

# **ST. WILFRID'S & ST. MICHAEL'S**

**Meeting Needs, Bringing Hope,  
Sharing Love**



**JANUARY NEWSLETTER 2020**

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## Rev John's Jottings –

Taking stock as a new year begins 2019 has now gone. It can never be lived again. It will certainly go down in history for some very significant events. The question is now, 'What of the future?' Who's holding your life in their hands? Sadly, for some it can be either no-one or someone who shows no real care. There's an old chorus whose words have a wonderful answer to, 'who can hold our hand through 2020?' "I know who holds the future, and He guides me with His hand, With God things don't just happen, everything by Him is planned. So, as I face tomorrow with its problems large and small, I'll trust the God of miracles, give to Him my all." This year is a crucial year in the life of all our churches in the Benefice of Ansley and Arley, so your support is much needed as the work, witness and ministry continues during another year. May the New Year bring echoes the words of the poem, 'The Gate of the Year', which reached its first mass audience in the early days of the Second World War. And I said to the man who stood at the gate of the year: "Give me a light that I may tread safely into the unknown." And he replied: "Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way." These words remained a source of comfort to the Queen for the rest of her life, and she had its words engraved on stone plaques and fixed to the gates of the King George VI Memorial Chapel at Windsor Castle, where the King was interred. Queen Elizabeth, The Queen Mother was also buried here in 2002, and the words of "The Gate of the Year" were included in a reflection in her funeral order of service. The words present a challenge for us too – it's a reminder that in life we need to hold a hand stronger than our own if we are to get through it. There's none greater nor loving the God's Hand. At the same time, the churches in our benefice extend their hand of welcome to you all in 2020. You don't have to go through the year alone. Why not join us?!

Wishing you every good wish and blessing for the New Year.

Rev John

## Resolutions;

There are two reasons why it can be good to make resolutions at the beginning of a new year. First, it forces us to look at ourselves – to be honest about our failures and our need to change. The exercise of examining ourselves – with God’s help – and seeing where we fall short is important.

Second, making a list of resolutions can turn us to God. If we are honest, we know where we fall short of being what we ought to,be – and because of that, we need God’s forgiveness. We’ll also realise that we can’t live the way we should in our own strength. We need God’s help.

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As we start a new year, the Bible tells us there can be hope for the future. First, there is hope of a changed person. We are incapable of ridding ourselves of the selfishness and greed that cause conflict and strife and war. Our only hope is a changed heart – and Jesus is in the business of changing hearts.

Second there is hope of a changed world. When we know Christ, He gives us by His Spirit a new love and concern for others. Changed by Christ, we can begin to change our world.

Third, there is hope of an unchanging eternity in Heaven. This world is not all there is.

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God has a plan or purpose for every person, although many people go through life without ever thinking about it. But their lack of awareness doesn’t change the fact that |God put each of us here for a purpose. We aren’t here by accident. We are here because God put us here. And he He put us here for a reason: so we could come to know Him in a personal way and then live in a way that brings glory to His name.

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How do we put love into action? Serve one another. The Lord modelled this when He washed His disciples’ feet. Be patient with one another. Be courteous to one another. Even if someone is difficult or disagreeable, treat them with gentleness and love. What a privilege to come before the Lord on another’s behalf.

## NOTABLE DATES FOR 2020

New Year's Day. ( Bank Holiday)	Wednesday January 1st
Bank Holiday Scotland	Thursday January 2 <sup>nd</sup>
Epiphany	Monday January 6 <sup>th</sup> .
Burn's Night	Saturday January 25 <sup>th</sup>
Chinese New Year (Rat)	Saturday January 25 <sup>th</sup>
Shrove Tuesday (Pancake Day)	Tuesday February 25 <sup>th</sup>
Valentine's Day	Friday February 14 <sup>th</sup>
Ash Wednesday	Wednesday Feb 26th
St. David's Day	Sunday march 1 <sup>st</sup>
Commonwealth Day	Monday March 9th
St. Patrick's Day	Tuesday march 17 <sup>th</sup>
Mothering Sunday	Sunday March 22 <sup>nd</sup>
British Summer Time(Clocks - forward)	Sunday March 29 <sup>th</sup>
Palm Sunday	Sunday April 15 <sup>th</sup>
First Day of Passover	Wednesday April 8 <sup>th</sup>
Maundy Thursday	Thursday April 9 <sup>th</sup>
Good Friday	Friday April 10 <sup>th</sup>
Easter Sunday	Sunday April 12 <sup>th</sup>
Easter Monday (Bank Holiday)	Monday April 13 <sup>th</sup>
St. George's Day	Thursday  April 23 <sup>rd</sup>
May Bank Holiday. V.E day (75 years Anniversary)	Friday May 8th
Ascension Day	Thursday May 21 <sup>st</sup>
Spring Bank Holiday	Monday May 25 <sup>th</sup>
Summer Solstice(Longest Day)	Saturday June 20 <sup>th</sup>
Father's Day	Sunday June 21 <sup>st</sup>
Armed Forces Day	Saturday June 27 <sup>th</sup>
Summer Bank Holiday	Monday August 31 <sup>st</sup>
British Summertime ends.(clocks back)	Sunday October 25 <sup>th</sup>
All Saints day	Sunday November 1 <sup>st</sup>
Guy Fawkes Night	Thurs November 5th Remembrance
Sunday	Sunday November 8 <sup>th</sup>
St.Andrew's Day	Monday November 30 <sup>th</sup>
Christmas Day	Friday December 25 <sup>th</sup>

IN WORD Look around you. You probably see a lot of people who have it made, who seem to be getting along fine in life. Many of them have everything handed to them on a platter, while others succeed at pushing and shoving to get what they want. And people who are having a hard time...well, it's probably only temporary. Everyone goes through a hard time. But surely they know it will all work out in the end.

Illusions aside, nearly everyone you see is wounded in one way or another. Those who don't exhibit eternal crises may very well have deep insecurities or epic internal struggles with issues we don't see. Those who are struggling may wonder if life will ever get better, if God has lost sight of them or withdrawn His favour. Though hope is out there, they wonder if it applies to them. Across the board, people carry dysfunctions and hurts and grief that we rarely see.

This truth may be less pronounced in the church – a lot of healing has taken place in those who come to Jesus – but it's still there. Christians aren't immune from these issues; we have our struggles. In fact, sometimes are less openly discussed among believers than in the world because we're supposed to be healthy and whole. To bare our souls could shatter the church's image or our own. Sadly, the walking wounded often need to walk less openly in the place where redemption should occur.

IN DEED The truth is that everyone needs encouragement at a deeper level and more often than most of us imagine. Everyone we run into has a story, and each story most likely has involved some pain. One of the primary functions of the body of believers is to offer words of affirmation and healing to each of its members, our fellowships should be marked by encouragement, even to the point of sounding excessive. That's how people get strengthened. Take every opportunity, even today, to build someone up.

*Let us consider how we may spur one another on toward love and good deeds.  
(Hebrews 10:24)*

Prayers for each day during January:

1	Lord uphold Rev. John and Frances in their ministry work around our Parishes .
2	In this new year help us to focus on our Lord Jesus at all times
3	Let us pray for our troubled world & victims of all conflicts
4	Lord we Pray for the homeless people living on the streets
5	Praying for those who mourn – Lord bring them comfort & hope
6	Lord we Pray for the elderly living in sheltered dwellings
7	Praying for all young families in our villages
8	We pray for all our servicemen and women wherever they are
9	Lord let us reach out to our friends and neighbours in love
10	Thank you God for our wonderful friends and family
11	If you are having a difficult day – open your heart to the Lord
12	May this new year bring peace to all parts of the world
13	We pray for the sick, those who are filled with doubt and fear
14	God bless all who live alone and the lonely
15	Creator God thank you for this wonderful world & your many blessings
16	Move us Lord every morning to look to the future with hope
17	Lord send your Holy Spirit to guide our Church through 2020
18	Whatever we may experience in the next 12 months – please reassure us Lord with your loving presence at our side
19	Gracious God, this new year remind us of what's truly important
20	Help us to put aside our anxieties of the future and the past
21	Thank you Lord for today and the bright sunshine
22	Light in me a passion to help those less fortunate Lord
23	Praying for all our Church families and the support they give us
24	Praying for all in Australia as they are suffering huge fire damage
25	Pray for safety for those journeying to work each day
26	Praying for the housebound and ill. Heal them Gracious Lord
27	We give thanks for our pets and the comfort they bring
28	Pray for children and students back to college and school
29	Lord keep us strong in all adversity
30	Praying for all celebrating Anniversaries or Birthdays now
31	Let us look forward with hope and confidence to February



## JANUARY RECIPE: CHEESE AND CHIVE SCONE LOAF:

Makes 500gm loaf.

### Ingredients:

75g chilled unsalted butter, cubed, plus extra for greasing.  
375g self-raising flour, plus extra for dusting.  
1tsp baking powder  
100ml milk, plus extra for brushing  
80ml buttermilk  
100g mature cheddar – grated, plus extra for sprinkling  
20g chives, snippede into small pieces, plus extra for sprinkling.  
Black pepper. 500g loaf tin.

### Method:

Preheat the oven to 220 deg C/Gas mark 7.

Grease and line loaf tin.

In a large bowl combine the butter into the flour until fully integrated.

Mix in the milk, buttermilk, cheese and chives, bringing it together into a dough. Season with black pepper.

Knead the dough for 1 – 2 minutes until just smooth, then place on a clean surface dusted with flour.

Make into a loaf shape, by rolling by hand to fit the prepared tin.

Transfer to the tin and, with a sharp knife, slice , slice the top of the loaf four times. Sprinkle over the extra cheese and chives.

Brush the top of the loaf with the extra milk. Bake for 25mins until golden.

Allow to cool for 30 minutes before removing from the tin, slicing and serving. Enjoy

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(You aren't wealthy until you have something money can't buy.)



This is the day the Lord has made; we will rejoice and be glad in it. (Psalm 118:24)

I pray that you may know the love of Christ that surpasses knowledge. (Ephesians 3:18-19)

Believe in the power of prayer and the faithfulness of our amazing all powerful God.

God looked over all He had made, and He saw that it was very good! (Genesis 1:31)

Remember God chose You! (Thessalonians 2:13)

Put on comfortable shoes and head in the direction of your dreams – God has prepared the path ahead of you.

God cares about everything in your life because He cares so much about You.

Kind words are like Honey – enjoyable and healthful. (Proverbs 16:24)

Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer. (Psalm 19:14)

Miracles happen. Joy strengthens. Love conquers all!

Your gifts are beyond compare, and with God, your dreams are always within reach.

May God who gives patience, steadiness, and encouragement help you live in complete harmony. (Romans 15:5)

## EPIPHANY: (Sometimes called 3 kings day)

Up until the 19th century, the Epiphany was more important than Christmas Day, and it was used to celebrate both the three kings' (or three wise men's) visit to Jesus shortly after his birth and also Jesus' baptism by John the Baptist.

In the West, Christians began celebrating the Epiphany in the 4th century, associating it with the visit of the Magi (the three kings) to Bethlehem.

According to the Gospel of Matthew, the three wise men - named Melchior, Caspar and Balthazar - followed the star of Bethlehem across the desert to meet the baby Jesus, offering gifts of gold, frankincense and myrrh.

The gifts were symbolic of the importance of Jesus' birth, the gold representing his royal standing; frankincense his divine birth; and myrrh his mortality. The three Kings (Melchior, Caspar and Balthazar) represented Europe, Arabia and Africa respectively.

Festivities for the ancient Christian feast day vary around the world, from swimming in icy waters to exchanging presents, fireworks and parades. In many countries the day is a public holiday.

As recently as the 1950s, Twelfth Night in Britain was a night for wassailing. Wassailers, like carol singers, go from house to house singing and wishing their neighbours good health.

Hundreds of years ago, roast lamb was traditionally served at Epiphany in honour of Christ and the three Kings' visit.

The Drury Lane Theatre in London has had a tradition since 1795 of providing a Twelfth Night cake. The will of Robert Baddeley made a bequest of £100 to provide cake and punch every year for the company in residence at the theatre on 6 January. The tradition still continues.

## AS WITH GLADNESS MEN OF OLD

As with gladness men of old  
did the guiding star behold;  
as with joy they hailed it's light,  
leading onward, beaming bright,  
So, most gracious God, may we  
Led by You forever be.

As with joyful steps they sped,  
Saviour, to your lowly bed,  
There to bend the knee before  
You whom heaven and earth adore,  
So may we with one accord,  
Seek forgiveness from our lord.

As they offered gifts most rare,  
Gold and frankincense and myrrh,  
So may we, cleansed from our sin;  
Lives of service now begin,  
As in love our treasures bring,  
Christ, to You our heavenly King.

Holy Jesus, every day  
keep us in the narrow way  
and when earthly things are past,  
bring our ransomed souls at last  
where they need no star to guide,  
where no clouds Your glory hide.

In the heavenly country bright  
Need they no created light;  
You its light, its joy, its crown,

You its sun which goes not down.  
There for ever may we sing  
Hallelujahs to our King

## A true story as told by our friend Anne about the year of 1945

Two little girls played in the patch of bare earth alongside the pigstys. They wore shabby dungarees and felted jumpers. They were engrossed in their favourite game of mud pies occasionally tipping water into the earth to make it more pliable. They carefully patted the mud into pie shapes decorating them with stones and pieces of broken crockery. The younger child, plumper and prettier than her sister, watched the older child and copied everything she did absentmindedly, with no thought for hygiene, the bigger girl wiped her finger down her dungarees and popped it into her mouth, sucking placidly. It was May 1945, and the little girls were my sister Janet and me and I was six years old.

I remember that day as though it was yesterday. Suddenly the church bells rang out. I clutched Janet's muddy hand, dragging her towards the house. Fear gripped me – our Mother had said that when the church bells rang then the Germans would have invaded. I was not going to be invaded whatever that might mean – I wanted my Mother and the safety of our little cottage. My Mother stood in the doorway, tears running down her face, she held out her arms to us and said, 'Girls, the war is over, your Daddy will be coming home'. And indeed he did come home but in the meantime there was the serious business of the Victory parade.

The whole village gathered down the 'bottom end' for the parade. Many children wore fancy dress, Betty Cotton was John Bull and sported a black waistcoat and a top hat, but we just waved Union Jack flags. Our Mother, not being very imaginative regarding fancy dress, thought flags were sufficient, so we waved these vigorously – we were quite bemused by the excitement and overwhelmed by the mountains of food which had been prepared. As if by magic – tins of salmon, fruit and cream appeared having been stashed away for just such an occasion as this, and what an occasion. The grown ups made the most of it, dancing and singing in the street, hugging and kissing

each other and rejoicing in the fact the war had ended; but we children were too young to know what peace was, we had only ever known the

country at war. It seemed to me that 1945 would last forever. The sun shone that summer and we played happily in the fields. My Mother laughed again and set to with whitewash and distemper in 'old gold' and 'rose' to brighten the place up to welcome my Father home.

Home he came in the new year of 1947. We children were in bed when I heard the door open and my Mother's excited voice. Never wanting to miss much I ran down the stairs to greet him.

He stood against the kitchen table counting money into my mother's hand. It was gratuity money and he bought us all new coats. I do not remember having another new coat during my early childhood. He had bought dolls dressed in Austrian National costume for us all. We called them Carl, Liesl and Lotte. He also bought us a round kid handbag which had a pink silk lining.

Dad was home and life was different now. We had been on our own with our mother for two years and she had treated me like an adult. She had let me stay up late and listen to the wireless with her, we had drunk cocoa, ate toast made on the open fire and she told me her troubles. Now I had to go to bed 20 minutes after the other children, so I felt my nose had been well and truly pushed out of joint., it took me a while to accept that this was the way things were going to be. As time went by our dear father slipped back into his rightful place, and I became a child again.

Even though my childhood was spent during wartime with all its privations and fears I look down the years with nostalgia to the life that three children lived in a small village in North Warwickshire almost over 70 years ago.

Thank you so much Anne for sharing with us your trip down memory Lane, that we all enjoy reading about.



Puffin was perched on a wall one fairly fine day, when he heard some boys and girls start talking below him.

‘Did you hear that we’re going to do the Catechism?’ asked one boy. ‘Yes, and we have to do it properly’, said a girl. ‘I think it will be hard work’ ‘We’ll certainly have to put our backs into it’, said John, who was the biggest boy. That worried Puffin very much. What was this catechism? It sounded as if it was something to do with cats, and Puffin didn’t think it sounded very pleasant at all. Were they going to do something to *him*? Perhaps it wasn’t safe for him to be out!

He hurried into the church to ask the Gold Angel on the reddel –post. ‘You *do* look bothered’, remarked the Angel. ‘Whatever’s the matter?’ ‘It’s the Catechism. What are they going to do to me?’ wailed Puffin. The Angel burst out laughing, ‘Oh Puffin!’ he said. ‘Catechism has nothing at all to do with cats!’ It’s a way of learning things by question and answer.’ ‘What a relief!’, gasped Puffin, beginning to look happier already. ‘But learning what?’

‘In the case of the girls and boys you saw, it is something they must know and understand as part of their training for Confirmation, and they find it in the Prayer Book. You see, they have just started going to Confirmation classes’ ‘So, isn’t it unpleasant at all?’ said Puffin.

‘No, in fact they should find it very interesting. It’s all about being made a Christian, and what a Christian believes, and the sort of life he should live. It explains the Church’s sacraments too’.

‘I imagine my master could make all that very interesting’, said Puffin. ‘I think I’ll creep into Church when it’s going on and see if I can learn something too.’

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**“I downloaded them from a cloud.”**

## WINTER BLESSINGS:

### God has made all things well.

The cold wind in the winter,  
The pleasant summer sun,  
The ripe fruits in the garden,  
He made them everyone.

...

He gave us eyes to see them,  
And lips that we might tell  
How great is God Almighty,  
Who has made all things well.

...

The Lord says...

'Rain and snow fall from the sky  
and don't return until they have watered the ground.  
Then the ground causes the plants to sprout and grow,  
and they produce seeds for the farmer  
and food for the people to eat.  
In the same way, my words leave my mouth,  
and they don't come back without results. (Isaiah 55:10-11)

God knows when you are weary: -

Then Jesus said, Come to me, all of you who are weary  
and carry heavy burdens, and I will give you rest. (Matthew 11:28)

But those who trust in the Lord for help will find their strength renewed.  
(Isaiah 40:31)

A single fragile snowflake is one of God's most delicate creations.  
Yet look what snowflakes achieve when they stick together –  
A wonderful reminder that in order to be effective we need to lean on each  
other and stay close to God.



## Little Quips:

Incarnation: The teacher was trying desperately to get three twelve year old boys to act out the parts of the three kings, but with little success. When they got to the crib where the pretend baby was lying, each boy in turn showed awkwardness and embarrassment. The teacher, too, was growing more and more frustrated as she tried and tried again. 'This time', she said, 'as you come and look at the baby, say something – the kind of thing people say at home when they see a baby'.

The first and the second boys just couldn't get it right. Then came the third boy and, looking into the crib, he said, 'Oh, isn't he like his father!'

Jesus never asks us to go where he has not gone.

To face what he has not faced,

To love anyone he does not love,

Or to give anything that he has not given.

The pyramids of Egypt are famous because they contain the mummified bodies of ancient Egyptian kings. Westminster Abbey is noted because within its walls there are contained the remains of many nobles and notables. Muhammad's tomb is visited because of the stone coffin and the bones there. Arlington National Cemetery in Washington D C is revered because it is a resting place for many outstanding Americans. But the garden Tomb of Jesus is famous because it is empty!

A teacher was giving her pupils a lesson in logic. 'Here is the situation', she said, 'A man is standing up in a boat in the middle of a river, fishing. He loses his balance, falls in, and begins splashing around and yelling for help. His wife hears the commotion, knows he can't swim, and runs down to the bank. Why do you think she ran to the bank?' A little girl raised her hand and suggested, 'To draw out all his savings?'

## NEW YEAR

God of all ages, God before beginning and without end;

You who exist and move among the planets,

Draw close to us this day.

God beyond time, you alone come to us from the future and the past,

Filling the present with the flow of your renewing life.

At the turning of the year, approach us again

That we may draw upon your strength

And drink fully of your tenderness

And know your presence within our journey

At this beginning time, begin again with us.

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In his book , 'The Best Is Yet To Be', Henry Durbanville told the story of a little girl in London who won a prize at a flower show. Her entry was grown in an old cracked teapot and had been placed in the rear attic window of a rundown tenement house. When asked how she managed to raise such a lovely flower in such an unlikely environment, she said she moved it around so it would always be in the sunlight. Durbanville then reminded his readers of Jesus' words, 'As the Father loved Me, I have also loved you; abide in My love'(John 15:9) we too, must keep ourselves continually in the warmth of Christ's love. We abide in His love when we show love to others. That's the way to stay in the sunshine!

*OUR LOVE FOR GOD IS SEEN IN OUR LOVE FOR OTHERS*

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You are special, I know it. Do you know how I know? You're pursuing grace and peace by spending time in devotions and in God's word. When God lives within us, His Spirit causes us to yearn for a gentle calm in our lives. Are you struggling or suffering? Are you facing a painful loss? A common response is when first asked to contemplate a gentle and quiet spirit is to declare, 'I can't remain calm when there's trouble' True .if we are relying on our own strength- but when we appropriate God's great enablers –His grace and His peace, we can achieve gentleness and calmness even during hard times. We just need to count on God's grace. It's given. It's here. It's available.

## A WEEKLY REFLECTION OF JOBS TO DO IN THE GARDEN IN JANUARY:

It is sometimes hard to face the garden in this coldest of cold times. Most things lie dormant. That in itself is no extraordinary thing, and part of God's remarkable plan. So much is being achieved in the plants resting phase. God encourages us to rest. A garden needs to rest for it to produce good fruit. And so, too, do we.

*Dear God, thank you for the seasons, thank you for the seasons of growth and seasons of rest. Thank you that you know what's best for me. Help me to grow patience as I trust in you. Amen.*

### Week 1:

Possible jobs this week: - clearing borders, raking up leaves.  
Topping up bird baths.

Pruning red currant bushes, cutting back side shoots to a single bud.

Take chrysanthemum cuttings.

### Week 2:

Spreading a layer of compost around your shrubs and along the base of hedges.

Dead head winter flowering pansies to prevent them going to seed.

Raking up leaves before spring flowering bulbs begin to show.

Clean the greenhouse or shed.

### Week 3:

Tidying away the dead foliage from your perennials.

Turning over the soil in your vegetable plots and adding organic material such as well rotted manure.

Moving potted plants into sheltered spots.

Feeding blackcurrants.

### Week 4:

Planting bare-root roses

Treating your wooden fences or sheds to a new coat of wood preserver.

Repairing damaged fences.

Making first greenhouse sowings

## JANUARY DIARY

Thurs 2 <sup>nd</sup> January	St. Wilfrid's	No Healing
Saturday 4 <sup>th</sup> January	Old Barn –Knit & Natter Crafts	10.00am – 12noon
Sunday 5 <sup>th</sup> January	St. Wilfrid's 9.00am	Holy Communion/white
“ “ “	St. Michael's 10.30am	Holy Communion
Monday 6 <sup>th</sup> January	Old Barn	No Book Club this week
Sunday 12 <sup>th</sup> January	St. Wilfrid's 9.00am	Holy Communion
“ “ “	St. Michael's	No Service
Monday 13 <sup>th</sup> January	Old Barn 7.30pm	The Book Club
Tuesday 14 <sup>th</sup> January	Old Barn 7.00pm	Christianity Explored
Thursday 16 <sup>th</sup> January	Old Barn 7.00pm	Christianity Explored
Sunday 19 <sup>th</sup> January	St. Wilfrid's 9.00am	Holy Communion/ Green
“ “ “	St. Michael's 10.30am	H.C By Extension
Monday 20 <sup>th</sup> January	Old Barn 7.30pm	The Book Club
Tuesday 21 <sup>st</sup> January	Old Barn	Dining Club 5.30pm
Sunday 26 <sup>th</sup> January	St. Wilfrid's 9.00am	Family Service/Green
“ “ “	St. Michael's	No Service
Monday 27 <sup>th</sup> January	Old Barn 7.30pm	The Book Club

## CHURCH FLOWERS

Thank you to all who kindly donate towards our Church Flowers throughout the year, for our Altar or the Candle Table.

There is a Flower List in the porch at St. Wilfrid's if anyone wishes to put flowers in the Church on any particular date.

Please add your name should you wish to have flowers put in Church in memory of a loved one or in celebration of a special occasion.

Many thanks Maureen x

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In the Bible, God calls us to work and pray for peace. But he also warns us that conflicts and wars will always be part of human society until Jesus comes at the end of history to set up His Kingdom of peace and justice. In that day all evil will be eliminated and perfect peace will reign upon the earth. Until that day, however, the world will always be subject to wars and conflicts. Ask God to give you peace and pray others will know it too.

## SOAK UP THE BEAUTY:

We will all come into contact with pain, loss or suffering at some point in our lives. At such times it takes effort and true desire to be joyful.

Repeated exposure to a positive stimulus is a cognitive behavioral therapy strategy to help us remember to think positively. If each day we do something that supports the fact that there is natural beauty in the world, we are more likely to look for that loveliness around us and feel more positive inside. Start and end each day soaking up the beauty in the world that surrounds you.

- 1) Listen for the sound of birds chirping as you walk about outside.
- 2) Take in the lovely smells emitting from the flower beds or bushes you pass.
- 3) Occasionally look up at the magnificent sky and watch the beautiful cloud formations.
- 4) Towards the end of the day, step outside and catch the sunset..

Try this three times a week for one month until it becomes more clear that living joyfully as possible – even in the face of difficulty. Gradually you'll be able to recover, rebuild and find more joy in the world.

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When you were young and first started speaking, did you talk to your parents in long sentences and for great lengths of time?

I doubt it, and they weren't disappointed in you; they were delighted by your first attempts to speak.

In the same way, when we truly understand that God is our loving heavenly Father and we are His children, then we won't worry so much about disappointing Him by our prayers. Don't worry about your lack of eloquence; no matter how simple they are, God delights in our prayers when they truly express the feelings and desires of our heart.

*Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men! (Psalm 107:8)*

H	G	N	H	L	Y	N	A	H	P	I	P	E	H	P
E	D	N	N	J	E	E	M	H	J	P	O	I	G	I
R	A	T	C	M	N	M	N	J	H	K	J	U	F	H
O	O	E	J	R	R	B	M	G	T	J	D	Y	P	S
D	A	Y	D	W	U	E	M	E	E	U	S	T	U	R
H	F	W	E	U	O	S	Y	E	E	A	F	R	T	O
G	F	S	I	Q	J	I	R	R	T	U	S	S	E	W
F	L	T	I	S	A	W	R	T	U	C	X	T	L	K
K	V	A	I	A	S	J	H	N	M	C	B	A	Q	K
J	M	B	E	T	H	L	E	H	E	M	N	R	T	Q
D	X	L	E	S	N	E	C	N	I	K	N	A	R	F
L	Z	E	B	I	P	A	D	D	F	S	J	D	E	Q
O	C	J	V	K	O	M	M	A	E	R	D	A	A	F
G	C	K	L	J	I	E	R	D	L	L	K	E	S	B
N	C	D	J	L	U	L	R	A	D	P	H	E	U	C
B	Y	A	M	P	U	H	H	L	K	O	I	R	R	Z
T	E	E	M	G	J	M	B	Z	T	Y	P	H	E	Y
U	Y	J	A	E	H	J	R	E	P	O	R	T	S	R
Y	T	E	G	F	L	S	D	H	P	O	I	G	H	M
O	P	K	I	N	G	O	F	T	H	E	J	E	W	S

## Epiphany Word Search

*See if you can find these words in the grid above:*

Epiphany	Herod	Star	
Myrrh	Gold	Frankincense	
Bethlehem	Wise	Report	East
Men	Three	Camel	Magi
Worship	Stable	Journey	
Treasures	King of the Jews		
Judea	Dream		

## Hiring the Old Barn



The Old Barn is a traditional building, refurbished to a high standard and is available to hire at competitive rates.

It is ideal for Corporate events including conferences, meetings and team-building days or as a party venue for up to 40 guests.

### **FACILITIES**

Parking area, Fully-fitted Kitchen, Lounge with tables and seating for 40, Toilet with baby changing and wheelchair access.

There are 5 steps to the lounge and kitchen.

We are always happy to arrange visits to the Barn to view the facilities and to discuss your requirements.

Please contact Denise: 01676 541916 for more information.

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A thief in Paris planned to steal some paintings from the Louvre. After careful planning, he stole the paintings, got past security, and made it safely to his van. When captured 2 blocks away he said, 'Monsieur, the reason I stole the paintings. I had no Monet to buy Degas to make the Van Gogh'.

Days	Venue	Contact No.'s
<b>Monday Group</b>	<b>Old Barn 7:30/Dave</b>	<b>02476. 346757</b>
Thursday Group	Old Barn 7:15/John	02476. 394802

### JANUARY 2020

Date	St. Wilfrid's	St. Michael's
Date	Service	Info
05.01.20	Holy Communion 9.00am	Holy Communion 10.30am
12.01.20	Holy communion 9.00am	No Service
19.01.20	Holy Communion 9.00am	Holy Communion by Ext: 10.30am *
26.01.20	Family Service 9.00am	No Service

Testimonies, stories Or memories from years ago – we would love to hear from you. Please contact Maureen or John on 02476.394802 or end us an e-mail on [strowgerhouse@btinternet.com](mailto:strowgerhouse@btinternet.com) Many thanks.

[www.arleycofechurches.org.uk/](http://www.arleycofechurches.org.uk/)