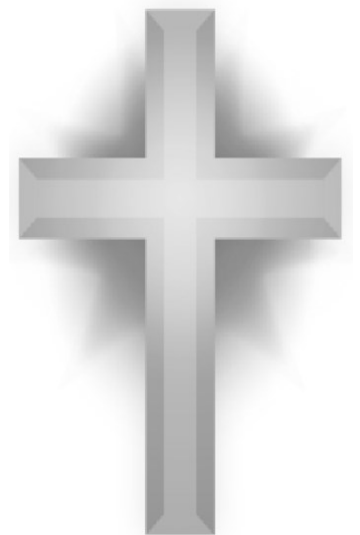
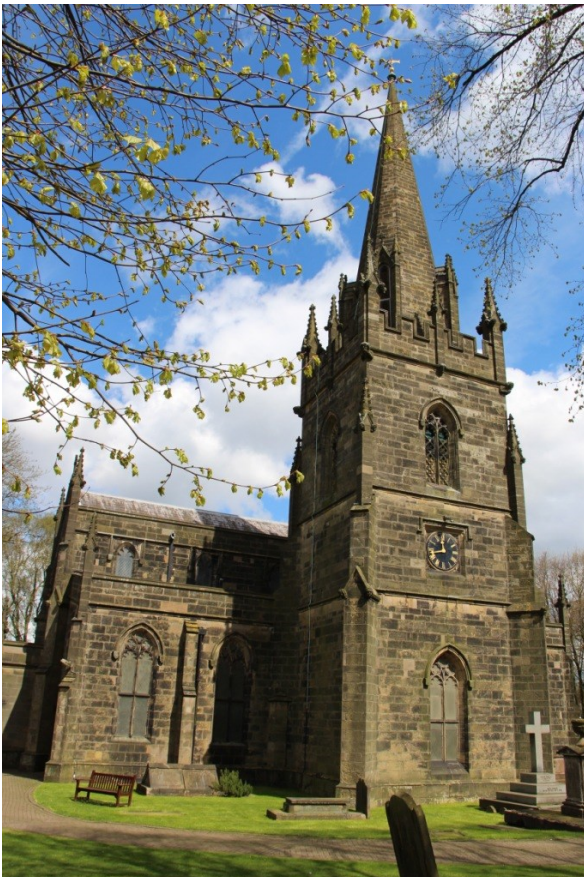


THE BEACON

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

Registered Charity Number 1179471



Kingdom People
love • compassion • justice • freedom

50p

February 2024

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
	Sarah Parker	01902 885570
	Kath Apperley	01902 663253
	Joan Sullivan	01902 661094
Worship ALM	Suzanne Bradley	01902 880055
Youth ALM	Laura Robinson	01902 678572
PCC Secretary	Kath Apperley	01902 663253
PCC Treasurer	Sheila Moss	01902 893570
Parish Office	Gail Griffiths	01902 540289
Web Editor	Martin Jones	01902 884461
	Mmjones29@gmail.com	

St Peters

Who's Who

Parish Warden	Edward Grist	01902 682786
Treasurer	Sheila Moss	01902 893570
Children's Advocate	Suzanne Bradley	01902 880055
DCC Secretary	John Powell	
Uniformed Organisations	Please Contact David Moss	01902 893570

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
Caretaker		
Bell Ringer	Mary Zielonka	01902 672541
Youth Leader	Laura Robinson	01902 678572
Ladies' Society	Geraldine Baker	01902 674608
Mothers' Union	Liz Williams	01902 672880
Web Editor	Martin Jones	01902 884461
Server/Verger		
	Steve Castle	07971 899072
Noah's Ark		
Parent &		
Toddler Group	Linda Edwards	01902 672556

Funerals in December/January

12TH JANET MARGARET CLARKE ALL SAINTS
 BRENDA MAY ONIONS GORNAL WOOD
 14TH JAMES BARNES GORNAL WOOD
 18TH TERENCE CHARLES PAYNE ST ANDREWS
 29TH CLARICE JEAN BETTERLEY ST ANDREWS

FUNERALS IN JANUARY

4TH JOHN PETER TURNER GORNAL WOOD
 11TH GRAHAM CLARKE ALL SAINTS
 MARGARET ROSE GALLOWAY GORNAL WOOD
 12TH LILIAN HARRIS ALL SAINTS
 15TH GWENDOLINE PEARSON GORNAL WOOD
 16TH DOROTHY MARGARET MARSH ALL SAINTS
 17TH JOSEPH FREDERICK RICHARDS GORNAL WOOD
 23RD CHRISTING MARGARET DIXON ST ANDREWS
 25TH JEAN ANN POWELL ALL SAINTS
 30TH JOHN BAKER GORNAL WOOD

THE BEACON

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

Karen Evans: 01902 678056

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Articles for the February magazine need to be sent to:

admin@allsaintssedgley.co.uk

by

Friday 23rd February

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

Message from Rev Catherine

February 2024

Dear friends, I don't know about you, but I can't believe we are now in 2024, where did 2023 go?! As we start the new year, I wanted to share and reflect with you some blessings from last year, as we look forward towards the new things God will do in and with us in 2024, there's a lot to rejoice in.

Our busiest time of the year for the parish is Christmas. At our Christmas services, attendances absolutely blew me away, so many people crossed the thresholds of our three churches, to hear of God's love for them and the world in the birth of Jesus Christ. We were blessed once again in hosting the carol services by Cotwell End School and Alder Coppice School, in total across the 4 services at All Saints, we welcomed 1322, children and adults. The Nine Lessons and Carols service at All Saints 134 people attended and the nativity family service 66. The Christingles across our parish on Christmas Eve, saw a total of 526 adults and children attending these special services. I hope you agree these are incredible numbers and an increase from last year.

We also saw many people visit the church and hall during the Sedgley Lights Switch on event and the All Saints Christmas fair. During the year many people have attended the fairs across the parish, both at Christmas and during the summer. Although these events are hard work, I hope you agree, they are amazing opportunities to connect with our community and share God's love and I want to thank all those who volunteered and helped to make them a success.

Occasional offices in the parish also saw amazing opportunities to connect with those who do not normally come to church; with 38 baptisms, 4 weddings and 41 funerals, held in church and direct to the crematorium. Thanks to Canon Jan, Rev Calum and Kath Apperley for all they have done taking many of these services alongside myself during the year.

I want to also thank all those involved with the children's activities, Noah's Arc Little Angels, the Good Friday and half term Workshops and Teddy Bears Picnic. Again, these are great opportunities to connect with our community. At these activities we have welcomed over 134 children plus their parents, Grandparents, or carers. During the first part of the year, we continued with Café Church once a month, but sadly made the difficult decision to draw it to a close and reflect on what God might be calling us to in the future to connect with all ages in a more interactive way in worship. The family service at All Saints continues to build each month on how we make this service the best we can. At the family service we welcome those who are being baptised in the following month and those who were baptised the previous month to receive their Bible and certificate. Baptism's is an area of ministry we continue to be blessed by and we seek to discern how we enable families to want to explore faith more.

During the year we also started the Bereavement Hub and the continued development of Reeling in the Years, again thanks to all who are involved with these initiatives.

We have worked with our Mission Accompanier, to discern areas of mission that we want to explore, which include the family service at All Saints, trying to improve our communications, determining a process to develop vision statements for each of our churches and opportunities for fellowship as a parish an example of which was the wonderful parish lunch on 14th Jan at the Lodge, where 60 from across the parish enjoyed fellowship together. Our work with our Mission Accompanier, Chris Sheehan, will continue in 2024, so "watch this space" for the new things that are being discerned.

One of the biggest areas of work has been the discernment for the Renewals Project at All Saints, and with the help of Rev Calum this is progressing well, although there is still much to do. We hope to be able to submit the project proposal in the first quarter of the year. The project grant enables us to recruit two new members of the ministry team, a half time stipendiary priest and a full-time families and children's worker.

This is an amazing opportunity to further our work with children, young people, and families. Sadly, during this year, we will have to bid farewell to Rev Calum, as he moves on to pastures new, and I hope you agree that he has been a blessing in the parish over the past year. With Calum leaving there will be an impact on the rota, which I have explained in my New Year message given on 14th January, if you would like a copy of the letter please do get in touch. As you can see the parish continues to be busy and I want to thank you all for your support in the past year and your ongoing support as we travel together in 2024.

Blessings Rev Catherine

From Brenda at the Wolverhampton Fair Trade Shop

Many of you have purchased the Real Easter Egg from us in previous years. Like the Advent calendars, the Meaningful Chocolate Company includes the Christian message with its eggs.

In order to maintain last year's prices, we will need to order a significant number of products from the Meaningful Chocolate Company and it would be good to judge demand before we put in an order

Original milk egg @ £4.50

Dark egg @ £5.50

Fun pack (little eggs in box) @ £5

Special edition egg (includes a guide to Easter on card, chocolate bar + 200g egg) @ £9.95

Sharing box (30 small eggs and posters – good for Messy Church, Sunday school etc) @ £30

Easter blessings bar @ £2.95 (approximately).

Contact Cicely on 01902 677724 cicely_thomas@hotmail.com

MOTHERS' UNION

The 'Souls of our Shoes' display in church during December, highlighting Domestic Violence, engendered interest and awareness among the congregation and people visiting the church.

There were displays in many churches in the diocese as well as at Worcester Cathedral.

I received the note below thanking all those who donated gifts for the women and children in the Refuge at Christmas.

Dear Liz, Chris & friends at All Saints' & St Andrew's
Thank you so much for your kind donations of gifts for the families living
in Refuge this Christmas.
Thank you also for your continued support and kindness.
It means so much.
Sending warmest wishes to you all.
From all at New Beginnings.

As we enter the month of February Christmas seems a distant memory. Mothers' Union branches are busy completing Annual Return Forms and holding AGMs. In church likewise reports and accounts are being prepared for annual meetings. A busy time, but not too busy to stand back and admire the first snowdrops in gardens and hedgerows. A sign of hope for the year ahead.

A sign that 'God is working his purpose out as year succeeds to year'.

Dates:

6 th February	2.00pm	AGM and Crafts with Di
5 th March	12 noon	Communion & Lunch in church
13 th March	10.00am	Wave of Prayer

Liz Williams

Number Quiz

- | | |
|---|-----------------------------|
| 1. Rules to live by - | The 10 Commandments |
| 2. Little helpers - | The 7 Dwarfs |
| 3. House builders - | The 3 Little Pigs |
| 4. Well known gang - | The Famous 5 |
| 5. The first followers - | The 12 Disciples |
| 6. MMLJ - | The 4 Gospels |
| 7. Wise columns - | The 7 Pillars of Wisdom |
| 8. Christmas song's precious circles - | 5 Gold Rings |
| 9. A baker's dozen - | 13 |
| 10. All for one and one for all - | The 3 Musketeers |
| 11. Bottles of champagne in a Jeroboam - | 4 |
| 12. They were in a vessel - | 3 Men in a Boat |
| 13. There was a lot of spots - | 101 Dalmatians |
| 14. Dorothy L. Sayers mystery - | The 9 Tailors |
| 15. Yul Brynner was one of these splendid men - | The Magnificent 7 |
| 16. A soft drink - | 7 Up |
| 17. Shaken not stirred - | 007 |
| 18. A lot of brass - | 76 Trombones |
| 19. Singing angles - | The 3 Degrees |
| 20. Sightless rodents - | 3 Blind Mice |
| 21. Remember, remember - | 5 th November |
| 22. They have to be down by then - | 12 th Night |
| 23. Betrayal Fee - | 30 pieces of silver |
| 24. Clickety, click - | 66 |
| 25. Janice gave it this - | 5 (Janice Nicholls) |
| 26. London and Paris story - | A Tale of 2 Cities |
| 27. Traditional Christmas service - | 9 Lessons and Carols |
| 28. A lot of these to climb - | 39 Steps |
| 29. He travelled for a wager - | Around the World in 80 days |
| 30. Will you still need me when I'm this? | 64 |
| 31. Clever visitors - | The 3 Wise Men |
| 32. The Banks family lived here - | 17 Cherry Tree Lane |
| 33. The Beatles had an extra one - | 8 Days a Week |
| 34. Doom laden vision of the future - | 1984 |

35. Ingrid's pub	Inn of the 6 th Happiness
36. Time for current affairs catch up	- News at 10
37. A romantic day -	14 th February
38. Unlucky or mystery box? -	13
39. They were only male -	The 4 Just Men
40. Captain Nemo -	20,000 Leagues under the Sea
41. This is a good break -	147
42. Shakespeare's gentlemen -	2 Gentlemen of Verona
43. Vivaldi's times of the year -	The 4 Seasons
44. George Clooney's sea -	Oceans 11
45. The Miraculous Picnic -	Feeding of the 5000
46. It rises in Wales -	The River 7
47. Bowling with pins -	10 pin bowling
48. Relatives of Chekhov -	The 3 Sisters
49. How many Psalms -	150
50. Juice, say? -	40

Congratulations to Barbara Price who won the quiz with 49 correct answers.

The cost of parking at your local hospital

Have you been a patient or visitor to a hospital this past year? If so, you are not imagining it: the cost of parking there has skyrocketed. In fact, parking charges for hospital patients and visitors have leapt by £50 million in a year.

Recent NHS accounts show that hospital trusts made nearly £146 million in income from patients and visitors in 2022-3. That is a whopping 50 per cent increase from the £97 million received the year before.

There has also been a major jump in the amount hospital staff have to pay to park. In 2021-22 the staff members paid just £5.6 million, which increased to £46.7 million in 2022-23. These latest figures have been met with criticism from Royal College of Nursing, which has slammed the growing cost of parking for staff.

Ladies Society – December 2023

At our December meeting we were delighted to welcome a regular contributor to our get-togethers, Anne Clarke. Anne always provides us with a light-hearted and entertaining talk in December about a topic of relevance to the festive season, and this year's talk was no different. Anne's talk was titled "Sugar and Spice and All Things Nice" and she outlined the variety of foods and drinks that are enjoyed at Christmas and other times of celebration. As she pointed out, Christmas is a time where we eat a lot and this copies what happened at the Winter Solstice celebrations where people ate a lot of savoury foods.

We then had a test and I can reveal that the number of correct answers that we managed to achieve showed room for improvement! Anne gave us a sample of six spices which we were asked to smell and identify. This was very difficult but we did better once she gave us pictures of the spices that we had sampled.

Anne started by talking about ginger, which had been used in China for 5000 years, and which the ancient Egyptians and Greeks used in their recipes. She explained the history of gingerbread and pointed out that Queen Elizabeth I gave gingerbread men to guests. Gingerbread men became popular in 1875 when they appeared in a children's magazine and the youngest member of our group was able to help by joining in with the poem "run, run as fast as you can; you can't catch me I'm the gingerbread man." Of course, the Brothers Grimm made the gingerbread house famous in the story of Hansel and Gretel, written in 1812. We then moved on to talk about mulled wine and eggnog – no samples this time, unfortunately! Mulled wine, which was originally just red wine and spices, was introduced by the Romans. Mrs Beeton includes a recipe for it in her famous cookbook. Eggnog is a British idea, aimed at fighting colds, and started as hot milk with wine/ale and spices added. In 1892 a national journal recommended it as a cure for flu, so perhaps it is worth a try.

We then tried to improve our marks in a second test which asked us to identify the ingredients of the homemade mincemeat produced at Highclere House (the location for the filming of Downton Abbey). We did better this time and the answers were demerara sugar, mixed spice, suet, Bramley apples. Candied peel, sultanas, raisins, currants, orange zest, orange juice and cognac.

Anne then reminded us of two sweets which we don't see so much these days. Sugarplums were developed in 1832 and consist of liquid sugar poured over an almond in a number of layers – a very labour-intensive process. Christmas cookies came from Germany and Holland and were made by monks to be enjoyed during the winter solstice. As people moved to live in America, the tradition grew there and sales boomed after World War II when they were given as gifts to friends and family.

Selection boxes were developed by Rowntree and Cadbury in the 1920s and 1930s but became less popular in the 1940/50s due to austerity and rationing. After the war they included games or crackers. Finally, we looked at the selection tins made by Quality Street and Roses (1936/8) and latterly Celebrations (1997) and Heroes (1999). Apparently, there are not an even number of each type of sweet in each tin, and Heroes offer the most balanced range of sweets. The favourite sweets, according to research, are Maltesers, Galaxy and the Quality Street sweet in the purple wrapper. I'm pleased to say that we did sample a few of these! Anne finished by reminding us that Sedgley Library offers a warm space service for those who might need it during the cold winter and hot drinks are provided. She also provides large print books for those who would find this helpful.

Thank you, Anne; once again this was a lovely, entertaining way to spend an hour.

Our next meeting is on Monday 4th February and everyone is welcome. We will also be going to the performance of "Beauty and the Beast" on 23rd April 2024 at the Dormston Theatre if you would like to join us. Please contact a member of the committee.

Karen Evans

My Church, my faith.

I am producing a short series of articles for the magazine, encouraging us to think about what church has meant to us over the years and what faith means to us as members of the body of Christ. This time it is the turn of David Moss who kindly agreed to be interviewed. Thank you, David, for your time and generosity in sharing with us!

How long have you been a member of St Peter's church?

I have been a member of St Peter's church all my life – 80 years now! My paternal grandad was the churchwarden at St Peter's, one of my aunts was DCC Secretary and two other relatives were on the DCC. My Dad was a member of St Peter's choir as a boy but later took singing lessons and joined St. John's Kate's Hill where his tutor was choirmaster; he later joined St James' lower Gornal where they had quite a strong choir at the time

Was that your first church? Tell me a little bit about childhood and church attendance – who encouraged you?

There are many wonderful memories of childhood at St Peter's. First because there were so many of us children. In the first Sunday School class there were about 8 or 9 of us and about five classes in Sunday School. I remember Phyllis Cope and Muriel Candlin as Sunday School teachers and the Vicar took the senior class. The Sunday School singing festival was the biggest event of the church year. The church choir was augmented by the Sunday School and all the families came to watch us. The ladies and the girls had new dresses and some of the girls wore veils. We sang morning, afternoon and evening concerts.

What is your earliest memory of joining St Peter's?

My earliest memory of church is sitting on the first three rows for Sunday service with the other Sunday School children. We attended the main service in the morning, then back at 2 o'clock for Sunday School class.

How has the church building changed over the years?

I do remember the hardwood memorial screen being added and the organ pipes being moved above the narthex, but the biggest changes have been in style of worship.

As a child, St Peter's was relatively 'low church'. There was just one server, dressed in red cassock and surplice, at 8 o'clock and one for Communion (once a month). Then around 1960 Harry Clewes came as vicar. Acolytes were introduced and more servers. By the mid-sixties services became more 'high' church, with vestments being worn and sanctuary lights introduced.

Up until the 1970s the altar was against the wall and clergy faced away from the congregation. In those days the communion plate (i.e. the chalice and paten) were carried in by the vicar and placed on the altar. Then in the 70s the altar table was moved forward and an offertory procession was introduced. A gospel procession was also introduced. It seems strange, but we have gone full circle. The services now are much simpler, and our altar table is in the church hall as our church building is now closed.

What roles have you had in our church community and why have these been important to you?

I joined the choir aged 8 and stayed there until 16 when I became a server. I continued as a server for 46 years until I became churchwarden in 2007. I had been on PCC for two or three years before that and was on one of the buildings subcommittees. I also enjoy providing home communions to members who are sick or housebound. Scouts has been a big part of church life too. I joined the scout group when it began in 1957 and I eventually became Group Scout Leader.

Tell me about other things you have enjoyed doing in church?

There have been lots of wonderful social activities over the years. As a child, I remember the back room in St Peter's church hall had a revolving table and when the grown-ups were not around, some of us would hang on to the table and spin around, until someone told us to stop.

How has your faith developed? What has helped you retain that faith?

All my life I have had a love of the church, and I am committed to the love of God. My faith has become stronger, but at times, weaker too. It is hard to resolve the teachings of the bible with the troubles of our world today. I wrestle with this, and it challenges my faith, but then there are always other instances where faith is strengthened. One example I recall was some years ago, when a work friend of mine had been ill. Without warning, I had a really strong urge telling me to go and see him straight away. When I arrived, I was just in time to prevent him taking his own life. I believe it was God calling me to be there for my friend in his time of need.

The strength and courage of others also has an impact on faith. I have a wonderful book, written by a man I met, who gave an account of his faith. He was a climber but when climbing the Matterhorn, in his 30s had a fall and became a paraplegic, but still retained a wonderful faith and had no regrets in life.

Who or what has inspired you?

I think my auntie and my elderly next-door neighbour but one, who was Catholic. She had such a strength of faith in God. She never complained. She firmly believed God put us here in Wombourne so we could be there for her as she became frail.

Do you have a favourite hymn or bible reading?

I like the good old-fashioned hymns and I think my favourite bible reading is 'The Prodigal Son' because it speaks of forgiveness.

Do what we can to help...

Several women in the church prayer group were visiting an elderly friend who was ill. After a while, they rose to leave and told her: "We'll do what we can to help. We promise to keep you in our prayers."

"Thank you," she said. "But really, I can do my own praying. The thing I can't do is the dishes in the sink in the kitchen...."

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Tuesdays

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Pop in for a cuppa and a chat
to help tackle loneliness one
Talkin' Table at a time.



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.

**Please call our friendly team to confirm your space.*

01384 928 404

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A black and white photograph of a woman from the waist up, wearing a light-colored, form-fitting tank top and leggings. She is holding a rolled-up yoga mat with both hands in front of her. The background is a light, textured surface with faint, large-scale floral or leaf patterns.

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Fair Trade Spiced Chocolate and Almond Cake

300g Fairtrade dark chocolate
100g ground almonds
175g butter softened
Cocoa powder for dusting
175g sugar
1tbsp mixed spice
25g plain flour
6 eggs

Pre heat oven to 170c grease 8 inch cake tin dust well with cocoa powder

Separate the eggs, cream together egg yolks and 130g of sugar until light and fluffy

Mix together ground almonds flour and mixed spice

Whisk egg whites and remaining sugar into stiff peaks

Melt the chocolate with the butter – leave to cool

Mix melted chocolate and butter with the egg yolk mixture

Then fold in the whipped egg whites, start with 1/3 of the mix gradually add the rest

Finally fold in the flour making sure the batter remains light and aerated

Pour finished batter into cake tine and bake for approximately 1 hour or until cake becomes firm and springy to the touch.

Cool, then serve with clotted cream

Family

Last night our WiFi stopped working, so I had to spend a few hours with my family. They seem like good people

A Pilgrimage to Canterbury (6th – 8th October 2023)

Reflection by -Matthew Guy

I was encouraged to join the Canterbury pilgrimage by Archdeacon Robert having been on the Holy land pilgrimage earlier in the year. I am so thankful to him as Canterbury Cathedral has been on my to-visit list a while. With Canterbury being the mother church of the Anglican communion, the events surrounding St Thomas Beckett and St Augustine's mission to bring Christianity to the Anglo-Saxons on these shores in 597AD, it's an important place to us all. The group was made up of Catholics and Anglicans that had been on pilgrimages together in the past and some of us who had been to the holy land earlier in the year.

We Arrived in Canterbury Friday afternoon. I made use of the afternoon by visiting the ruins of St Augustine's abbey. Again, its somewhere I have wanted to visit for some time as it was instrumental to St Augustine's mission. After this I made my way back to the Cathedral precinct ready for evensong.

Evensong was the first time I had been in the cathedral, and I found it quite overwhelming. After evensong we had a candlelit tour of the cathedral following St Thomas Becketts final hours and resting places. The phrase 'red hot anger' was used to describe the brutality of the events. On the holy land trip earlier in the year there was anger at the political situation in Israel, on this pilgrimage the situation in Israel is much worse. It seems that on pilgrimage what happens in the world comes into focus through a different lens. That same red-hot anger which so many saints endured, exists now. Not even St Thomas's shrine escaped rage, the shrine was destroyed by Henry VIII, but the tour spoke of how God had moved, and we are left trying to catch up with him.

The following day started with morning prayer at the RC church of Thomas of Canterbury which features relics of St Thomas and St Oscar Romeo. I was not so familiar with St Oscar, but he is another example of the cost that sometimes comes when standing up for Christian values of peace and justice.

The day then contained a visit to St Dunstan's church, resting place of St Thomas more's skull and the starting place of King Henry II penance route after the murder. We also visited the Franciscans gardens and east bridge hospital of St Thomas. Both of which came into existence soon after the murder of St Thomas when the place became a hotspot for pilgrims. It just shows the massive effect that the murder had on the Medieval world. The afternoon was again set aside for free time, but I made use of the time by walking to St Martins church. The church is the oldest in the English-speaking world having been a place of prayer for St Bertha (from western Europe, married to King Æthelberht) before St Augustine had arrived. St Augustine enlarged the church and used it as his first mission base. Soon after King Æthelberht was converted and baptized here.

I spent the rest of the afternoon looking around the Cathedral, and I joined Sister Luke and the RC Archbishop of Birmingham in the Crypt for some quiet time prior to evensong. Evensong had a much larger choir on the Saturday which made the experience even more impressive. The evening then featured a after dinner speech from Bishop Rose. She was an excellent speaker who was so inspirational as she spoke of her own struggles in her faith journey in the church. She also spoke of compassion for those crossing the channel into the area, an area which has been an area of landings throughout history as we see with St Augustine's mission.

I again made use of time Sunday morning, the final day of the pilgrimage. One of the benefits of staying at the Cathedral lodge is having access to the Cathedral before opening to visitors, it's wonderful to experience the cathedral in silence and pretty much to yourself. The main service started at 11am. I was one of the 3 people, kindly volunteered by Archdeacon Robert, to join in with the service by bringing the communion elements to the altar. I'm so grateful I did. It was special to walk up to that altar, through the quire, with people I have now shared two pilgrimages with. You get a great sense of being a tiny part of the cathedral's history where I'm sure the service would be recognisable to one carried out 1,400 years ago. Perhaps despite the context changing, the human condition and truth does not.

After the service we were quickly back on the coach to head home. But first we popped into Lambeth palace in London to drop in on the Archbishop of Canterbury. It was kind of Archbishop Justin to host us so soon after his visit to Armenia and its neighbours, promoting peace after the violence. He spoke of the needless violence, the country's leaders, and the need for peace and reconciliation. He also spoke of Christian unity, which had been on display. It was certainly on display on this pilgrimage. My thanks go to Archdeacon Robert, and my best wishes for his retirement. I do hope that pilgrimages continue to be a feature of what the diocese offers as they add a tangible aspect to our faith as well as building community and unity not just across our denomination but denomination but others also.

Why tea is “the drink of getting things done”

The drinking of tea has found an unexpected new champion: James May, the former Top Gear presenter. Speaking recently on Radio 4, James May said: “I’m just worried that the cult of coffee is going to destroy tea. And I don’t like coffee, it is just rubbish. I like tea.” He added: “Tea is the drink of getting things done.” How did tea get so embedded in UK culture? Food historian Polly Russell says the answer lies in the Industrial Revolution of the mid-18th century. “Tea became less expensive and at the same time you had agricultural wages slumping, and agricultural workers literally not able to buy food, to buy fuel, or to afford a hot meal. “So, tea became a way of having something hot and restorative – often with sugar – and that habit then also translated into the urban, as the industrial revolution expanded into our cities.”

And so it was that “tea became absolutely central to the diet of the working poor.” And this provided the basis for the idea “that tea and sugar were fuelling the industrial nation.”

James May argues that tea drinking is still fundamental to “bringing everyone together and ensuring happiness as well as productivity.” He believes: “Tea in the British workplace is more than a drink, it’s a social glue. Britain is falling apart because we don’t drink enough tea.”

One Mans JOGLE

John o Groats to Lands' end cycle. 6th – 18th August 2023

Matthew Guy

The following is a shortened version of the account. Full version was published in the Lands' end- John o Groats association Journal: Quo Vadis, Winter 2023.

Cycling the length of the country has long been a secret ambition of mine. But it wasn't until mid-2022 when I decided to do something about it. With fuel prices at a high, it seemed a good time to get a bike and cycle to work despite it being years since I last rode a bike! It's easy to see why people didn't think I would manage the cycling the country! My mentality at the time was very much, you just need to keep pedalling. I Opted to go along predominantly quiet, country roads (quiet until you meet a delivery van). But just as important, the route passed near to family. I chose JOGLE over LEJOG mainly because of the possibility of a nice few days relaxing in Cornwall afterwards...how naive I was.

Loved ones were not overly pleased I was going to do it solo, but I thought the opportunity to ride it this year too big to miss out on. I opted to camp because I liked the flexibility that camping offered. I had plan A, B, C... depending on how many miles I would get done per day. On the day of travel to Scotland, I felt scared! The train journey was long but beautiful. I got to John o groats at 4pm the following day and enjoyed a stunning sunset.

After a few poses at the fingerboard the next morning, I was on my way. I found navigation straight forward on day 1. The weight of the bike took some getting used to with the camping gear. The day was longer than expected as I made my way to Crask Inn. The hills were also so long and demoralising all whilst been eaten alive by midges. But I made it, and the first words to me were 'you look worse for wear.... what beer will it be'... it was the best beer ever. At the inn I met a couple who were almost at the end of LEJOG. They clearly had more time to do it and were impressed by the schedule I had to keep (within 14 days) They took pity on me and let me sleep on the spare bed in their room.

Day 2 started by cycling through clouds of midges. I went by Tain to avoid most of the mountains; however, I found the A9 not to be steep, but it is an everlasting uphill to Inverness and at times quite uncomfortable with the traffic and condition of the road. Inverness was difficult to navigate through especially when the GPS, guidebook and phone all disagreeing with each other on the route! A problem I encountered a lot on the journey.

I continued to try to get as close to Aviemore as possible. I found the evenings quite a draining time to cycle, especially when supplies are low, and concern turns to where I will stay the night. There is also little time to look at the sights, I passed Culloden and a series of barrows before a steep incline where I got off and pushed. I walked at some point most days, my excuse is it gives the legs, briefly, a new challenge. I reached Auchnahilin camp site at about 8pm and ate a fine boil in the bag meal. Day 3 was to Pitlochry. As someone who has done mountaineering, I passed familiar territory in Aviemore through the Cairngorms where I experienced a short but sharp downpour. I was dreading the day with it containing two major summits, but the day wasn't so bad. Leaving the highlands felt like a major milestone already. The reward was a long downhill. I ended up spending the night at a youth hostel after another long day. My concern at this point was how ambitious my original plan had been and worries over making it to the midlands in time to see family at the weekend were on my mind.

Day 4, Wednesday started with quiet roads, that did parallel the main road. Annoyingly you can see and admire the main roads for their flatness. I enjoyed Perth's cycle paths though, which are smooth and fast, in contrast with the A9 and even some downhills which I was not able to roll down. You certainly sense the change approaching Edinburgh, with the noise and business of the city. It seemed a little overwhelming with suddenly so much traffic about. Crossing the fourth was incredible. Though I did laugh at the 14mph speed limit for cycles, the wind and tiredness put pay to reaching such dizzy speeds. I felt like I couldn't get any speed down as I saw commuters passing me easily. Again, I faced big decisions on where to camp, you are caught between the need and want

to get the miles in, and getting rest, plus I had a tent to pitch. I quite frequently felt like I was failing. I ended up camping at Newbridge which had wonderful canals and being close to the city I was able to get a takeaway meal.

Day 5, Thursday. I was leaving camp generally between 8.30-9am throughout the trip. Evening cycling, cooking breakfast and packing the tent is a hinderance to getting an earlier start. Navigation in the area was difficult. Especially as I encountered road closure after road closure. I must have added miles on the plan on this day. I ended the day emotional and exhausted. Thankfully, I was phoning my brother and partner of the evenings. Their support and advice was so useful. Once camp was set, I was using the late evenings to check mileages and adjust the plan. I reached the campsite at Hoddon castle at 7.30pm – a time I ended each day at – roughly. I was so close yet so far from getting into England. It was a great campsite; I enjoyed the on-site bar and food!

Day 6, Friday. Despite the previous day. The day felt great. The cycle to Gretna Green felt easy and fast. Perhaps the border is a big motivator. Then I crossed into England! I posed at the border sign and continued. Of course, the easier roads are short lived. On the same day I cycled over Shap, and in-between the lakes and the dales. Nevertheless, it was a successful day where I finished at Kirkby Lonsdale, a site that was on my original plan. Only the second time in the trip where I stayed at a plan A site!

Day 7, Saturday. Started very wet and miserable. Pretty early on I decided I wanted the comforts of a hotel which is just as well as camping opportunities are few and far between as I headed to Warrington. I met some interesting people including two students doing JOGLE as I was. I was so tempted to join them as the help of company sure was appealing, however my hotel room, differences in route, the slim chance of family visit had me stay on my own course. I enjoyed not one but two meals at Weatherspoon's that night! just showing how difficult I found it to keep eating and drinking to the levels my body needed. My hearty appetite lasted above normal for weeks afterwards, Typically, I didn't take long breaks, rather lots of short breaks where I could eat, drink, and check my navigation. I wanted bigger breaks but needs must.

Progress felt good Sunday. I had planned to visit a cathedral/church, but time just didn't allow for it. My Christian faith is important to me and was on the journey. Hard journeys are an opportunity to challenge and improve self. More so, solo journeys, you come face to face with yourself! The example of Christs sufferings, the fact they didn't last forever, but in fact resulted in newness was both motivating and comforting. I reached Market Drayton relatively quickly as familiar surroundings came into sight. I felt so stressed about making it to see family, but things fell into place when I reached RAF Cosford. A place where I had spent so much time as a cadet. I was soon at Trysull where I was greeted by friends and family at a Pub. It was a brilliant evening, and it's so satisfying that I had cycled from Scotland for that beer! I spent the night at my parents, from which it was difficult to get motivated the next day! Especially as it was raining in the morning. I found the going tough, like my legs hadn't warmed up for the day. It probably was a mental thing being around home; despite this I ended Monday south of Gloucester and enjoyed a pub meal which was more of a thing at this stage, in parts of Scotland eating out wasn't possible. I was also very much in a routine and planning where I may end the next day became easier. What still wasn't easy was being alone on some remote roads whilst being tired.

Day 10, Tuesday. It was so satisfying seeing where I was on the map at this point. But you don't realise how much further West you must go! I enjoyed the leg to Taunton. I find summerset so beautiful. I had a perfect sunset evening to cycle in. It's a bonus that it is flat! Though I was warned on what's to come. And it wasn't long before I hit the infamous short but sharp hills of Devon as I rode to Lydford on day 11.

It was on this leg my first mechanical failure happened; my pannier rack broke. I had a new one fitted to remove any concerns over worse things happening. The rear tyre had been an anxiety for quite a few days as it was so worn under the weight, but it did survive. I experienced no punctures or other bike issues.

The countryside was beautiful with its rolling hills. If you asked a toddler to draw the countryside, Devon is probably what they'd draw, but my

word, it's difficult to cycle. The difficulties continued As I cycled to Carnon downs on day 12 in Cornwall. Reaching Cornwall was again a major milestone. I was nearly there. I had two ferry crossings on the south coast of Cornwall. They only take a few minutes, but they are enjoyable and welcome change of transport mode! The issue I had was getting motivated to get going again as I found getting off the ferry felt like an end of a journey. It's a side of Cornwall I had not visited before, but it was spectacular.

Day 13, Friday 18th August. The last day. Part of me was already in relaxed party mode. Google maps predicted the finish was 4 hours away, but I knew from experience that these time predictions were based on a fast and light bike with fresh legs. As I approached Marzion and rode past St Michaels mount I was overjoyed. The victory lap had started. The weather unfortunately had other plans. The storm forecast was correct. I was hit with heavy rain and strong winds. The route was also indirect to Lands' end which added to my pain! But I crossed the line and had a moment. Such a good feeling as I punched the air and let out a cheer. I looked around and all I saw was tourists running for cover from the rain. Not the finish I had in mind. Still, I posed by the fingerboard and got a congratulations and a handshake from the stranger who took my photo. Perhaps a fitting end to a solo ride. At this point I was cold and wet, so I was in no mood to cycle back to Penzance. I opted for a taxi; the driver seemed well used to picking up people on bikes from lands end. I stayed the night in Penzance and got the train the following day. The ticket lady was so helpful with the train strikes on; her help was so valuable. After 8 hours and 4 train changes, I made it home.

The Journey was certainly a challenge. I didn't expect it to be so mentally difficult, but I suppose I did make it as hard as it could be. I was solo, camping for the most part, a heavy bike doing 1000 miles+ and in parts cycling very much against the wind direction. But I did it. It was very much eat, sleep, cycle repeat. Having said I missed so many sights, the views I got from my bike are probably views that few people ever get to see, and seeing the country change with the people's accents is an

experience I'll never forget. I was overwhelmed by the response from friends and family to finishing, perhaps I didn't realise the scale of the challenge or achievement. I did the cycle with minimal experience, and I paid the price for that. Despite this, I did it, and in a respectable time (12 days 5 hours)

What is the point of temptation?

'Happy is the man who doesn't give in and do wrong when he is tempted, for afterwards he will get ... his reward....' James 1:12

Temptation becomes a stepping stone rather than a stumbling block, when you realise that it's *just as much an opportunity to do the right thing, as the wrong thing*. Temptation just gives you the choice!

It's helpful to remember that God develops the fruit of the Spirit in us by allowing circumstances in which we're tempted – to express the exact opposite quality! For instance, He teaches us to love by bringing unlovely people into our lives. It takes no character to love people who are lovely and loving you. God teaches us joy in the midst of sorrow by causing us to turn to Him for comfort and strength, when all our other supports are gone.

He develops peace within us, not by making things go the way we planned, but by allowing times of chaos and confusion. Peace comes when we choose to trust God in situations where we're tempted to worry or be afraid.

Likewise, patience is developed through circumstances in which we're forced to wait and are tempted to be angry or have a short fuse. You can't claim to be good, if you've never been tempted to be bad; or be faithful if you've never had the opportunity to be unfaithful. Integrity is built through defeating dishonesty; humility grows as you refuse to give place to pride; endurance develops as you reject the temptation to give up. The truth is that each time you defeat a temptation, you become more like Jesus.

PCC HIGHLIGHTS - 6.12.23 Meeting

Safeguarding

There have been no safeguarding concerns reported. Rainbows have been removed from St Peters Non -Church activities, as they no longer meet in the church hall. The Bereavement Hub is no longer associated with Compton Hospice. It will continue to operate as a Parish activity.

Worshipping Communities Grant

The mission plan will be submitted in the New Year, probably after Rev Calum leaves. Accrual accounting will be required as funding is filtered in. There will be support for the parish treasurer as we switch over by 2025. The oversight of the Renewals project will take time away from Rev Catherine until new people are in post.

Mission Accompanier.

The working party have met and progress on the four priorities has been made. Your attention is drawn to the parish wide social events including parish lunch at the Lodge, in January.

Warden Reports.

Three excellent fundraising fetes were held. St Andrew's has obtained a grant to fit a defibrillator outside the church for community use. St Peter's is being supported to get a grant for a hymnal, projector and screen.

Services in the parish.

A new 2024 rota for the parish was agreed by all for use once Rev Calum leaves. Please ask wardens for details.

Plans for Holy Week and Easter 2024 were discussed.

Children's workshops

The October workshop went well, but as the date clashed with Halloween it may be that next year a Light Part will be tried.

Licenced Lay Ministry

PCC have given their approval for Matt Guy and Kath Apperley to go forward for discernment to Licenced Lay Ministry.

Land Registry St Peter's Church Hall

St Peter's will be registering the land the church hall sits on and the land to the RHS of the church. PCC have given approval for any proceeds from the sale of land to be credited to St Peter's DCC. PCC also gave approval for a list of items to be transferred from the closed church to the church hall.

Wanted! PCC Secretary

Kath Apperley will be standing down as PCC Secretary at the APCM in May 2024. Please consider whether you might be called to serve in this way. Support and further information – please speak to Rev Catherine or Kath Apperley, or churchwardens.

Reeling in the Years

This parish activity operated in All Saints Church Hall will receive a visit from the BBC on December 14th. Volunteers are still wanted if you wish to support this valuable community project.

Policies

The PCC renewed a number of parish policies.

Your next PCC meeting

The next meeting will be 23rd April at St Andrew's church hall.

LONDON MARATHON

Many of you will know that Steve Castle, one of our Church Wardens at All Saints, and his son Harry are running the London Marathon this year.

They are raising money for Dementia UK, if you would like to sponsor Steve or Harry please use the link below, to find out more and donate

<https://2024tcslondonmarathon.enthuse.com/pf/harrycastledementiauk2024>

Off to the vet

In his younger days our golden retriever Catcher often ran away when he had the chance. The vet's surgery was about a mile down the road, and Catcher would usually go there. The nursing staff knew him and would call me to come pick him up. One day I called the vet to make an appointment for Catcher's yearly vaccine. "Will you bring him," asked the receptionist, "or will he come down on his own?"

REELING IN THE YEARS

Now as 'librarian' for Reeling in the Years, I need to build up a collection of DVD's of films from 1940- 1970's. Thanks to those who responded to my earlier request - that delivered some gems. But now, can I ask you again, to look in the darkest corners and see whether you can let me have any films from this era. You may be interested to hear that at the last showing we had 30 attendees who really enjoyed the session.

John Anderson



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Reeling In Years Programme

All Saints Church Hall

Refreshments at 1:30pm

Film starts 2pm

January 18th

It's a Wonderful Life 1:36

February 15th

Seven Brides for Seven Brothers 1:42

March 21st

Meet me in St Louis 1:53

April 18th

Me and My Gal 1:44

May 16th

Roman Holiday 1:53

June 20th.

Summer Holiday 1:47

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And if love should die....

While we were working at a men's clothing store, a customer asked my colleague to help her pick out a tie that would make her husband's blue eyes stand out.

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Romans 1:20

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‘Lenten Valentines’

This month both Ash Wednesday and Valentine’s Day fall on the same day! The link between the two can be summed up in terms of the nature of real love! Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13).

Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires.

Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him.

Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine.

Valentine was a Christian who demonstrated the importance of sharing God’s love with others. We know little about him, except that he was a priest who lived in the 3rd Century AD and that he was martyred on 14th February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day.

In trying to understand the meaning of her revelations from God, Julian of Norwich found:

‘What, do you wish to know your Lord’s meaning in this thing? Know it well, love was His meaning.’

The Rectory
St James the Least



My dear Nephew Darren

Winter certainly exposes the difference between those of you who live in cities and us rural folk. While you bask in your centrally heated flat, and complain about the half an inch of slush outside, we country folk wear overcoats in our houses, open all doors and windows to let the heat in and battle through snow drifts, measured in feet, to get the morning paper.

Colonel Wainwright has acquired a new toy: a snow blower, of sufficient power that I believe it could clear the Antarctic. He kindly volunteered to clear the paths around the church. Working outwards from the church door, the path to the church soon became snow-free. Unfortunately, he only realised when his job was complete that the blown snow then formed a ten-foot drift under the lych gate.

Miss Margison, ever helpful in the worst sense of the word, decided to unfreeze the pipes in the church hall. A blow torch was not the ideal solution, although the resulting burst did make some rather attractive ice sculptures round the kitchen equipment. The village badminton team that uses the hall has now temporarily changed sport to ice hockey.

Inevitably, congregations have soared. There is nothing like adversity for making people want to prove they have the moral fibre to overcome it. Much satisfaction seems to be obtained on discovering who has not dared venture out, which is taken as judgement on their strength of haracter. The Prentices upstaged most people by arriving on a sleigh. Mr Prentice was warmly wrapped in a travelling rug, while his wife pulled it. As they both explained, they couldn't possibly let the pony work in such conditions.

What I momentarily thought was applause during my sermon was merely people keeping their hands warm and the hymns were drowned out by the stamping of feet. Our organist complained that the cold made his fingers so numb that he couldn't play properly – although I didn't notice that things were much different from normal.

No, my dear nephew, a few flakes of wet snow may close *your* car park for health and safety reasons, but we shall continue to triumph heroically over adversity. We return home after Mattins, knowing we have proved our Christian commitment in being utterly uncomfortable.

Your loving uncle,

Eustace

Who is hiding in your car?

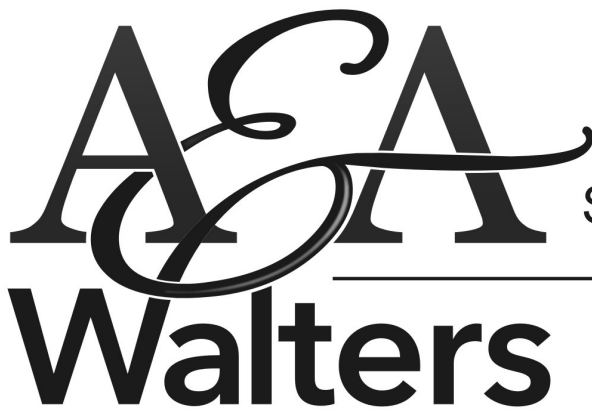
You may not be the only one enjoying the comfort of your car this winter.

According to recent figures from the RAC, if you have left your car standing alone for even a week, then anything from rats, squirrels, mice, foxes and even snakes may have moved in.

A squirrel stockpiling nuts in a car air filter, ten mice nesting under a windscreen, rats living in engine bays, and foxes chewing brake hoses, are only some of many culprits listed this year as having caused a breakdown. There was also the baby python found behind a wheel trim.

In all, last year the RAC responded to over 300 incidents of vehicle damage caused by animals. That's a 55 per cent increase from the 196 recorded in 2018. Alice Simpson, spokesman for the RAC, said: "Finding a rat or mouse in your car is not only a nasty shock, but often the cause of very expensive damage.

"Our best advice is to make sure no food is left inside. Also, check for unusual smells in the vehicle, and be mindful of any dashboard warning lights that don't disappear after a minute or two."



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25th March	Monday	19:30 Holy Communion		
26th March	Tuesday		19:30 Holy Communion	
27th March	Wednesday		10:00 Holy Communion	7:30 The Liberator - Dormston School
28th March	Maundy Thurs			19:30 Holy Communion
29th March	Good Friday	14:30 Stations of the Cross	15:00 Stations of the Cross	
30th March	Holy Saturday			19:30 Vigil with 1st Communion of Easter
31st March	Easter Sunday	09:30 Holy Communion	10:00 Holy Communion	11:00 Holy Communion
3rd April	Wednesday		No Service	

SERVICES FOR THE MONTH - FEBRUARY

SUNDAY 4TH

9.30AM ST ANDREWS HOLY COMMUNION

11AM HOLY COMMUNION ALL SAINTS

6.30PM EVENSONG ALL SAINTS

WEDNESDAY 7TH

10AM HOLY COMMUNION ST PETERS

SUNDAY 11TH

8AM HOLY COMMUNION ALL SAINTS

9.30AM WORSHIP FOR ALL ST ANDREWS

10AM HOLY COMMUNION ST PETERS

11AM HOLY COMMUNION ALL SAINTS

WEDNESDAY 14TH FEBRUARY ASH WEDNESDAY

10AM HOLY COMMUNION ST PETERS

6.30PM HOLY COMMUNION ALL SAINTS

SUNDAY 18TH

9.30AM WORSHIP FOR ALL ST ANDREWS

10AM WORSHIP FOR ALL ST PETERS

11AM FAMILY SERVICE ALL SAINTS

WEDNESDAY 21ST

10AM HOLY COMMUNION ST PETERS

SUNDAY 25TH

8AM HOLY COMMUNION ALL SAINTS

9.30AM WORSHIP FOR ALL ST ANDREWS

10AM HOLY COMMUNION ST PETERS

WEDNESDAY 28TH

10AM HOLY COMMUNION ST PETERS