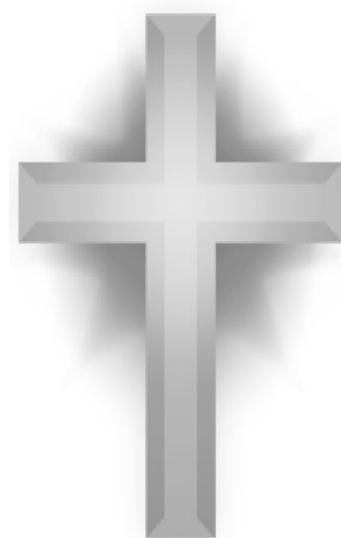
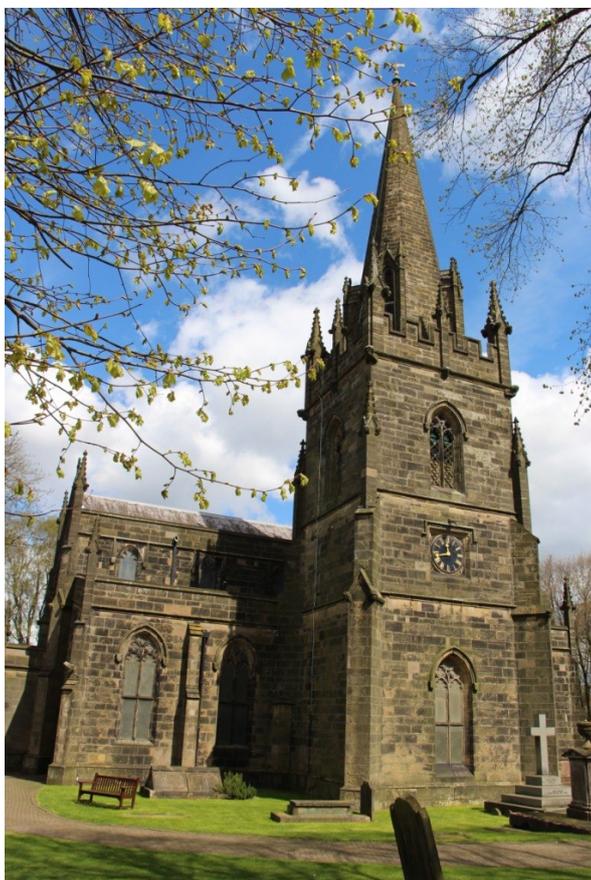
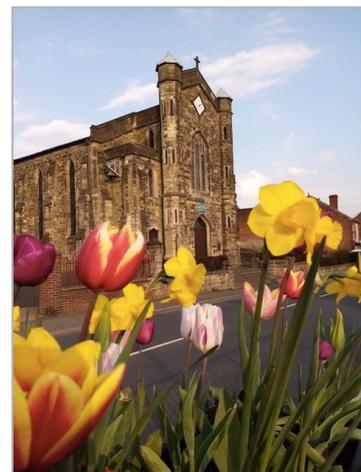


THE BEACON

THE PARISH MAGAZINE OF ALL SAINTS, SEDGLEY
ST. ANDREW'S THE STRAITS & ST. PETERS UPPER GORNAL

Registered Charity Number 1179471



Worshipping God
Welcoming All
Serving our Community

50p

April 2025

PARISH WIDE WHO'S WHO

Vicar	Rev Catherine Mitchell	01902 677897
Licensed Lay Minister	Canon Jan Humphries	01902 661275
Parish Safeguarding Officer	Barbara Baker	01902 882847
Pastoral ALM	Tracey Bate	01902 880727
	Kath Apperley	01902 663253
	Joan Sullivan	01902 661094
Worship ALM	Suzanne Bradley	01902 880055
Youth ALM	Laura Robinson	01902 678572
PCC Secretary	Stuart Hutchinson	
PCC Treasurer	Sheila Moss	01902 893570
Parish Office	Gail Griffiths	01902 540289

St Peters

Who's Who

Parish Warden	VACANT	
Treasurer	Sheila Moss	01902 893570
Children's Advocate	Suzanne Bradley	
DCC Secretary	John Powell	01902 880055

St Andrew's

Who's Who

Warden	Canon Jan Humphries	01902 661275
Treasurer	Alan Turner	01902 670938
DCC Secretary	Rosemary Reed	01902 679007

All Saints Who's Who

Parish Wardens	Keith Tomlinson	01902 673366
	Steve Castle	07971 899072
Treasurer	John Anderson	01902 677666
DCC Secretary	John Anderson	01902 677666
Bell Ringer	Mary Zielonka	01902 672541
Youth Leader	Laura Robinson	01902 678572
Ladies' Society	Geraldine Baker	01902 674608
Mothers' Union	Liz Williams	01902 672880
Server/Verger	Steve Castle	07971 899072
Noah's Ark		
Parent & Toddler Group	Linda Edwards	01902 672556

SAFEGUARDING

The Parish of Gornal and Sedgley is committed to the safeguarding of children, young people and adults. We follow the House of Bishops guidance. If you or someone you know feels unsafe, please contact the Parish Safeguarding Officer:

Barbara Baker, Tel 01902 882847, safeguarding@allsaintssedgley.co.uk

or Acting Team Rector Rev Catherine Mitchell

Tel 01902 677 897, vicargornalandsedgley@allsaintssedgley.co.uk

(other contacts available on our website www.gornalandsedgley.org.uk)

Funerals in March

3rd George Rex Burrows All Saints

10th Irene Gloria Smith Gornal Wood

11th Robert Sidney Hale All Saints

17th Bruce Bridgen Gornal Wood

27th Margaret Johnson Gornal Wood

28th Margaret Stanley All Saints

THE BEACON

If you are interested in having the magazine delivered to your home on a regular basis please contact:

Karen Evans: 01902 678056

The Beacon is published ten times a year and the cost for the year is £5. A larger typeface version of The Beacon can be provided on request.

Articles for the magazine need to be sent to:

admin@allsaintssedgley.co.uk

by

Friday 25th April

and needs to be in Arial typeface, size 18.

Do not send files in pdf format

WEBSITE: www.gornalandsedgley.org.uk

CHURCH OPENING

**Friday mornings from
10.30am to 12.30pm**

The church is open for quiet prayer & coffee and a chat.

St Peter's District Church magazine

St Peter's also publishes a magazine which is more particular to Upper Gornal. If you would like to receive that magazine (which is not available electronically), in the first instance please contact a St Peter's Church warden details on page 2 of this magazine.

**If you wish to enquire about a wedding or baptism
please contact**

Gail Griffiths

At the Parish Office - tel 01902 540289

email admin@allsaintssedgley.co.uk

Vicars Ponderings - April 2025

Are we nearly there yet?

Was the cry from the back seat of the car.

A familiar cry at the start of many family holidays, including my own when I was little. Journeys and holidays can be exciting.

One of the revelations for car journeys is a Sat Nav, do you have one?.... When I am driving, I rely heavily on my sat nav, like most people I suspect these days! They are a God send for the lone driver. It certainly beats having the journey written on post it notes stuck to the dashboard! Sometimes though, I can ignore my Sat Nav, do you do that? Often sensing that the sat nav is wrong and feeling that you know better? Hmmmm or maybe that's only me?!!

The sat nav is telling me to go one way, and I think I know better and head in a different direction!

But the clever thing about Sat Nav's is that they know where you are, and are able to recalculate the route, and if you allow yourself to be guided by it, it will direct you to your destination, safely and without frustrating diversions.

Do you feel sometimes that life is like travelling without a Sat Nav? Travelling each day not knowing where life is taking you, and trying to figure it out on your own, which turn to take, whether to go straight on or turn left or right?

Christians believe that their life is guided by God, with God speaking to them and into their lives through the Bible. Studying the Bible is, if you like, having a Sat Nav from God. We know that God wants to guide us if we read what the Bible says to us like in Psalm 32:8 it says "I will instruct you and teach you in the way you should go"; God longs to guide us with love and wisdom

When our relationship with God becomes closer, so does our understanding of what God has planned for us. One of my favourite verses in the Bible is from the book of Jeremiah (29:11) is “For I know the plans I have for you” declares the LORD, “Plans to prosper you and not to harm you, plans to give you hope and a future”

In Psalm 25 verses 9 and 14 it says “He guides the humble in what is right and teaches them his wayThe LORD confides in those who fear him; he makes his covenant known to them”, so as our relationship with God deepens, so his promises to reveal more of his plans to us becomes clearer.

However, it’s easy, like I do sometimes with the Sat Nav in the car, we can ignore the path that God is leading us along. We think our own plans are better, but as it says in Proverbs (16:9) “In his heart a man plans his course, but the LORD determines his steps”; Yes, God is in ultimate control, if we let Him.

Through studying the Bible and prayer helps us to discern God’s plan and our direction of travel, as individuals and as a church, and as our relationship with God becomes closer and stronger we will gain confidence and trust our journey into God’s guiding hands; are you ready to allow God to take control of the sat nav in your journey with Him?!

The Coming year will bring changes to our churches and parish with the formation of a new ministry team. It will be even more important to trust God and the journey He will take you on, in the next phase of the parish’s ministry and mission. I encourage you to trust God’s Sat Nav!! My prayer is that this will bring fruit, and fruit in abundance.

Blessings **Rev Catherine**

Wrong number?

Yesterday I dialled the Red Cross but got the HMRC in error. When the HMRC operator asked me what number I had meant to dial, I explained: “The Red Cross, you know, where they take people’s blood.”

She said: “Well, you aren’t too far off, are you?”

MESSAGE FROM CANON JAN

Easter will soon be here; the shops have been full of Easter eggs and gifts for weeks.

I love Easter egg chocolate but won't buy them too early. When you get this magazine, Lent will almost be over and we will be ready to begin Holy Week with Palm Sunday, when we remember how Jesus rode on a Donkey into Jerusalem to crowds shouting & cheering and singing "Hosanna "

And just five days later they were Shouting Crucify. Jesus went to the Cross, to give each and every one of us the gift of Eternal life.

This is a Story about God's Grocery Store,

This store is open to everyone.

As I was walking down life's highway many years ago, I came upon a sign that read Heavens Grocery Store. When I got a little closer, the doors swung open wide, and I found myself standing inside.

I saw a host of Angels, they were standing everywhere, one handed me a basket and said :

"My child shop with care "everything a human needed was in that grocery store.

What you could not carry, you could come back later for.

First, I got some Patience, Love, was in that same row.

Further down was understanding, you need that everywhere you go. I got a box of wisdom, and faith a bag or two and charity of course, I would need some of that too.

I couldn't miss the Holy Spirit it was all over the place.
Then some strength and courage to help me run this race.
My basket was getting full.
Then I remembered I needed Grace.
I chose salvation, for salvation was for free.
I tried to get enough of that to do for you and me.
Then I started to the counter to pay my grocery bill, I thought I had
everything to do the Masters will.

As I went up the aisle, I saw prayer and put that in for I knew when I
stepped outside, I would run right into sin.
Peace and joy were plentiful the last things on the shelf, songs and praise
were hanging near, so I just helped myself.
Then I said to the Angel, now how much do I owe?
My child, he said God paid your bill a long, long time ago.
God paid the bill on Calvary on Good Friday.

An Easter Prayer

Risen Lord, we worship you today with thanks that you meet us in the
dark and shine your light brightly in our lives. Thank you for your
incredible gift of forgiveness and eternal life that we celebrate today.
Glory & honour are yours

Amen

Dear All

I would like to thank everyone for their cards, gifts, telephone calls and
good wishes on the occasion of my pacemaker operation.

There are quite a few of us now with these bionic implants, so I will join
the club.

I am progressing and hope to see you all soon.

Rob Lavender

Mothers' Union

Thank you to Revd. Catherine who took our Midday Communion service last month and to Joan Sullivan who led the Wave of Prayer service in church.

Lenten Collection

Our Lenten Collection this year, having spoken to Emily at the Women's Refuge, is to provide:

Kitchen utensils

Tea towels

Oven gloves

Plastic chopping boards

Can openers

There is a box at the back of All Saints' and St Andrew's churches for items. If you would rather give a donation I am happy to get items on your behalf.

A Gift of Peace this Mothering Sunday

Thank you to those who have donated to the Mothers' Union 'Gift of Peace' to which we have sent £70.

Dates:

1st April 2.00pm Understanding Dementia & How we can help,
Rachel Cramp

6th May 2.00pm The Pitfalls of Being a Gay Christian, Andrew
Bethan

These meetings are held in the church hall and are open to everyone.

You are most welcome to join us.

Wishing you all a Happy and Blessed Easter.

Liz Williams

Thank You

I wish to thank everyone for your prayers, cards, phone calls, flowers, (and even cake!) following my recent hip operation. Your care and concern has been greatly appreciated by Chris, Jonathan and myself. I look forward to being back at church soon. God Bless you all.

Liz Williams

What do children worry about?

Sadly – a problem that is far too heavy for their young shoulders, but which can cripple them with anxiety: climate change.

‘Eco-anxiety’ now affects nearly four out of five children, according to a recent YouGov survey. And, increasingly, teachers are struggling to cope with the rising numbers of pupils who confess they are really worried about climate change.

One expert advises against sheltering the children, pointing out that “homes torched by wildfires, flooded villages, people fleeing hurricanes – pictures of climate impacts are coming in thick and fast, and our kids are watching,” she said.

Instead, she says: “Our children will come of age during a climate crisis so building their emotional resilience is one way to prepare them. But we understand that this can be a challenge for parents and teachers, who already have a lot on their plate.”

“The reality is that the climate crisis will be one of the major forces shaping the world they’ll grow up in, and it’s good to give them the tools they need to make sense of it.”

Ladies Society – March 2025

The AGM was the focus of our meeting in March and the business aspects were dealt with quickly and efficiently. The society remains in a sound financial position, thanks to the effective stewardship of the Treasurer and committee members.

Our Chair reported on the meetings held in the past year and thanked members for continuing to support Ladies Society. Our meetings this year have included a meal at The Summer House; a theatre trip to see *Beauty and the Beast*; an entertaining talk by Paul Wilmott; Barbara's educational and fascinating talk about Dudley Castle and the cannonball found by her father; an inspirational talk by Blind Dave Heeley; and the brilliant Christmas party talk and quiz from Anne Clarke. We were also visited by Geoff Shaw who introduced us to the Burlish Camp project. Many of us expressed an interest in making a trip to see the site in Stourport during the coming summer.

In July we held a party to celebrate the 40th anniversary of the society which was an absolutely lovely event, attended by members old and new. We have increased the number of members attending our meetings this year which is lovely to report, but others would be most welcome. Please come along on the first Monday of the month at 11.30am to the Community Room – you will be made very welcome.

We have a full programme of events planned for the coming year. In April we are going to see *The Wizard of Oz* at the Dormston Centre and in May we intend to celebrate the 80th anniversary of VE Day. Our youngest attendee will be dressed as a wartime evacuee and we hope that others will wear something appropriate!

Karen Evans

The Sedgley Bell Ringers' Fob

About a month ago I received an unusual and unexpected email from an unknown bell ringer. It said,

Dear Mary

I'm a ringer from St Peter's and St Paul's, Edenbridge in West Kent. I saw this item coming up at auction on the Saleroom site and thought your tower would be interested.

It came with a link. We looked on our ringing website 'Bellboard' and established that he was indeed a ringer from Kent and it would be very odd if it was a scam so I bravely clicked on the link. This was new territory for me. The item for sale was described as an early 20th Century Silver Curb Link Watch Chain with a Pierced White Metal Campanology Fob. It was quite tarnished and difficult to read but it was inscribed 'Presented to William A Mills Hon Sec by his fellow ringers 1913'. The other side said, 'Sedgley All Saints Band of Change Ringers'. Again, we looked at 'BellBoard' and found that he had rung the tenor in a peal (about 3 hours) of Grandsire Triples in 1886. It was his first peal. We also found his name on one of our old Peal Boards in the ringing room. There was going to be a live auction at Brettells, in Newport, Shropshire so I registered and started bidding. It had an estimate of £30-£50 so we agreed to bid up to £50. I put in a bid of £25 but was soon outbid. I got annoyed and ended up bidding £65! I think some ringers were getting a little concerned when I described it as 'addictive'. One ringer even offered me counselling! The live auction took place on Tuesday, 18th March at 10am and I couldn't watch it as I was going out. It was Lot 73 and I was informed they get through about 100 Lots an hour so it would come up about 10.45am. I found out later that there has been a couple more bids and it had gone under the hammer for £80. We were disappointed. However, with postage, Commission (28%) and VAT, the buyer probably paid about £110.

On Thursday we wondered whether the buyer was more interested in the silver watch chain and not the fob so I decided to email the auction

house and ask if I could contact the buyer. Apparently, this is quite common. The buyer (from London) phoned me on Friday and was so thrilled with the story and that I was an actual bell ringer from Sedgley and that we weren't interested in the silver watch chain that he said the fob had to come home to the Sedgley bell ringers. I was prepared to offer £20 but he said we could have it for free including postage! I was amazed. He polished it for us and posted it the next day. I got it on Monday.



We now have to decide how we are going to display it and also do some more research into William A Mills. If you are interested in seeing it, please ask me.

Mary Zielonka

Shut your curtains

If you live in the countryside, here's a way to help keep local wildlife alive: draw your curtains at night and turn off your outside lights.

Apparently, the darker we can keep it outside, the better. Animals and insects who live in rural areas are especially susceptible to bright lights, which can confuse and disorientate them.

As one evolutionary biologist at Harvard explains, many of the insects drawn to lights at night suffer terrible consequences. "One estimate is that 33 per cent of them die before morning. And even if they don't die, they're spending all their time at the light instead of doing all the things they're supposed to be doing."

Light pollution, which disrupts natural rhythms and ecosystems, is contributing to what some scientists have called "insect Armageddon", with a 75 per cent decline in insect populations in 30 years.



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dudleyttp@beaconvision.org

Referral form



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Once the assessment is complete, we'll suggest the best therapy options for you, with the aim to start quickly. We'll also offer advice on any additional help available while you are waiting for your therapy to begin.

We offer therapy via phone, video, email, and face-to-face sessions at community locations that are comfortable and familiar. You can also choose which area of the Black Country you receive treatment in.

The Talking Therapies Plus service is a partnership between Black Country Healthcare NHS Foundation Trust and community partners across Dudley, Sandwell, Walsall, and Wolverhampton. Our partners include:



CONTACT:

☎ 01902 880111

✉ dudleyttp@beaconvision.org



Black Country Healthcare
NHS Foundation Trust

YOGA for Health & Wellbeing

VENUE: All Saints Church Hall

DAY: Thursday evening 7:30-8:30pm

COST: £6.50

Why not come and experience the many benefits Yoga can bring into your life. Yoga is suitable for all ages and abilities.

- Improve your sense of well-being
- Increase your flexibility
- Enjoy postures and sequences that help release tension from the body
- Connect with your breath
- Improve confidence, balance and poise
- Learn the art of relaxation

You will need a non-slip yoga mat and a covering. Wear layers of loose clothing and bring a drink.

You will be asked to fill in a health questionnaire and may like to check with your GP that yoga is suitable for you.

For further information please ring Gill on 07414474703

Lemon juice, anyone?

In the morning, do you drink coffee, tea or freshly squeezed lemon juice mixed with warm water?

Lemon juice has recently become a fashionably healthy lifestyle choice, according to nutritionist and autoimmunity specialist V J Hamilton. She explains that, as well as being high in Vitamin C, lemon juice helps with hydration and digestion, and can help reduce bloating, constipation and free radicals.

Lemon juice is full of goodies: vitamin C, vitamin B6, folate, magnesium and potassium, and antioxidants and flavonoids. These all help to keep your skin, liver, kidney and heart healthy.

HALL AND COMMUNITY GROUPS AT ALL SAINTS

MONDAY

SALVATION ARMY

RAINBOWS

BOOGIE BOUNCE

LADIES SOCIETY FIRST MONDAY OF THE MONTH

TUESDAY

NOAHS ARK

MOTHERS UNION

BOOGIE BOUNCE

BEREAVEMENT GROUP

OVER 60S CLUB

WEDNESDAY

BOOGIE BOUNCE

GENTLE EXERCISE

CHILDREN AND ADULTS' LATIN AND BALLROOM

YOGA

COMMUNITY CATCH UP

PENSIONERS GROUP

THURSDAY

YOGA

REELING IN THE YEARS ONCE A MONTH

ZUMBA

YOGA

FRIDAY

YOGA

SUNDAY

BOOT CAMP

THE ABOVE ARE ALL THE GROUPS WE RUN AT ALL SAINTS.

FOR MORE INFORMATION, PLEASE CONTACT GAIL IN THE PARISH OFFICE 01902 540289

EMAIL admin@allsaintssedgley.co.uk

Thank you

Wartime Sedgley and the VE Day 80th anniversary

As part of our Sedgley People's Archive at Sedgley Library we're focusing on Sedgley in World War Two, and especially on the time around VE Day - collecting memories of key wartime events and activities.

Starting with The Limes, which is now converted to flats: it's the grand house on the corner of Catholic Lane and Dudley Road in Sedgley, originally built for Eliza Tinsley and her husband, who were Black Country nail makers from the 1840s onwards. Yet in the Second World War Civil Defence, consisting of the Auxiliary Fire Service and Air Raid Patrol (ARP), were both based there. The tower would probably have been used for fire-watching.

Regarding air raids, we've had a wonderful account from Darrall Slater of an air-raid shelter that was built completely underground in a private house's back garden:

“We used to live in Queens Road and often wondered why our garden was a foot above the surrounding neighbours. We found out one day, when dad hit a buried pipe with his shovel, while digging. It was the vent pipe, for what we found out was a completely buried air raid shelter. All the soil removed to create the shelter had been dumped around the yard and caused it to be higher than its surroundings. It was a brick structure about 10' x 6' with a flat concrete slab roof. We were fascinated and completely dug it out to reveal the structure. In fact, dad grew mushrooms in there for a while (he was an avid gardener). But the problem was, it kept filling with water and so eventually the novelty wore off. We filled the shelter back in and used the concrete slab for a shed and greenhouse. I often wonder if the present tenants know it's there, hiding the past.”

The best-known wartime shelters, the Anderson shelters, were made of corrugated iron bolted together and sunk 4' beneath the ground, and were used outdoors - whereas the lesser known 'cage-like' Morrison shelters were for indoor use.

Anderson shelters were issued free on loan to lower income families but had to be paid for by wealthier households.

The Government required householders to return the free shelters after the war - but many people wanted to keep them, and bought them for use as garden sheds.

In 2011 Neville Foster told our archives group about the shelters at Queen Victoria and Dormston schools:

“From 1940 onwards I went to Dormston School. We were allocated a position in the shelters and in the practice drills we would make our way to these positions. The teacher would have a roll call to make sure you were there.

While the air raid shelters at Queen Victoria School were all brick-built surface shelters, at the Dormston School they were located under the playground in a zig-zag pattern. You went down a ramp to get to them. The Boys’ and Girls’ schools were separate at that time. In the Senior Boys’ school there were six classes with an average of 35 boys to each class, so there were around 200 boys. The Girls’ School was in the area nearer School Street.

“The shelters were huge. They were filled in after the war and new buildings put on top, but I would still remember where they were if I went by there. They were in the zone between the Dormston School buildings and the Queen Victoria School buildings in line with the back of the Red Lion.”

Regarding Sedgley's wartime service casualties, the only two we have so far recorded are William Hartill, who died on Gold Beach in the landings on D Day on 6th June 1944; and John Davenport who died in a Lancaster crash in Salford after his aircraft was hit over Normandy on 30th July 1944. However, there will undoubtedly have been many more whom we will add to the record.

Neville Foster also recalled this memory about the local anti-aircraft batteries:

"As a boy, I recall going round collecting pieces of shrapnel that had fallen on the Sedgley and Gornal area, which were mostly the spent cases of anti-aircraft shells.

The 'ack-ack' batteries were at Eve Lane in Upper Gornal and at Penn Common. I recall the Penn Common battery wasn't very active – it wasn't manned continually.

By contrast, when the Eve Lane battery opened up it shook the neighbourhood."

Neville often passed the place they were located when he travelled to Dudley on the bus, although it's all built over now.

He said: "My mother was stone deaf, but when the Eve Lane battery opened up, it would shake the house - and even she heard it!"

A recently-revealed photo shows a parade at the start of 'Salute the Soldier' week in April 1944, a national fundraising campaign among local communities around the country to raise money for the Army - especially regarding the impending invasion of Europe.

The location is the Bull Ring looking north to High Street, Sedgley, with the now-demolished old Manor House looming in the distance on the left. The Red Lion is out of view on the right with the trolleybus lines clearly visible.

The uniformed troops saluting seems to be RAF, but the different services may have decided to combine efforts, with all the services represented in the parade.

The photo is a very precious memory of a Sedgley event that until now has not been recorded for the village.

We are currently receiving some wonderful photos of the VE Day celebrations in the wider local area on 8th May 1944 -although we haven't yet received any photos of VE Day in Sedgley itself, which, should they exist, would be excellent to add to the Archive.

Martin Jones

Twitter – X

A man walked into a church and approached the minister. "I need help. I think I'm addicted to Twitter-X." The minister looked at him, and said gently, "I'm so sorry, I don't follow you."

Church in Wales grant sparks revival in youth ministry

An innovative church project, funded by the Church in Wales, has sparked extraordinary growth in youth ministry. It is engaging with more than 160 children across three coastal parishes. Just a year ago, only two children were involved.

The Faith Alive project, from Bro Dwylan Ministry Area in the Diocese of Bangor, has combined regular family-friendly worship with hands-on activities for children and young people, as well as joint community initiatives. The impact has been significant, and several new families have even become regular worship attendees.



New business owner Tracy took over the salon almost two years ago.

We offer all colour services, perms, cutting, styling and hair for occasions. All the stylists have over 25 years + experience. We offer flexible working hours to suit everyone's busy lifestyles and are open

Monday to Saturday. Please call the salon on

01902 882161 or pop in and see us.



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Times Past

CAMBRIDGE CHRONICLE AND JOURNAL, Friday, April 5, 1816
STAFFORD LENT ASSIZES - TRIALS OF THE RIOTERS

Richard Whorton was charged with riotously assembling (with numerous others unknown) in the parish of Sedgley, in disturbance of the public peace.

Mr. Pearson, Counsel for the prosecution, stated the case to the Jury, observing that the peace of the southern part of the county had been disturbed by a combination of colliers, amongst the most prominent of whom was the prisoner at the bar.

The first witness called was George Bannister, who stated that on the 20th Feb. 50 persons or upwards collected together at a pit at Hatfield, in the parish of Sedgley; the prisoner was the ringleader: the motive they assigned for assembling was, that their wages had been *bated*; and that nobody else should work till they had got them advanced: the prisoner and eight or ten others were armed with bludgeons; the pit where witness was, belongs to Lord Dudley; witness insisted that the men who were below should not come up; prisoner with an oath said, "Kill him!" and lifted up his bludgeon to strike witness, but missed. The mob seized witness by the clothes, and dragged him to the canal, the prisoner said, "Throw him in and drown him!" They did not, however, attempt it, but took from him the key of the Whimsey and left him, with threats that if he interfered, they would kill him.

The jury found the prisoner Guilty; *to be imprisoned three months.*

WOLVERHAMPTON CHRONICLE, Wednesday, April 11, 1849

TO THE INHABITANTS OF SEDGLEY AND ITS VICINITY,

W. and T. Darbey, in retiring from the SHOE TRADE, desire to offer to their friends and the public their grateful acknowledgments for the liberal support they have received for more than half a century; and in relinquishing business beg to return their sincere thanks. Sedgley, April 4, 1849.

New Vicar Instituted. – Visitors from West Bromwich and Brockmoor were among the congregation at Sedgley Parish Church on Wednesday night on the occasion of the induction and institution of the Rev. Harold Marley as vicar in succession to the late Rev. Dr. T. Swindell. The Bishop of Lichfield spoke of the opening of a new chapter in the history of the parish. He had been able to choose, as successor, a man who would worthily carry forward the traditions of the parish.

Chocolate – food of the gods!

Did you know that the botanical name for the cocoa bean is *Theobroma* – which means ‘food of the gods’?

Millions of us obviously think chocolate is special – on average, each of us consumes 8.1 kilograms of it a year!

Certainly, chocolate makes us feel better. Some scientists believe that this is due to the chemicals it contains. These trigger the release of endorphins, similar to those we naturally produce when we fall in love. But nutritionists warn against using chocolate as a pick-me-up, especially in the evening. Chocolate eaten before bedtime can cause your blood glucose levels to plummet during the night, which will disrupt your sleep. Chocolate eaten in quantity every day can lead to mood and energy swings, weight gain and poor immunity. If you have mad cravings for it, you could have a problem with blood sugar, or a deficiency in magnesium, copper, zinc or iron.

But occasional consumption of cocoa can provide medical benefits. Chocolate containing 60 per cent or more cocoa solids is rich in essential trace elements and nutrients such as iron, calcium and potassium, and many vitamins. Cocoa is also the highest natural source of magnesium.

Good as all this may be – most of us enjoy chocolate because of its high sugar and caffeine content. Chocolate simply gives you an instant sugar hit, providing a sudden burst in energy, unfortunately followed by a slump and then the desire for another sugar-fix.

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Talkin' Tables*

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Blue Light Breakfast

Last Wednesday of each month
10am - 11.30am

Join us each month for delicious breakfast treats and drinks. It's our way of saying thank you!



Stay and Play*

Wednesdays (Starts 6th Sept)
11am - 12pm

Bring along your little ones for fun and games with our residents and make new friends.



Dementia Café

Last Friday of each month
10.30am - 12pm

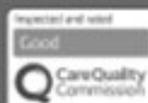
We'll have delicious homemade refreshments and a variety of entertainment and activities.

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The Sedgley Educational Trust is established to advance education, including religious education, in accordance with the doctrines of the Church of England in the area of benefit: that being the ecclesiastical parishes of All Saints', Sedgley, St Mary the Virgin, Sedgley and St Chad's, Coseley.

Application for grants are invited from individuals or organisations resident in the area of benefit. Application forms are available from the incumbent of any of the parishes mentioned above, or alternatively from:

**The Secretary to the Trustees: 12 Larkswood Drive,
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Big snakes in your house?

If you live in north Wales, keep an eye out for long snakes in your house. The Aesculapian snake, which is native to central and southern Europe, has arrived in the UK. It is one of the largest European species of snake, non-venomous, and doesn't like the cold weather.

So, for example, they have been seen scaling the walls of houses in Colwyn Bay, slithering into lofts, and snuggling into the walls of homes.

It all began in the 1970s, when a group of the snakes, which grow to as much as two metres (6ft 6in), did a runner and escaped from the Welsh Mountain Zoo. Another colony has also appeared from somewhere and is living in London, near Regent's Canal.

A recent study by Bangor University says that global warming has turned the UK into an ideal habitat for the snakes. Some parts of southern France are now too warm for them and so their range is extending further north

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The Rectory

St James the Least of All



My dear Nephew Darren

There are times when I indulge you too much; why I ever let you run your course 'Taking Responsibility for your Church' I am now unable to understand. I had hopes that it might encourage a few more people to volunteer for the flower rota, or to give occasional help mowing the churchyard. I even had a vague fantasy that someone might turn detective, and discover who had been eating the chocolate biscuits between Sundays, condemning the rest of us to munch on Rich Tea after Services.

Unfortunately, your course turned out to be inspirational, and it has fired up our members to take on all sorts of new initiatives. Enthusiasm in a congregation can be a very dangerous thing, especially if people start making decisions on their own.

Those who formed a welcoming group are admittedly well-meaning – although it was more than a little traumatic for those coming through the door the next Sunday to be greeted with frenzied handshakes, big toothy smiles, and even hymnbooks. That is unheard of in this church – we always ignore people and leave them to find hymnbooks – if they can. Naturally, all those offering to take the prayers, produce new Orders of Service and even to give the occasional sermon have been booked on the appropriate training courses. By the time they have been completed, I can only hope they will have gone off the idea.

But it was the group which decided to “beautify” the church who have proved the most tiresome. Hanging the Christmas tree lights round the altar made it look as if I was standing behind a fairground stall, waiting to invite people to throw hoops round teddy bears – although I would have rather enjoyed making winners sit for the rest of the Service holding a polythene bag containing a goldfish.

Our pulpit has also been given a makeover, with the various panels painted in contrasting colours; I am sure the sixteenth century Flemish woodcarvers would be delighted with the result, although the next time any medieval historians come to view it, I shall take the day off – probably travelling abroad.

My dear Darren, your course took the stopper out of the bottle; would you please run another to put it back?

Your loving uncle,

Eustace

Where did your Easter egg come from?

Your Easter egg can be traced back to the early Church in Mesopotamia. Since ancient times, people had been giving each other eggs at pagan Spring festivals, as eggs were a symbol of the new life and rebirth in nature all around them. Then came Jesus and His death and resurrection, which made Easter the ultimate time for Christians to celebrate new life and rebirth. After that, it was only a matter of time before eggs found their way into commemorating Easter. This seems to have first happened with the very early church in Mesopotamia, where those early Christians began dyeing their eggs after Easter, to celebrate the new birth that Jesus had given to them. The practise of using eggs in Easter celebrations then spread to the Orthodox Churches, and from there to the Western Churches across Europe.

Easter chocolate dilemma

364 days of the year we tell our kids: “Do NOT eat anything you find on the ground, or anything from strangers!”

On Easter morning we tell them: “Why don’t you go outside and search in the dirt for chocolates that a strange giant bunny has left for you?”

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WEDNESDAY 2ND APRIL 10AM HOLY COMMUNION ST PETERS

SUNDAY 6TH APRIL- 9.30AM HOLY COMMUNION ST ANDREWS
11AM HOLY COMMUNION ALL SAINTS
6.30PM EVENSONG ALL SAINTS

WEDNESDAY 9TH APRIL 10AM HOLY COMMUNION ST PETERS

SUNDAY 13TH APRIL- PALM SUNDAY - 8AM HOLY COMMUNION ALL SAINTS
9.30AM WORSHIP FOR ALL ST ANDREWS
10AM WORSHIP FOR ALL ST PETERS
11AM HOLY COMMUNION ALL SAINTS

MONDAY 14TH APRIL 7.30PM HOLY COMMUNION AND MEDITATION ST ANDREWS

TUESDAY 15TH APRIL 7.30PM HOLY COMMUNION AND MEDITATION ST PETERS

WEDNESDAY 16TH APRIL 10AM HOLY COMMUNION ST PETERS
7.30PM HOLY COMMUNION AND MEDITATION ALL SAINTS

THURSDAY 17TH APRIL - MAUNDAY THURSDAY - 7.30PM HOLY COMMUNION AND MEDITATION ALL SAINTS

FRIDAY 18TH APRIL- 10AM GOOD FRIDAY WORSHOP ALL SAINTS CHURCH HALL

2.30PM STATIONS OF THE CROSS ST ANDREWS

2.30PM STATIONS OF THE CROSS ST PETERS

SATURDAY 19TH APRIL - HOLY SATURDAY - 8PM EASTER VIGIL AND MEDITATION ALL SAINTS

SUNDAY 20TH APRIL - EASTER SUNDAY - 9.30AM COMMUNION BY EXTENSION ST ANDREWS

10AM HOLY COMMUNION ST PETERS

11AM FAMILY SERVICE ALL SAINTS

WEDNESDAY 23RD APRIL PLEASE NOTE NO HOLY COMMUNION AT ST PETERS

SUNDAY 27TH APRIL 8AM HOLY COMMUNION ALL SAINTS

9.30AM WORSHIP FOR ALL ST ANDREWS

10AM WORSHIP FOR ALL ST PETERS

WEDNESDAY 30TH APRIL 10AM HOLY COMMUNION ST PETERS