led by members of the group on various topics and themes, eg SAINTS, ANGELS, HAPPINESS. Pastoral prayers commence the evening which ends around 9.30pm with The Grace. Fellowship, fun and faith could describe this group. Tea, coffee and biscuits welcome the evening.

These are “drop in” sessions which means that if you are unable to come every week, it is fine. Just come along when you can. There is a Whatsapp group for up to date information.

At the close of the summer session there is a delicious BBQ in the Redmond’s back garden with contributions from each visitor PLUS in January a meal at a local restaurant is organised.

Please contact Barbara or Addie if you wish to know more.



Eco Church Recycling Tips



Blister Packs

What: Empty blister packs
Where: Bamford Chapel opposite the ECO Church notice board in the corridor or Superdrug Manchester
Why: Superdrug have teamed up with drug brands to recycle blister packs



School Uniform

What: New, or like new, uniform and shoes, for Falinge Park High School, Oulder Hill High School, Redwood High School, St Cuthbert's High School, Spotland Primary School, Meanwood Primary School, St Vincent's RC Primary School, Caldershaw Primary School and Norden Primary School.
Where: Co-op Cutgate, Co-op Rooley Moor Road and Co-op Norden
Why: Donate old uniform



Paint

What: Left over cans of paint from DIY projects
Where: Recycling centres (tips) Pass It On (part of RBH) 271 Olney, Freehold OL11 4LQ
Why: This paint can be reused in community recycling schemes



Contact lenses packaging

What: contact lenses blister packs
Where: Specsavers
Why: Recycled and turned into construction materials



Useable Eyeglasses

What: Old glasses you no longer wear or with old prescriptions
Where: Heywood Library
Why: The Glasses are shipped across the world for people unable to access them.



Batteries

Where: You can take batteries to a Recycling Centre.
Regular household batteries can also be recycled at most supermarkets or electrical stores.
Why: Please do not throw any batteries in any of your wheelee bins at home. This is because they are a fire risk and contain hazardous materials.



Soft Plastics

What: Plastic carrier bags, bread bags, bubble wrap and frozen food bag
Where: Supermarkets: Aldi Shaw Aldi Mellor Street Tesco Bury Tesco Rochdale (near café) Co-op Cutgate



Cosmetics

What: Mascara, lipstick, makeup palettes, travel miniatures, pumps from soap dispensers, toothpaste tubes
Where: All Boots stores
Why: Transformed into construction boards



Eco Recipe of the Month



Roasted Carrot and Fennel Soup

- 1kg Carrots
- 2 x Fennel Bulbs
- 1 Large Onion
- 2-3 Garlic Cloves
- 1L Veg Stock

Peel, trim, and chop carrots, fennel, and onion accordingly into large chunks and spread in a roasting tin.

Drizzle with olive oil and give it a mix to make sure all the veg is coated.

Roast in oven for 20mins on 180c

Add peeled whole garlic cloves to the tray and return to the oven for further 20 mins.

Put veg in a saucepan, pour over the stock and simmer for 15 mins.

Use a hand blender to puree to a smooth soup.

Note: The aniseed fennel flavour is surprisingly subtle

World Water Day is 22nd March



We take clean water for granted. After all, when did you last turn on the tap and expect filthy water to come out?

But sadly, bad water is still a daily reality for billions of people. The United Nations wants to help them by ensuring that everyone can access clean water by 2030. It is part of the so-called '2030 Agenda for Sustainable Development', and it is an enormous challenge.

Meanwhile, this year each one of us can do at least something to help on 22nd March. A donation to Water Aid will help provide safe water to marginalised communities worldwide. Simply go to: www.wateraid.org/uk



**CINEMA
FOR
ALL**

THE IAN NEWMAN COMMUNITY FILM CLUB

Saturday 18th March 2023

6.30pm refreshments : 7.00pm film

Admission £3

“Mrs Harris Goes to Paris” 12 2022



Supported by Rochdale Township

A Reflection on the Prodigal Son's Mother by Lynne Chitty

Did his mother go out day by day, and stand and watch and wait
Hoping, hoping her younger son would come back.

Today.

Did her heart leap each time she saw a figure in the distance,
and break when it was another mother's son?

Did she weep for her husband as he looked away from the empty
place at the table, meal after meal?

Did she blame him?

And did her anguished prayers finally reach her boy at last,
and touch the desperation in his soul,
kindling some small vestige of hope,
a flickering of faith that saw, in a moment, almost too late, his
wretchedness
and the pride that kept him imprisoned with the pigs?

Did her calling prompt his journey home?

And later, when he became a father himself,
and realised what pain he had caused,
did he seek out his ageing mother and embrace her,
finally understanding the cost of love?

Did he tell his own son of his failing?

And which mother's son is feeding the pigs now?



Surviving Grief by Gary Sturgis



People always ask me how I can be so happy after suffering so much loss. They want to know how I survived my grief.

Please don't be mistaken.... my happiness doesn't mean my grief is gone. I think about the people I love and lost all the time. Every single day. But I have also evolved to having more good days than bad.

My grief isn't always in the form of sadness. My grief doesn't look the same every day. Some days I feel really happy, and some days I just want some quiet time.

Here's the thing... some days I'm just living between joy and pain. My grief just always looks different... but it's always there.

A part of me died when the people I love died... but I'm at peace knowing that I'll never be the same again. I've accepted the fact that I had to learn to live with my grief.

This is my reality.

So instead of trying to be the old me, I look for ways to define who I am as I carry the pain from my loss. I try really hard to preserve my happiness at all times. The way I cope with my grief is relative to my own experiences and my own emotional needs. That's why it's "my grief". It belongs only to me. It's mine...and mine alone.

I want you to remember that you don't have to compare the way you grieve to anyone else. This life changing event is unique to you, therefore your pain and your healing will be unique to you too. It's "your grief".

I also want to emphasize how important it is not to think that you'll eventually "get over" your loss and move on. Sure, I'm very happy, but my grief is still a part of my life...I've just learned to live around it.

You'll eventually learn how to live after your loss..... without leaving behind the memories you shared with the one you love.

Editor: Gary Sturgis is an American Bereavement Facilitator who has published several books on grief and loss since the death of his spouse in 2014. Further articles can be found on Facebook.

This article is copyrighted and can only be reproduced with permission from Gary by email at gary@sgrief.com

Church Flowers



**Donations for flowers placed in church
in February were received from:**

Dot Craig in memory of Peter

Anita Teuton in memory of Alex

Diane Healey - Thank you for all love and care

Joyce Harding - in memory of her Wedding Anniversary

Midweek Opportunities for Learning & Sharing Fellowship

- Monday:** 9.00 am Monday Gang / Garden Gang
(who do work in or around the building)
10.15 am Pastoral Meeting
1.30 pm Bridge Club
8.00 pm Monday Night Home Group (at Redmond's)
7.30 - 8.30 pm Monday Prayer Group (in Lounge)
- Tuesday:** 9.00 – 11.00 am Toddlers' Group
1.30 – 4.00 pm Indoor Bowls (Upstairs Hall)
From 6.00 pm Rainbows, Brownies & Guides
7.15 pm Singing Group
- Wednesday:** 12 noon Luncheon Club
6.30 pm Boys' Brigade & Girls' Association
- Thursday:** 10.00 am - 12 noon Coffee Morning & Warm Hub
- Friday:** 6.00 pm onwards Beavers, Cubs and Scouts
- Sunday:** 7.30 pm God Squad (for Teenagers)

Fortnightly & Monthly Opportunities

- Tuesday:** **Home Group** 7th & 21st March
7.30 - 9.00 pm On Zoom (see page 6)
- Thursday:** **Ladies Fellowship** 2nd Thursday in the month
1.00 - 3.00 pm **NB: No meeting in March or April**
Heritage Group 2nd Thursday in the month
7.30 pm 9th March In Church
- Friday** **Dementia Friendly Café** 1st Friday in the month
1.30 - 3.30 pm 3rd March
- Saturday:** **Ian Newman** 3rd Saturday in the month
Community Film Club (see page 20)
6.30 pm for 7.00 pm film 18th March

For further information please see website www.bcnchurch.org.uk
contact Anne Fitton or speak to an Elder.

BAMFORD CHAPEL & NORDEN URC MAGAZINE



EDITOR:

Linda Peacock 01706 522593
lm.peacock@hotmail.co.uk

ASSISTANT EDITOR:

Lesley Sutton 01706 638005
suttyjohnny@gmail.com

DATES FOR THE APRIL MAGAZINE

Articles to be handed in by: Sunday 19th March

Magazine to be completed by: Thursday 30th March

Magazine distributed: Sunday 2nd April

BAMFORD CHAPEL & NORDEN

United Reformed Church

Charity - Regd No 1128387

Norden Road, ROCHDALE, Lancs. OL11 5PQ

www.bcnchurch.org.uk

**Ministers of the Rochdale, Bury and
North Manchester Missional Partnership**

Revd Richard Bradley

The Manse, Norden Road, ROCHDALE, Lancs OL11 5PQ

Telephone: 01706 369622

Work Mobile: 07483 155807

Email: richardbradley@cantab.net

Revd Daniel Harris

Work Mobile: 07887 581253

Email: danielharris343@gmail.com

Church Secretary: Anne Fitton

Telephone: 01706 641403

Email: annefitton@btinternet.com

Wedding Secretary: Julie Platt

Telephone: 01706 360129

Email: julie_platt62@hotmail.co.uk

Lettings Manager: Nicki Houghton

Telephone: 01706 750376

Email: nahoughton@sky.com