



The
United
Reformed
Church

Bamford Chapel & Norden URC

95



Rose
'Queen
Elizabeth'

June 2021

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.



As of 21st May Boris Johnson's "Roadmap out of Lockdown" is continuing as planned.

The rollout of Covid Vaccines is continuing at pace. Numbers of positive cases, hospital admissions & deaths are coming down, although there is still concern in some areas about Covid variants, particularly the Indian variant. Further information is available on the Government website and Rochdale Council website.

Step 4 of the Roadmap will begin - NO EARLIER THAN 21 June 2021:

All limits on social contact will be removed, nightclubs can reopen and restrictions on large events and performances will be lifted.

At present all church activities are suspended. The **Sunday worship service is still available on YouTube and on the church website (www.bcnchurch.org.uk) and in printed email form.**

Unless infection rates change; or government advice changes, we will continue opening for worship at Bamford Chapel & Norden URC on Sunday mornings at 10.30 am.

We will continue to limit the congregation to 30, for the time being. People wishing to attend can text or phone the church mobile number to book a place.

**People are asked to phone on a Thursday evening between 6 & 8pm ideally.
The number, as before, is 07396 617559.**

Message from the Student Minister

I have reached the end of my 3rd year of training to be a Minister of Word and Sacrament with the URC. I have been wondering where these three years have gone. They have been choc-a-bloc with activity, learning, doing, worshipping, praying, eating, walking alongside and being with.



This last year has been so strange with my walking alongside and my being with mainly on Zoom. I am very grateful for the technological advances that have made it possible for us to meet together and worship together – not only in each church but across the partnerships, denomination and even globally. We have created community and continued our discipleship journey. I am now looking forward to meeting people in person and physically being alongside the community I have heard so much about. I am aware of those who have felt left out of this on-line community and grateful again for the hard work and dedication that has meant people have been supported through letters, phone calls and doorstep chats.

I have learnt much about the importance of telling our story over this year. My Old Testament course was based on the idea of exile and hearing the voice of the Israelites expressing their grief and their anxiety after the trauma they had suffered. We too have suffered trauma over this last year, whether of personal grief, of isolation, of illness or of loss of control over our own lives. On Zoom, some of us have been able to tell our stories and talk together about the possibilities and challenges of church as things open-up. I'm hoping that now as we meet over coffee and tea, biscuits and cake we will be able to listen to each-others' stories, especially those we haven't heard over the last year or so. I hope to be able to share in these conversations as we make sense of our experiences and consider our future. We are familiar with many of the stories Jesus used to deliver his message. Paul saw Christ's death on the cross and the new, early Christian churches as the continuation of one long story of God's promise to his creation. We

now live the next chapter and together we can strengthen one another as we continue our journey.

We have been encouraged by Synod to look at our churches' opening up as 'Renewed Beginnings'. They suggest working together through a tried and tested process called the Pastoral Cycle. This is a gentle and systematic way of exploring and reflecting on our experiences, the needs of our communities, the potential we have and what scripture and our tradition says, leading us towards possibilities for the future. With the inspiration of the Holy Spirit, as we listen to one another and discuss each others' ideas concerning our local setting, we will find 'Renewed Beginnings'. I am excited to be continuing my journey with this partnership as we take our next steps together.

Kate Hunt, Student Minister

Rochdale, Bury & North Manchester

Missional Partnership Newsletter

Each week Daniel Harris produces an email with information about events and activities in the churches of the Missional Partnership. This also includes details of Zoom events in which you can take part.

Please subscribe to the newsletter and be added to the mailing list by emailing: Daniel Harris at danielharris343@gmail.com or telephone 07887 581253.

Bamford Chapel & Norden URC - Monthly Magazine

This magazine is also available on the church website at

www.bcnchurch.org.uk

The Story behind the Hymn: 'Lord, for the Years'

Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided:
Lord for the years, we bring our thanks today.



Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the word, receive your people's praise.

Lord, for our land in this our generation,
spirits oppressed by pleasure, wealth and care:
for young and old, for commonwealth and nation,
Lord of our land, be pleased to hear our prayer.

Lord, for our world when we disown and doubt Him,
loveless in strength, and comfortless in pain,
hungry and helpless, lost Indeed without him:
Lord of the world, we pray that Christ may reign.



Lord, for ourselves; in living power remake us
self on the cross and Christ upon the throne,
past put behind us, for the future take us:
Lord of our lives, to live for Christ alone.

**Lord, for our hopes, the dreams of all our living,
Christ and his kingdom one united aim;
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name. ...*

By Timothy Dudley Smith

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later became Bishop of Thetford. He later confessed: “I wrote it on a train when I was very pressed for time. I’m thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn’t find time to apply the sandpaper a bit more!”



Dudley Smith had been asked to write a hymn for the centenary service of the Children’s Special Service Mission, now Scripture Union, in St Paul’s Cathedral. His commission was to write words that could be fitted to Jean Sibelius’s *Finlandia*, as it was to be accompanied by an orchestra with this tune in their repertoire. And so – ‘Lord for the years’ was written.

Dudley Smith need not have worried about lack of time – his lyrics were a ‘hit’ in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, on his consecration as Archbishop in Canterbury Cathedral.

The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen’s Golden Jubilee.

Many of the words in the hymn are true for the Queen herself, as she celebrates her 95th birthday this month. She does indeed thank God ‘for the years your love has kept and guided, urged and inspired us, cheered us on our way’...

And so indeed the ‘extra’ verse added for the Queen has also held true:

***Lord for our hopes, the dreams of all our living,
Christ and his kingdom one united aim,
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name.***



Prayer for Encouragement in June

Father,
At this time of year, we remember Barnabas, a good man, full of the Holy Spirit and faith, who encouraged people to stay true to you - and others to trust you for the first time.

Lord, we have gone through difficult days. The pandemic has taught us that we are not in control. We don't know what each new day might bring.

As we move into June and the hope of more normality after the restrictions of Lockdown, we too need encouragement.

Help us to have courage to step forward with confidence and common sense. Most of all help us to stay true to you and to trust you, knowing that you are the security we need, knowing that you will never leave us or forsake us.

Help us to be en-couraged!

In Jesus name, Amen.

By Daphne Kitching





(Thank You by Nick Youngson
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Magazine Editor

As Assistant Editor of this magazine my role is to coerce people into writing magazine articles, occasionally type ones sent to me, write ones myself which are perhaps topical/relevant, proof-read the finished copy and currently post eleven copies to friends across the UK.

This role is nothing compared to what Linda (and Charlie Peacock) have been doing during the pandemic. Linda has kept OUR magazine alive by continuing to:

- type up handwritten articles,
- copy and paste emailed word documents (including changing articles into “publisher” format and adding pictures) and
- search through a wonderful resource “PARISH PUMP” if there is a shortage of articles.

John Lapworth usually prints the magazine, and the compilation of the magazine is generally undertaken by Joan Ashton, Sheila Lawley, Margaret Frain and Jenny Lee. However, due to the current climate Linda has been doing all these tasks.

A reduced number of copies are printed on church premises (currently 100), whilst Charlie folds, Linda staples and delivers a few copies to friends locally. Richard Bradley puts the monthly edition on the Bamford Chapel and Norden website for those of you who have access to this, and posts 30 copies out to those without internet access.



On behalf of you readers I wish to THANK Linda and Charlie for all their hard work. I am perhaps one of the few who know just what preparing the magazine entails (Louise will appreciate this). Whilst clapping for others during the past 14 months, please give a clap now in your homes for The Peacocks.

I hope Linda won't be too embarrassed to publish this. She needs to know how much her efforts are appreciated.

Lesley Sutton



Church – twinning

The elders are looking into the possibility of our church twinning with a church in the Palatinate region of Germany. Church twinning has been taking place for many years and those involved have been able to learn about another country and make new friends. We will be matched with a church which has a similar demographic to ours. Language should not be a major issue as many Germans speak English better than we do!



Thank you for all for your prayers, concern, phone calls, socially distanced visits, cards, flowers, presents (including wine and eggs) and meals following my operation. I am doing well and hopefully soon back to ironing and making meringues!

*God Bless,
Barbara Redmond*

**Thank
You**

Thank you so much to Addie and all the cooks on the Meals Scheme for providing me with meals following my hip replacement. At the time of writing I am wearing a knee brace which is there for six weeks, so although improving slowly, this brace is hampering my progress.

Having meals prepared and delivered is such a great help to me.



Clive Glover

Plants for your Garden



As it is very unlikely that we will be having a Garden Party again this year, the gardening team will be selling plants on:

**Mondays during JULY
from 10am to
12 noon**

Please put the month in your diary.

We look forward to seeing you then.

Kind regards Mike Davies on behalf of the Gardening Team

THE OLDIE

They say that I am growing old
I've heard them say it times untold
In language plain and bold.
But No I am not growing old.
This frail old shell in which I dwell
Is growing old, I know full well,
But I'm not growing old.



What if my hair Has turned to grey?
Grey hair is honourable, they say. .
What if my eyesight's growing dim
I still can see to follow Him
Who sacrificed His life for me
There on the cross of Calvary.

Why should I care if time's old plow .
Has dug some furrows on my brow.
Another house - not made with hand
Awaits me in the glory land.
My hearing may not be as keen
As in the past it may have been
Still I can hear my Saviour say
Come faltering child, This is the way.



The outward man, do what I can
To lengthen out this short life's span
Shall perish and return to dust
But the inward man the scriptures say.
Ah, the inward man
Is growing stronger every day.

Then how **can** I be growing old?
I'm safe within the Saviour's fold
Ere long my soul shall fly away
And leave this tenement of clay
This robe of flesh, I'll drop - and rise
I'll meet you on the streets of gold
And prove that I'm NOT growing old.



*With thanks to Ann Parkin (source unknown)
The Magazine of Bethesda Methodist Church, Cheltenham*

Give a Compliment

We all like to receive a compliment from time to time. As Robert Orben, former script writer for President Gerald R. Ford once said, "A compliment is verbal sunshine."



Another American, Leo Buscaglia once observed: "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn someone's life around."

At a funeral service, nice things are usually said of the deceased. While these comments are comforting for the relatives, did the same folks ever bother to say these kind things to the person themselves, when they were alive, to show them how much they were appreciated?



Sadly, not everyone seems able to compliment others. Perhaps they never received compliments when they were young, or perhaps they feel that to compliment someone else is to somehow put themselves down. For whatever reason, such people miss out on a whole lot of pleasure in life.

Whenever we see something that is worthy of a compliment, why not give it, and bring 'a little verbal sunshine' into someone else's life!

By Colin Hammacott





URC Daily Devotions

The daily devotions on Tuesday, 27 April said what I am always trying to say, but in much better words. It was written by our friend Linda Rayner who led worship at chapel a couple of

weeks ago.

The Rich Stealing from the Poor

Exodus 20: 15

You shall not steal.

Proverbs 22: 22-23

Do not rob the poor because they are poor, or crush the afflicted at the gate; for the Lord pleads their cause and despoils of life those who despoil them.

Reflection

It's sad to reflect that little has changed since God spoke the 10 Commandments. Old and New Testament alike warn us against exploiting poor people, and the prophets predicted dire consequences if the rich didn't mend their ways... Think of Amos ranting at the wealthy classes, calling them names, and predicting horrendous consequences from God if they didn't start to look after their servants who were paid little or nothing; or James as he too warns: "The wages of the labourers ... which you kept back by fraud, cry out against you" (**James 6 :4**)

That theme of social justice crops up again and again; Jesus himself makes it clear that everyone has a responsibility to look after people less well-off than themselves.

Yet still the exploitation goes on.

When I wrote this article we were heading towards Fairtrade Fortnight, once again raising awareness of the predicament of farmers

who provide some of our food and luxuries. I've just been reading about women and men who provide chocolate for our delight. I knew their situation was bad but didn't realise the scale and am horrified to read that 'despite the UK chocolate industry being £4 billion each year, most cocoa farmers [are] living in abject poverty, typically earning just 74p a day'. SEVENTY-FOUR PENCE a day! That's an awful example of 'rich' stealing from 'poor'. If you're a chocolate fan like me (there are more of us since lockdown began), does it cross your mind that chocolate is too cheap?

It's easy to look the other way - maybe you don't like chocolate, maybe we don't think of ourselves as 'rich' - but who made those cheap clothes? And who harvested those vegetables? If I'm buying cheap, I am almost certainly stealing from someone who's living in poverty. If it seems too good to be true – it is!

Prayer

Lord

**We pray for people trapped by poverty
as they provide luxuries
for those of us who don't think we're 'rich'.
Help us to buy with care
and to look for labels that show fair trade.
Lord we pray for the day when the whole world
lives your Kingdom values -
when we all care about and look after each other.
We pray for the day when exploitation is no more.**

Amen

The URC Daily Devotions is a quick and easy way to start your day in spiritual reflection and prayer. On every day of the year, there is a reading, reflection and prayer. These can be accessed as a daily email, a podcast, or through social media. To access this excellent and essential service follow the link: <https://devotions.urc.org.uk/>

Barbara Redmond

The Bible Garden: The Water of Life (part 9 of a series by the Association for Church Editors)

This series of articles concludes with the element that is the most important for any garden – water. In the Bible water is often used as a symbol of the life-giving Holy Spirit of God. For people and plants, even those more at home in the hot and dry environments of the desert, water is the most precious gift from God which, of course, is why it symbolises the Holy Spirit.

When I arrived in Israel several years ago as a member of a group of pilgrims, the first thing that happened was a talk by a government official about our safety and the need to obey certain rules. At that time Israel was at war with Lebanon. The first subject mentioned was water. We could collect and take away any souvenirs we wished, but not water. If we found a dripping tap, we were legally obliged to report it instantly. Water was precious, not a drop was to be misused or wasted. Most Bible plants can survive long periods without water, although they grow better with regular watering. The secret is that generally they don't like too much. Torrential rain and water-logged ground, which can often be the case in the UK, can be a disaster for many Bible plants. They thrive on cold nights and hot sunny days – and water, but not too much.

Water features in a Bible garden are an attractive addition, as they are in any garden. I have two, one is a small fountain constructed from pots of the type found in the Middle East including a large one which is similar to some I saw when visiting Cana where Jesus turned water into wine. I found it by chance in a local garden centre. (*pictured here*)



The other is a small pond (*pictured on the next page*) which includes a filter and pump that pushes water up into another small fountain. The pond is only 1m by 0.5m by 0.5m deep but is large enough for some reeds and a water lily. It also has two fish (**John 6:1-14**) and each summer attracts three or four frogs (**Exodus 8:5**) – the first one has already arrived



this year. The pond is close to a small greenhouse in which I over-winter some of the more delicate plants, so rainwater from its roof is piped into the pond to keep it topped up. The only drawback with having such a small pond is that it needs regular cleaning,

but it is worth the effort. Another tip is to be aware of herons. I soon discovered that herons from a heronry several miles away make regular searches around the neighbourhood and one enjoyed the first two fish I placed in the pond. Wire netting over the top, although not particularly attractive, has solved the problem. However, this has unfortunately resulted in at least three young birds getting trapped under it and drowning.

Bob Peters (Association for Church Editors)

Community Coffee Morning

Plans are now under way to re-open the coffee morning on

Thursday, 1st July from 10.30am to Noon.

We need more helpers in teams of three, so please give this prayerful thought and let me know soon if you are interested. I will be only too pleased to discuss the plans with you. The current list of volunteers will be contacted soon to establish whether they wish to continue.



Lesley Sutton



Stepping forward after Lockdown and not backwards



Looking at our Carbon footprint

Lockdown has affected all our lives in different ways. Now that we can see the light at the end of the tunnel, we can start looking to the future. However, should we be rushing back to what life was like before? Your carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by your actions. This can be split into 4 categories: food, travel, home and stuff. Our carbon footprint will have changed over lockdown; there have been some positive and some negative changes. As we look to the future, now is a good time to take stock of what our carbon footprint consists of and what changes we can start to make. Everyone can take the carbon footprint survey on the WWF website and see how your score compares to the national average of 10.5 tonnes of greenhouse gases, and also how it has compared before and during lockdown.

<https://footprint.wwf.org.uk/#/>

| Positive changes | Negative changes | Top Tips |
|--|--|---|
| | Food | |
| Enjoying our gardens and starting to grow our own fruit and veg. | | Learn about seasonal produce, buy in season, our recipes of the month in the magazine use seasonal produce. Picking seasonal fruits and storing them in the freezer for use later in the year. |
| We have all been forced into cooking at home more instead of eating out. | We may have been forced into ordering more takeaways. | Not wasting food, freeze left overs, using all edible parts of food e.g. broccoli stalks and cauliflower leaves. For more info on food waste search Food waste action challenge. We don't expect you to become vegetarian overnight but try eating more plant based meals. |
| We all know the supermarkets like the back of our hands | We all know the supermarkets like the back of our hands! | Buy sustainable, Fairtrade, local, plastic free food where possible. |

| Positive changes | Negative changes | Top Tips |
|--|---|--|
| | Stuff | |
| | We have all been ordering more things online during lockdown. | <p>We should start to consider buying from local shops, charity shops, even ordering things from local business online</p> <p>Buy quality products that last longer. Try to reduce, reuse, recycle and donate instead of throwing things away.</p> |
| | Home | |
| | We have all been staying, working and learning from home, so our electricity and gas usage will have gone up. | <p>Trying saving energy around the home. Using LED lightbulbs, keeping the heating between 18 and 21 degrees, switching appliances off at the plug.</p> <p>Consider changing your energy tariff to a green tariff. Look for terms like renewable electricity, renewable gas and carbon offset gas.</p> <p>Although every ‘Green’ tariff is different, some offer 100% renewable electricity, some might offer renewable gas or offset gas, some have a mix of renewable and non-renewable.</p> |
| | Travel | |
| We have been going for more walks, exploring and enjoying our local environment | | Make sure we take our rubbish home and consider picking up litter where it is safe to do so. |
| We have been driving less so there is less pollution which is good for us and animals. | | <p>Consider buying biodegradable dog poo bags, sometimes we can’t prevent the wind from blowing bags away.</p> <p>As places open, let’s consider walking instead of immediately hopping into the car.</p> |

Where are our Birds?

British birds are in big trouble. 80 per cent of our most popular species are in severe decline, according to recent data from the RSPB's annual Big Garden Birdwatch.

The world's largest wildlife survey has found that 16 out of the 20 most spotted garden birds have been in decline since 2020. There are now concerns about the greenfinch and chaffinch, which were seen in their lowest ever numbers this year.



The top five birds seen in people's gardens were: house sparrows, blue tits, starlings, blackbirds and wood pigeons. Only robins, blackbirds, carrion crows and the song thrush grew in number in 2020.



I can't thank you enough for the response we have had to our Christian Aid appeal. At the time of writing, **the total is £1003** which I think is fantastic. In addition, **over £600 was**

Gift Aided so that will add another £150+ to our total.

At a time when we have a tendency to focus on the things which have been denied to us during the pandemic, it's so good to be able to share something to help others whose situation is so much worse than ours.

Thank you once again, Margaret Ogden

RHS Opens Community Urban Garden (Telephone No: 0161-503 6100)



On the 18th May 2021 RHS Bridgewater, Leigh Road, Worsley, Salford, Greater Manchester, M28 2LJ was officially opened by Carol Klein who was born in Walkden, Salford [one of the co-presenters of Gardeners' World on BBC1]. She travelled up from her home in Devon to open the first RHS Garden in an urban area. The garden represents not only the spirit of the RHS but that of North West of England, pioneering and looking to the future. It also reflects the spirit of the area and its two cities and shows what can be achieved when communities work together.

The 154 acre site, formerly the Worsley New Hall Estate aims to be a beacon of gardening inspiration, education and engagement with more than a quarter of a million plants and an 11 acre walled garden, believed to be the largest publicly accessible working walled garden in the UK. It also has a pioneering programme in which GPs refer patients to the site for therapeutic gardening.

More information next month

Lesley Sutton



Raspberry Cheesecake Recipe from Barbara Redmond

Summer fruit time again. Here is a recipe for a baked raspberry cheesecake which is so light and creamy that you just have to keep coming back for more.

How to make this amazing baked cheesecake

Ingredients

- 10 digestive biscuits
- 60g butter, melted
- 600g cream cheese
- 2 tbs plain flour
- 175g caster sugar
- vanilla extract
- 2 eggs, plus 1 extra egg yolk
- 140ml crème fraiche
- 350g raspberries
- icing sugar

Method

1. Heat the oven to 180C/fan 160C/gas 4.
2. Crush 10 digestive biscuits in a food processor and mix with 60g of melted butter. Press the biscuit base into a 22cm springform cake tin and bake for 5 minutes, then cool.
3. Beat 600g cream cheese with 175g caster sugar, 2 tablespoons of flour, a few drops of vanilla extract, 2 eggs, 1 yolk and 140ml of crème fraiche until it is light and fluffy. Gently stir in 150g raspberries and carefully pour into the tin on top of the biscuit base.
4. Bake for 40 minutes and then check the cheesecake - it should be set but very slightly wobbly in the centre. Leave in the tin to cool.
5. Remove cheesecake from tin when cool.
6. Put aside a few raspberries to decorate the top of the cheesecake and beat the rest of the 200g of raspberries with a little icing sugar and a couple of tablespoons of water to make a raspberry sauce.
7. Serve with extra raspberries and raspberry sauce.

Nigel Beeton writes: 'June! And maybe, just maybe, we'll be able to get out on our holidays this summer! I wonder if you'll send any post cards? Or will a quick post on Facebook or Instagram get you off the hook? Anyway, post cards or not, let's hope we can enjoy the summer!'

The Post Card



A post card from you sent to me
Causes me to smile with glee!
I can't have the blues
As I read the news
Of your time with the sun and the sea!

I love how it lands on the mat
So it's there when I hang up my hat;
And no more time passes
Ere I reach for my glasses
And happily read all your chat!

A message by text's not the same.
And Facebook is all just a game.
I know some will say
It's the new modern way,
But the lack of a card? It's a shame!

By Nigel Beeton





No More Bottle Tops!!!

Thank you to everyone who has been collecting bottle tops so far. Unfortunately, as of 1st April 2021 Lush are no longer accepting bottle tops to recycle. Until we can find an alternative we are **stopping** our bottle top collecting.



What should you do with your tops now?

Please take off the bottle top from the bottle and put the top in the main refuse bin and the bottle in the plastic recycling bin.

Why?

Some lids are made of a different type of plastic to the bottle itself. At our Materials Recovery Facility, loose bottle tops end up with the glass bottle and jars, which affects the quality of the glass recycling.



Thank you - Eco Group



Monty Don is a Fan of Weeds on Lawns



The much-loved Gardeners' World presenter has called out to people who he says are often keen on keeping their lawns pristine. He warns the obsession with weed free lawns and constant mowing is damaging to the environment.

Having a neat and tidy striped lawn, free of flowers, damages wildlife and the environment. Cutting grass burns lots of fossil fuel, makes a filthy noise and is about the most injurious thing you can do to wildlife.

Whereas letting grass grow, which is, after all, a pretty passive thing to do, is probably the single most effective thing you can do in any garden of any size to encourage particularly insect life but also small mammals, invertebrates, reptiles.

He says he likes the feel of a lawn on his bare feet as much as the next person, but we should also embrace walking on the wild side and reject the obsession with “making a lawn that is pure grass.” We have all got to get beyond that.



Lesley Sutton

12 June: HM The Queen's Official Birthday

The **Trooping of the Colour** has marked the official birthday of the British Sovereign for over 260 years. Over 1400 parading soldiers, 200 horses and 400 musicians come together each June in a great display of military precision, horsemanship and fanfare to mark The Queen's official birthday.

The Queen has attended Trooping the Colour in every year of her reign, except in 1955 when the event was cancelled due to a national rail strike. Formerly riding a horse, she has been riding in a carriage since 1987. In 2020, a modified ceremony took place at Windsor Castle due to the Covid-19 pandemic.

For the second year running, Trooping the Colour will not go ahead in its traditional form in central London. As last year, there will be a scaled-down parade at Windsor Castle, which will be televised.

Editor: we hope that it will take place next year in its traditional form, when Musician Daniel Gordon will finally get to fulfil the role with the Band of the Irish Guards, for which he has been waiting patiently !!



10 things God won't ask you when you die

He won't ask you what kind of car you drove;
He'll ask you how many people you helped with transport.

He won't ask the square footage of your house;
He'll ask how many people you welcomed into your home.

He won't ask about the clothes you had;
He'll ask how many people you clothed.

He won't ask you what diet you were on;
He'll ask how many hungry people you fed.

He won't ask what your highest salary was;
He'll ask if you compromised your character to obtain it.

He won't ask what your job title was;
He'll ask if you did the job to the best of your ability.

He won't ask how many friends you had;
He'll ask how many people to whom you were a friend.

He won't ask about where you lived;
He'll ask how you treated your neighbours.

He won't ask about your skin colour;
He'll ask about your character.

He won't ask why you took so long to seek Him;
He'll lovingly take you into His Kingdom.



Gardening really *is* good for you

According to a recent study conducted by the Royal Horticultural Society (RHS) and two universities, people who garden every day have well-being scores 6.6% higher, and stress levels 4.2% lower than those who do not garden at all.

Dr Lauriane Chalmin-Pui, RHS well-being fellow and lead author says, “The evidence overwhelmingly suggests that the more frequently you garden, the greater the health benefits.

“In fact, gardening every day has the same positive impact on your well-being as undertaking regular, vigorous exercise like cycling or running.

“Gardening is like effortless exercise: it doesn’t feel as strenuous as going to the gym, but we can expend similar amounts of energy.”

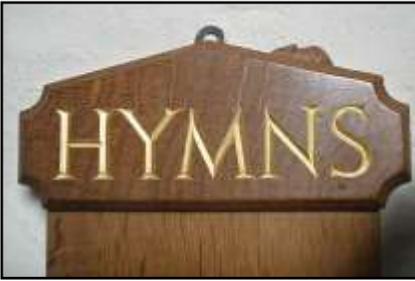


Editor: *I can’t agree more with this article. I’ve always been the gardener in our house; not an expert I might add, but because I love to be outside enjoying and helping nature as best I can in the changing seasons. Gardening has always been my “go to” activity in happy and sad times. It’s the place where I can enjoy nature, ponder and solve my problems, as well as taking my frustrations etc. out by digging!! The satisfaction when the weeds have gone, the plants are flourishing and the birds are singing is enough to lift anyone’s mood.*

I inherited my love of gardening from my Dad, and I still have a very old rose bush, brought from his garden in Middlesbrough many years ago. I vividly remember having a bad day just after he died, when I spent hours working in the garden. It gave me time to think about him and everything seemed to slot back into place. It’s strange too, that often, when I have things on my mind or when it’s his birthday, Dad’s rose bush blossoms. Coincidence... ??

Linda Peacock

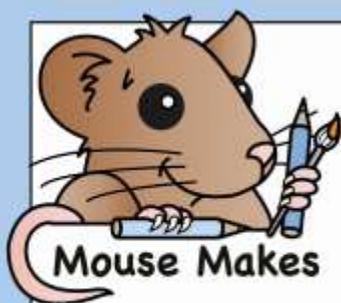




How many of these ancient hymns (from last month) did you identify by the first letter of each word of the title?

ANSWERS

| | |
|------------------------|---|
| 1. M.H.B. | Morning has broken |
| 2. O.C.S. | Onward Christian Soldiers |
| 3. T.O.A.W.W.A.F. | Think of a world without any flowers |
| 4. T.M.L.A.L.I.B. | Take my life and let it be |
| 5. T.I.A.G.H.F.A. | There is a green hill far away |
| 6. W.W.T.V.S. | Who would true valour see |
| 7. H.O.T.N.R. | Hills of the north rejoice |
| 8. G.R.Y.M.G. | God rest ye merry gentlemen |
| 9. T.L.M.S. | The Lord's My Shepherd |
| 10. G.I.W.H.P.O | God is working his purpose out |
| 11. I.H.T.V.O.J.S. | I heard the voice of Jesus say |
| 12. I.C.U.T.M.C. | It came upon the midnight clear |
| 13. G.M.J. | Give me joy |
| 14. W.Y.T. | Were you there? |
| 15. T.M.T.S.O.J. | Tell me the stories of Jesus |
| 16. L.O.A.H. | Lord of all hopefulness |
| 17. F.A.T.S. | For all the saints |
| 18. L.D.A.L.E. | Love divine all loves excelling |
| 19. J.H.W.K.H.D.G.T.A. | Jesus hands were kind hands doing good to all |
| 20. C.Y.T.P.C. | Come Ye thankful people come |



JESUS HEALS

Who was the first person Jesus healed?
John 4:46-54

Who did Jesus heal from fever?
Mark 1:29-31

How was the the paralysed man brought to Jesus?
Mark 2:1-12

- Jesus **healed** and made the...
- | | |
|-----------|----------|
| SICK | ABLE |
| DEAD | WALK |
| BLIND | FORGIVEN |
| DEAF | ALIVE |
| CRIPPLED | SPEAK |
| SINNER | MOVE |
| MUTE | SEE |
| PARALYSED | WELL |
| DISABLED | HEAR |



Where did the demons ask Jesus to send them when he drove them out?
Mark 5:1-20

How long had the man by the pool been disabled?
John 5:1-15

What did Jesus say made the woman well?
Matthew 9: 20-22



How many men were healed from leprosy?
Luke 17:11-19



What did Jesus heal Bartemaus from?
Mark 10:46-52

Jesus raised Lazarus from the dead, how many days had he been buried?
John 11:1-45

"There are **many** things that Jesus did. If every one of them were written down, I suppose the whole world would not have room for the books that would be written."
John 21:25

Weekday Opportunities for Learning & Sharing Fellowship

(all suspended until further notice)

- Monday:** 9.00 am Monday Maintenance Gang
(who do work in or around the building)
10.00 am Pastoral Meeting
1.30 pm Bridge Club
7.30 pm Focus on Prayer (God Squad Room)
8.00 pm Monday Night Home Group
- Tuesday:** 9.00 – 11.00 am Toddlers' Group
1.30 – 4.00 pm Indoor Bowls (Upstairs Hall)
From 6.00 pm Rainbows, Brownies, Guides
- Wednesday:** 12 noon Luncheon Club
6.30 pm Boys' Brigade & Girls' Association
7.30 pm Home Group 'Exploring the Bible'
- Thursday:** 10.00 am Community Coffee Morning
- Friday:** 6.00 pm onwards Beavers, Cubs and Scouts
- Sunday:** 7.30 pm God Squad (for Teenagers)

Fortnightly & Monthly Opportunities

- Tuesday:** **Stillness & Sharing** 1st Tuesday in the month
1.45 pm in lounge for Coffee: Meeting 2 - 3 pm
Home Group (Fortnightly)
8.15 pm In Crèche Room
- Thursday:** **Ladies Fellowship** (2nd Thursday in the month)
7.30 pm
Heritage Group (3rd Thursday in the month)
7.00 pm
- Friday** **Dementia Friendly Café** (1st Friday in the month)
1.30—3.30 pm
- Saturday:** **Ian Newman Community Film Club**
6.30 pm for 7.00 pm film (3rd Saturday in month)

Further information on the **weekly notice sheet** or visit the website at www.bcnchurch.org.uk or speak to an Elder.

BAMFORD CHAPEL & NORDEN URC MAGAZINE



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DATES FOR THE JULY/AUGUST MAGAZINE

Articles to be handed in by: Sunday 20th June

Magazine to be completed by: Thursday 1st July

Magazine distributed: Sunday 4th July

BAMFORD CHAPEL & NORDEN

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