



Parish Magazine—November 2023

50p

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Café opening times: Wed, Thurs and Friday– times as advertised.

Parish Website. www.whitehavenparish.org.uk

From the Rectory

Dear Parishioners,

On Thursday 12th October at our 9.30am Communion service at St Nicholas, we celebrated the feast day of Blessed Carlo Acutis. He was born in 1991 and died aged 15 of leukaemia. He was a remarkable boy, very advanced at all stages of development. Though his parents were Catholics, they didn't attend church, but from the age of four Carlo liked to visit churches and once he had made his first communion aged seven he went to Mass and prayed the rosary every day. He also helped taking food and blankets to those in need and encouraged his friend to help too. He was a computer whizz and catalogued all the sites of Eucharistic miracles on a website and visited a lot of these places.

He seemed to walk very closely with God, people told his parents he was very special, and God must have a particular plan for him. When Carlo was asked what he wanted to be when he grew up, he would answer, "Who knows, to be close to Jesus is my life plan". It was almost as if he knew his life wasn't going to be long. When he died a week after his diagnosis his parents had their only child laid to rest in the church of St Mary Major in Assisi. On the fourth anniversary of Carlo's death, his Mother aged 44 gave birth to twins.

There is a very good short video about the young Carlo's life on YouTube – Saints in Seven, The Life of the Blessed Carlo Acutis.

It was Carlo Acutis who brought his mother back to the church, through his interest, devotion and enthusiasm. Children have a great capacity for enthusiasm, and this was evident at the St James Infant and Junior School Harvest service, which was held in church last month. They sang their songs with gusto, and read their prayers and readings well. The church was full of their friends and parents, their children having brought them to our church.

A number of us have been discussing ways in which we can harness children's natural inquisitiveness and enthusiasm, and encourage more engagement with church. It is hoped that a Pram Service for pre-school children will start this month, and other activities for older children in the new year.

Children are not only the future of the church, but they also have much to offer the church today.

With love and prayers from,

Alison

Priest-in-Charge



SERVICES FOR NOVEMBER 2023

Thursday 2nd November – 09:30am St. Nicholas

Sunday 5th November – 10:00am St. James'

Parish Eucharist – All Saints

Sunday 5th November – 4:00pm St. James'

All Souls Service

Thursday 9th November – 09:30am St. Nicholas

Sunday 12th November – 10:00am St. James'

Remembrance Sunday – Morning Worship

Thursday 16th November – 09:30am St. Nicholas

Sunday 19th November – 10:00am St. James'

Parish Eucharist – 2nd Before Advent

Sunday 19th November – 4:00pm St. James'

Evening Prayer

Thursday 23rd November – 09:30am St. Nicholas

Sunday 26th November – 10:00am St. James'

Parish Eucharist – Christ the King



High Days and Holy Days for November

All Saints' Day – the feast day of all the redeemed

All Saints, or All Hallows, is the feast of all the redeemed, known and unknown, who are now in heaven. When the English Reformation took place, the number of saints in the calendar was drastically reduced, with the result that All Saints' Day stood out with a prominence that it had never had before.

This feast day first began in the East, perhaps as early as the 5th century, as commemorating 'the martyrs of the whole world'. A Northern English 9th century calendar named All Hallows as a principal feast, and such it has remained. Down the centuries devotional writers have seen in it the fulfilment of Pentecost and indeed of Christ's redemptive sacrifice and resurrection.

All Souls' Day – a time of reckoning with the past

The early Church was slow to dedicate a liturgical day to offering prayers and masses to commemorate the faithful departed. But in time prayers were offered on behalf of dead monks, that they might attain 'the Beatific Vision' through purification, which the Church later described as Purgatory. Odilo, the powerful abbot of Cluny, (d 1049) decreed that All Souls' Day should follow the feast of All Saints' Day.

At least four ancient English dedications are known, the most famous of which are All Souls College, Oxford and the church in Langham Place. When the Reformation came, the Protestants disregarded the idea of Purgatory, and this feast day remained.

Remembrance Sunday

In late 1914, WW1 erupted across Northern France and Flanders. Great swathes of previously green fields and forests were blasted and bombed, leaving them bleak and barren, with seemingly every living thing destroyed.

But then in the Spring of 1915, something beautiful began to come out of all the destruction. Tens of thousands of bright red Flanders poppies began to put out tentative shoots across the endless vistas of mud. These resilient little flowers had actually flourished in the middle of so much chaos and destruction, because their seeds grow when exposed to sunlight, through disturbances to soil.

We all know that these endless fields of cheerful poppies, growing in the midst of such misery and destruction, were what inspired the Canadian doctor, Lieutenant Colonel John McCrae, to write the now famous poem 'In Flanders Fields'.

And it was McCrae's poem which inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She got it adopted as an official symbol of Remembrance across the United States, and worked with others who were trying to do the same in Canada, Australia, and the UK.

A French woman, Anna Guérin who was in the UK in 1921, caught the same vision, and planned to sell the poppies in London. There she met Earl Haig, the founder of the Royal British Legion, who was persuaded to adopt the poppy as its emblem in the UK.

The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year. Ever since then, the red poppy has been a symbol of **Remembrance, of support for the Armed Forces community, and also of hope for a peaceful future.**

Christ the King

The last Sunday in November is the last Sunday of the church year, and in some ways the most important. Why? Because everything else in the Christian year looks BACK on what happened 2000 years ago. The Sunday of Christ the King looks FORWARD to what we can expect next.... the return one day of Jesus Christ to this earth, as King of Kings.

Does the idea of Jesus of Nazareth literally returning to earth seem a bit quaint to accept, in our computerised world of e-mails and the internet? Well, that is what the Bible says will happen – *it is promised more than 250 times!*

When Christ one day returns, the whole world will finally witness this spectacle (Revelation 1:7). His return will mark the end of history, as we know it. It will re-unite the Lord with His Church on earth.

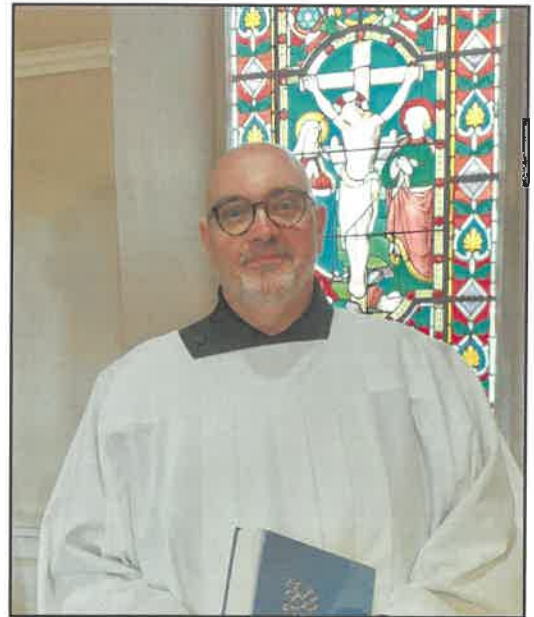
Jesus' return to us will bring about the new heaven and the new earth. Pain, death, persecution, privation and sorrow will all be banished. The entire edifice of evil that has raised itself against the rule of God will be dismantled in a moment.

In the meantime, where is Jesus now? The Bible writers tell us that Jesus has returned to the place of privilege and power, and is 'seated at the right hand' of the Father (Ephesians 1:20-21; Colossians 3:1; Hebrews 1:3), and is waiting for the Father's timing for Him to return to earth in glory (Mark 13:26-27,32), to raise the dead (1 Thessalonians 4:13-18), and give them their resurrection bodies (1 Corinthians 15:35-44).



AN ORDINAND'S JOURNEY

This month is a time of remembering and also of looking forward in the church. We mark the feasts of All Saints and All Souls and this is a poignant moment for many of us as we reflect, pray and give thanks for those we have loved and that are no longer with us. We also have Remembrance Sunday when we think about those who have given their own lives in the wars and armed conflicts around the world. Many of us will have either served or have family members who have served in the armed forces so this day is particularly special in our national life. The other big event of November for us is of course the feast of Christ the King when instead of looking backwards we look forward to the coming of our Lord as the King of Kings.



This year is very much one of looking backwards and forwards for us as Ordinands in our final year of college. We look back and see how far we have come, how our theology and ideas about faith have developed over the past few years and we now look forward to living out that faith in the parishes where we will serve as curates in the next stage of our formation.

This term our tutors were keen that a tone of prayerfulness was set from the get go and on my recent residential weekend we focused on prayerful silence rather than our usual stack of lectures. I found this time hugely refreshing as often in the busyness of ministry time to be still and silent can get pushed to one side.

Many of the younger ordinands struggled with being silent as they have grown up in a world where being constantly surrounded by noise is the norm. Those of us of more mature years may have found this exercise far easier I suspect, but all of us found it useful and welcome.

This term we are studying the sacraments of Baptism and the Eucharist which form a central part of our Christian identity and this deeper understanding of these important markers of our faith will certainly be useful in the years ahead as I too baptise and preside at the Lord's table. It is no small responsibility and it is certainly one that none of us takes lightly. Please continue to pray for all those called to serve, that they are faithful shepherds of Christ's own flock.

Dave Flitcroft

A Prayer for November

Father God,

November is not many people's favourite month, unless there is a birthday or a delight in bonfires. Short days, sometimes dismal weather can lower our mood. The days of springtime optimism and summer sunshine seem a long way away, whether we look back or forward.

Help us Lord, whatever the month, whatever our circumstances, whatever our mood, to know the reality of Your presence and peace; to treasure each new day and know it is transformed by You into the most precious and beautiful gift. Help us not to waste a single one of them, Lord. Thank You so much for November days.

In Jesus' name, Amen.



The
Tale of the
**TWO
BUILDERS**



JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS



**ONE WAS ABOUT TWO MEN WHO
BUILT THEIR OWN HOUSES**



THE FIRST BUILDER SEARCHED HIGH
AND LOW FOR A GOOD SOLID ROCK ON
WHICH TO BUILD HIS HIS HOME.

AT LONG, LONG LAST HE
FOUND THE IDEAL SPOT.



SO HE BEGAN TO BUILD.

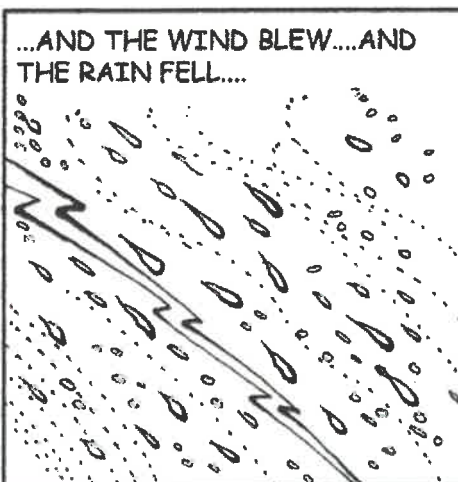


THE OTHER BUILDER
DIDN'T CARE WHERE HE
BUILT HIS HOUSE

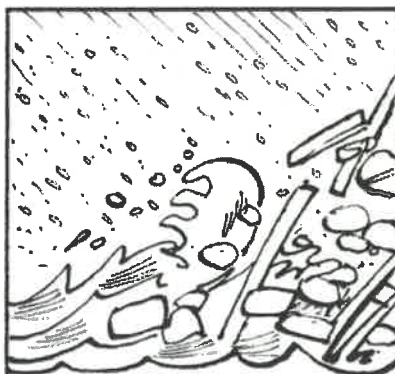
HE THOUGHT SOME NICE FLAT SAND
WOULD BE AN EASY PLACE TO BUILD.



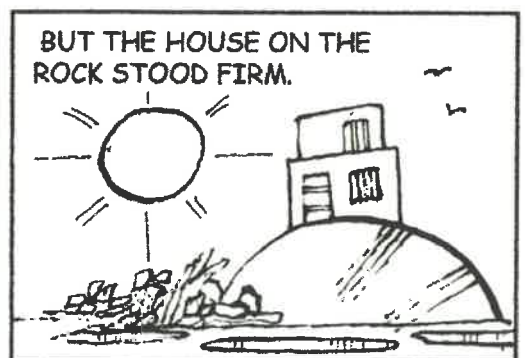
BUT ONE DAY THE
STORM CAME....



...AND THE WIND BLEW....AND
THE RAIN FELL....



...AND THE HOUSE ON
THE SAND COLLAPSED!



BUT THE HOUSE ON THE
ROCK STOOD FIRM.

JESUS EXPLAINED -
'IT'S IMPORTANT OUR LIVES HAVE
A FIRM FOUNDATION.'

ALL IN THE MONTH OF NOVEMBER

100 years ago: on 8th Nov 1923 that Christian Barnard, South African cardiac surgeon was born. He carried out the first successful human heart transplant in 1967. (Died 2001.)

Also 100 years ago, on 11th Nov 1923 that the eternal flame at the Tomb of the Unknown Soldier under the Arc de Triomphe in Paris was lit. It was the first modern-day eternal flame in Europe.

80 years ago, from 28th Nov to 1st Dec 1943 that the Tehran Conference in Iran was held. US President Franklin D Roosevelt, British Prime minister Winston Churchill and Soviet Leader Joseph Stalin met to discuss plans for a second front against Nazi Germany. This led to the D-Day assault on Normandy and the Allied invasion of occupied Europe, starting in June 1944.

75 years ago, on 4th Nov 1948 that American-born British poet and playwright T S Eliot won the 1948 Nobel Prize in Literature.

Also 75 years ago, on 14th Nov 1948 that Charles, King of England, was born.

60 years ago, on 22nd Nov 1963 that US President John F Kennedy was assassinated in Dallas by suspected gunman Lee Harvey Oswald.

Also 60 years ago, on 22nd Nov 1963 that CS Lewis, Irish-born British novelist, literary critic and academic, died. Best known for this book on Christian apologetics, and the Chronicles of Narnia.

Also 60 years ago, on 23rd Nov 1963 that the first episode of the science fiction television series Doctor Who was broadcast in the UK. It is the longest-running and most successful science fiction TV series in the world.

50 years ago, on 13th Nov 1973 that Britain declared a state of emergency as a strike by coal miners caused supplies to dwindle. A 3-Day Week was introduced to conserve supplies.

40 years ago, on 14th Nov 1983 that British Defence Secretary Michael Heseltine announced that the first American Cruise missiles had arrived at Greenham Common air-base.

30 years ago, on 1st Nov 1993 that the Maastricht Treaty came into effect, establishing the European Union. (EU).

20 years ago, on 22nd Nov 2003 that England won the Rugby World Cup for the first time.

To All who are over 80.

Today Dear Lord I am 80 and there's much I haven't done
I hope Dear Lord you'll let me live until I'm 81
But if I haven't finished all I have to do, would you let me stay a while ***** until
I'm 82
So many lands to visit, so very much to see.
Do you think you could manage to make it 83
The world is changing very fast, there's so much more in store
I'd like it very much to live until I'm 84
And if by then I'm still alive, I'd like to stay til 85
But better still if you can fix a flight for me at 86
I know Dear Lord it's much to ask (and it must be nice in heaven)
But I would really like to stay until I'm 87
I know by then I won't move fast and sometimes will be late.
But it would be so pleasant to be around at 88
I will have seen so many things and had a lovely time
So I'm sure that I'd be willing to leave at 89.

From Doris Rumney



I would like to say a massive thank you to all the members of St James Mothers Union for the gifts I received on my 40 year membership.

The memory book was a lovely gesture and it brought back lots of precious memories for me, also the voucher and flowers are very much appreciated.

Your kind thoughts and prayers mean a great deal to me while I am recovering from a couple of spells in hospital.

Take care and I hope to be back with you all soon.

God Bless

Pam



ALL SOULS SERVICE

We fondly remember our dearly departed.



Light a candle. Join us in prayer

Sunday 5th November

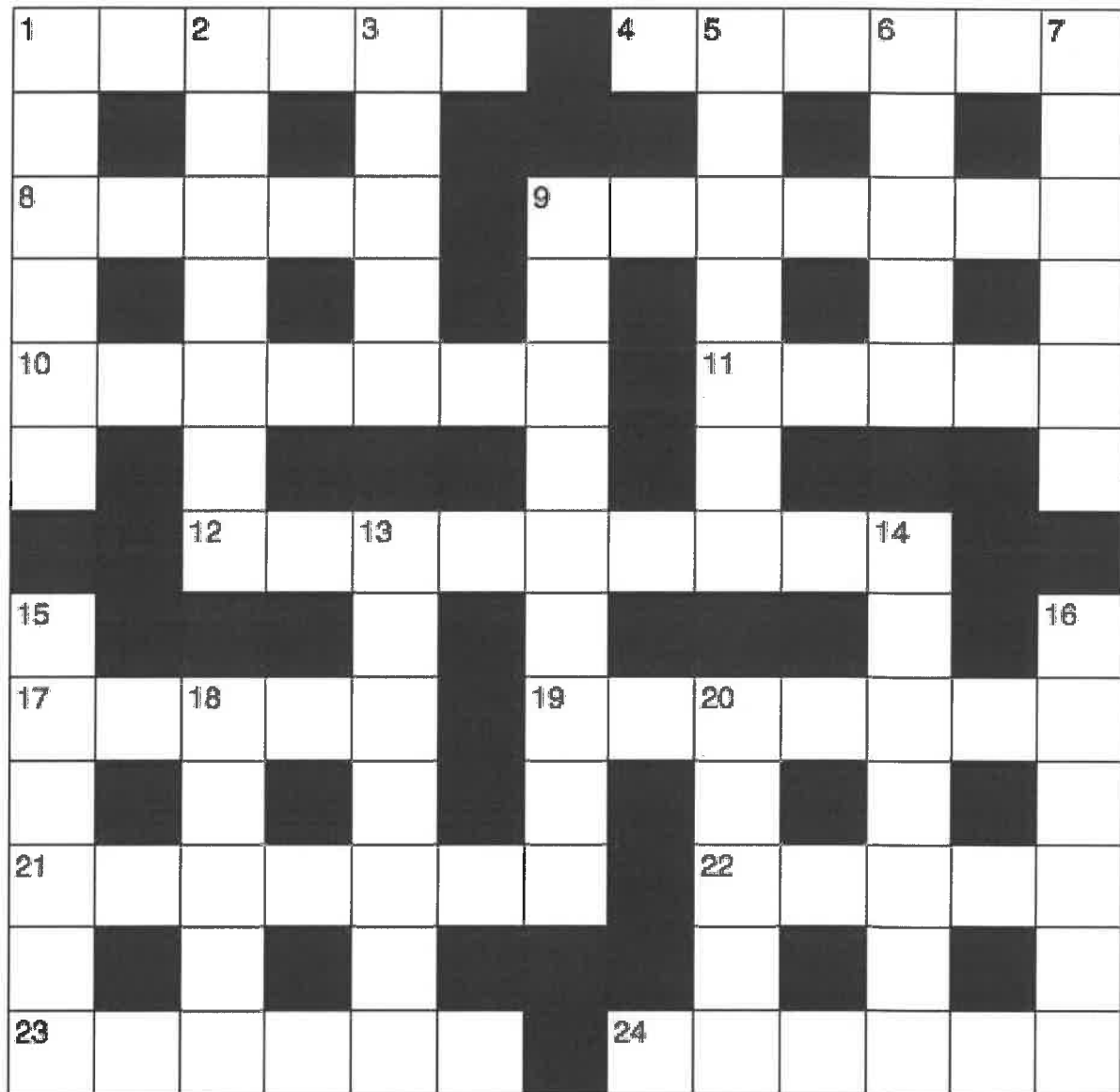
4pm

St. James' Church

If you have a name of a departed loved one you would like read out the during service, then please put their name on the paper provided at St Nicholas' or St James.

All names must be submitted by 2nd November

Time for a cuppa and a puzzle
(crossword answers in the back of the mag)



Crossword Clues for November 2023 (Answers in the back of the mag)

Across

- 1 'The Lord Jesus... took bread, and when he had given — , he broke it' (1 Corinthians 11:24) (6)
- 4 'He has taken me to the banquet hall, and his — over me is love' (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)
- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses' basket (Exodus 2:3) (7)
- 22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)
- 23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)
- 2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

**MOTHERS' UNION MEETING ST
NICHOLAS CHAPEL
10th October 2023**

Sheila gave a warm welcome to Reverend Alison and to our speaker David Flitcroft.

Thank you: Sheila read out a card from Pam Dixon thanking us for the gift voucher and the book of memories which she has thoroughly enjoyed. Sheila went on to thank Jan and Mac for the book, Sheila Ratcliffe for the idea, and Ripley helping with the archives.



After a reading and singing of the hymn Make Me A Channel of Your Peace, we handed over to our speaker Dave Flitcroft. Dave, as well as being our Ordinand, is a Member of the Order of St. Francis, so he spoke to us about him. St. Francis was the son of a wealthy cloth merchant, had the best of a good life, well educated – a playboy of his day, he hated among other things lepers. He wanted to be a knight and win glory in battle, he finally had his wish but it didn't have a good ending. He saw many of his friends slaughtered and he himself was taken hostage. When he finally came home he was a changed man, he even embraced a leper and that was when he had a vision of Christ. He cast off his wealth, he lived a life of service and prayer and owned nothing. He eventually obtained permission from the Pope to found a new order The Franciscans, his friend from childhood, Clare, founded a similar order for women The Poor Clares. There is a third order enabling a Franciscan Way of Living while living an ordinary life.

This was a brilliant talk which we all enjoyed

Our next meeting is 14th November in St. Nicholas 2pm see following page.

Jan Whinn

BRASS CLEANERS FOR NOVEMBER

Once again the Three Musketeers have come to the rescue
Maureen Moore, Susan Kitchen and Val Hinde



For the last few years at our November Meetings we have joined the 'Mothers' Union Global 16 Days of Activism' against domestic abuse with their campaign 'No More 1 in 3'. We do this to raise awareness that 1 in 3 women worldwide will experience domestic abuse in their lifetime. This year there is a new campaign.

Respond Inform Support Empower Unite Pray

**108 Women were victims of domestic homicide
during 2022 in the UK**

We are very pleased to have three members from 'WOW' (Way Out West), the group that helps women who are experiencing Domestic Violence, to talk to us and tell us how we can help.

**This will be an Open Meeting
Everyone is most welcome
Tuesday 14th November
St. Nicholas Chapel 2pm**

WILD AT HEART – Number 6

The study of wild flowers is one fascinating aspect of wild life which can last a lifetime, not least, of course, where rare plants are concerned. One such rarity is Purple Broomrape, (*Orobanche purpurea* Jacq..)

This is a parasitic plant, growing on the roots of Yarrow (*Achillea millifolium*) which grows in grassy pastures near the sea. This is a rare plant of Southern Britain and the Channel Isles and is found more commonly on the continent and West Central Asia.

It has also been found at one site in Cumbria, near Maryport the reason for which is a mystery. I visited this local site myself some years ago, and very shortly after arrival found a specimen and duly obtained the accompanying picture. I then systematically searched the whole site, yard by yard, in the hope of finding a better specimen, but failed to find another single example. Thus, at least at that time, this could well have been the only example in the whole of the county, and indeed the whole of the north of Britain! Rare indeed!

Alan Gane.





LAUGHTER LINES!!!!



The Husband was meeting his wife coming out of church, as was usual every Sunday. As he was holding the door for his wife the Vicar said to the Husband " I never see you in Church" to which the Husband replied " No they are a lot of hypocrites who go to Church" The Vicar replied " You should come, one more won't make any difference.

Submitted by George Rumney

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?"

"No," replied Johnny. "How could he, with just two worms?"

A small boy was fascinated by the red Sanctuary lamp during a rather long sermon. Finally, he whispered: 'Mum, when the light changes to green, can we go?'

A man had the courage – but not always the skills – to tackle any home-repair project. For example, his garage was littered with the pieces of a lawn mower he had tried to fix. One day his wife found him in the living room, attacking the vacuum cleaner with a screw-driver. "I can't get this thing to cooperate!" he exclaimed.

His wife replied, "Why don't you just drag it out to the garage and show it what happened to the lawn mower?"



Little known collection of nouns

A wriggle of worms

An engine of merlins

A navy of wrens

A mint of foxes

A fly of Kites

A Kite of flies

A sum of adders

A prickle of hedgehogs

A young of elders

A trap of mice

A gumshoe of creepers

A tray of ashes

A ball of moths

A bank of coots

A me of Ewes

A cockney of sparrows

A bolt of nuts

A dive of cormorants

A hill of moles

A thief of robins

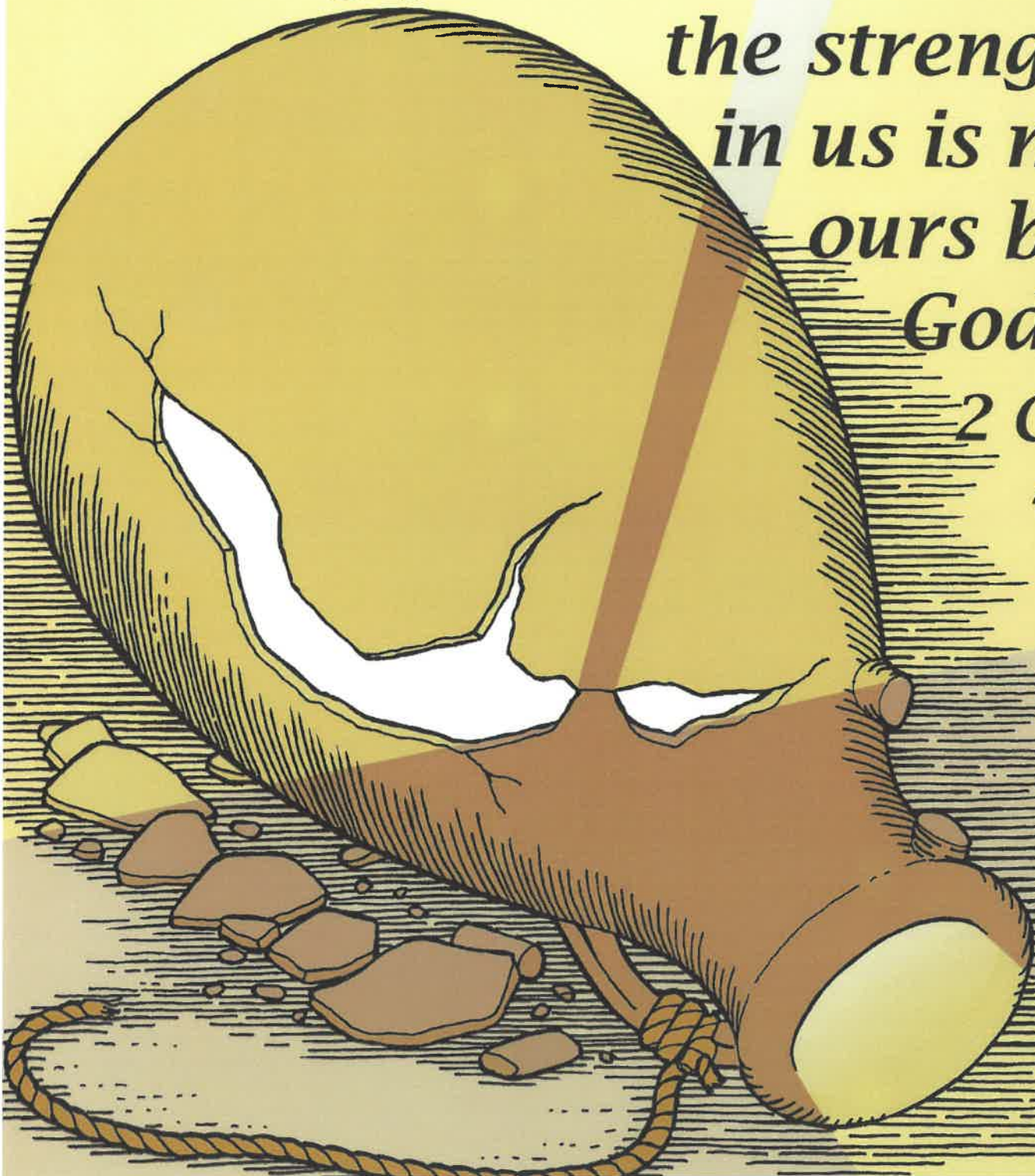
Submitted by Alan Gane



November
2023

*We are like fragile clay jars
holding priceless treasure -
the strength
in us is not
ours but
God's.*

*2 Cor
4:7*



For the first time in 28 years, there is a new kind of poppy for Remembrance Sunday this year: it is plastic free.

Director of the Poppy Appeal, Andy Taylor-Whyte explains: "We are very proud to introduce the plastic-free poppy. It will not only enable people to support our Armed Forces community but also continues the RBL's commitment to sustainability."

The new poppy has been three years in the development and making. The aim was to reduce the use of single-use plastic and to "be economical, sustainable, and less impactful to the environment."

The new poppy design has a 40% smaller carbon footprint, and it made from "bespoke red and green paper." The paper comes from a blend of renewable fibres, 50 per cent of which has been recovered from the waste used in the production of coffee cups.

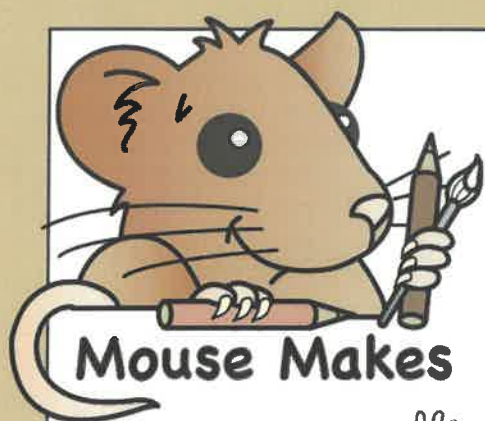
The plastic-free poppy will be available alongside remaining stocks of the current poppy, to reduce any waste of poppies already produced. Poppies containing single-use plastic can be returned to Sainsbury's stores for recycling.

A Prayer for Remembrance

**Ever-living God,
We remember those whom you have
gathered from the storm of war
into the peace of your presence;
may that same peace calm our fears,
bring justice to all peoples
and establish harmony among the nations,
through Jesus Christ our Lord.
Amen.**

 THE CHURCH
OF ENGLAND





"Do not be anxious about anything,
but in every situation, by
_____ and _____

with thanksgiving, present your
_____ to God."

Philippians 4:6-7 NIV

"The _____

is _____

to all who _____

on him in _____"

Psalms 145:18

"For where two or three _____

in my name, there
I am with them."

Matthew 18:20

SAY SORRY

PRAY FOR OTHERS

PRAY FOR YOURSELF

THANK GOD

FOR MY FAMILY

PRAY FOR FRIENDS

PRAY FOR THE NEEDY

PRAY FOR THE SICK

PRAISE GOD

PRAY FOR THE CHURCH

NIV



Look up the
Bible verses,
fill in the
blanks then
find them in the
word search

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

Find these
words too:

APPROACH
MEDITATE
HEAR • LISTEN
BLESS • PRAISE
FORGIVE • NAME
CRY OUT • AMEN

" _____
aways, _____
continually, _____

in all circumstances."

1 Thessalonians 5:16-18

"Therefore, _____

your sins to one another and _____

for one another,

that you may be healed."

James 5:16

" _____

yourselves
to prayer, being
watchful and
thankful."

Colossians 4:2

Bible Bite

A short story from the Bible

It can be read in the Bible in
Genesis chapters 41:46 - 45:28

Joseph: sold by his brothers, taken to Egypt,
now in charge of the stored food as famine
spreads through Egypt, and beyond...

Joseph's father sent 10 of Joseph's
brothers to Egypt to buy food.

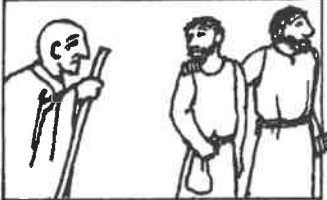


Joseph saw they did not recognise him.
He wanted to see his little brother Benjamin.

To prove you are
not spies, you must
bring your other
brother to me...



They needed more
food so they had
to take Benjamin
to Egypt.



Joseph gave them food...



but to test them he
had his cup put in Benjamin's sack.

Then as they
went home...



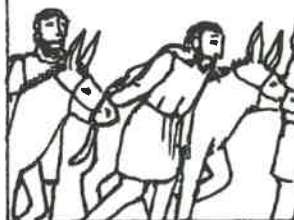
Stop!

You have stolen my
master's special cup.

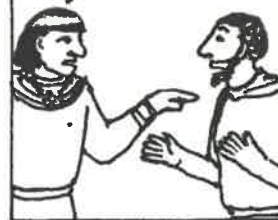


It was
in Benjamin's sack.

The servant
took them back
to Joseph.



You are a thief and
must stay as a
slave.



But Judah said

It would break our
father's heart. Let
me take his place.



Joseph saw that his brothers had
changed.



I am your brother Joseph. You
sold me but God sent me to Egypt.

I can look after you.
Come and live with me.



So all of Joseph's
family moved
to Egypt.



COMING UP!!!!....



TODDLER CHURCH

Tuesday 7th November 1:30 ~ 2:30
(every first Tuesday of the month)
St Nicholas Centre
For Pre School Children
Refreshments included



CHRISTMAS FAIR

Saturday 25th November
St Nicholas Centre
Times TBC

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Parish of Whitehaven

St Nicholas Centre

St James Community Centre

**Also don't forget our website
Whitehavenparish.org.uk**

**All entries for the December mag must be submitted to Donna at the Parish Office
by Nov 15th .
whitehavenparish@btinternet.com**

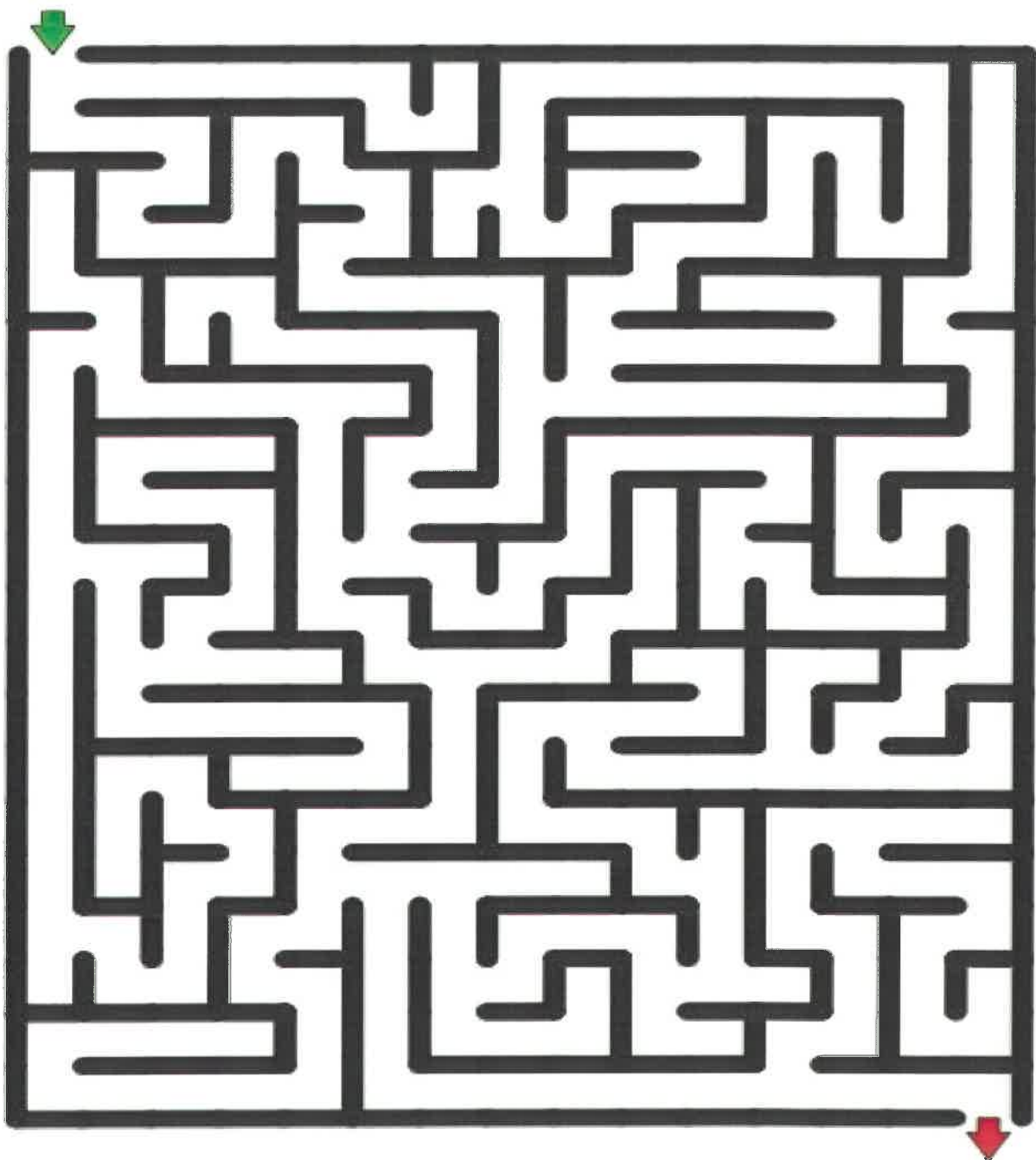
Answers for the crossword

Answers

ACROSS: 1, Thanks. 4, Banner. 8, Esher. 9, Azariah. 10, Compare. 11, Ishma. 12, Doorposts. 17, Oaths. 19, Galatia. 21, Papyrus. 22, Frail. 23, Listen. 24, Hyssop.

DOWN: 1, Trench. 2, Ashamed. 3, Karma. 5, Ananias. 6, Neigh. 7, Reheat. 9, Areopagus. 13, Observe. 14, Satraps. 15, Compel. 16, Gallop. 18, Tapes. 20, Lofty.

A little maze (to fill a page)



The Parish Pantry

Since the idea of the Parish Pantry was first launched it has been helping families in the community around St. James' Church that are struggling to make ends meet.

During the summer months there has been a significant increase in the number of people coming in to get food items to ease the burden on already stretched family finances caused by the current cost of living crisis that is affecting everyone, but especially low income families.

The purpose of the Parish Pantry is simple. To show love and offer practical support to the community we serve without judgement or partiality through the generous help of our church family donating tins of food, pasta, breakfast cereals, biscuits and other items.

We desperately need our stocks replenishing so if you have any items you can donate, please do bring them into church.



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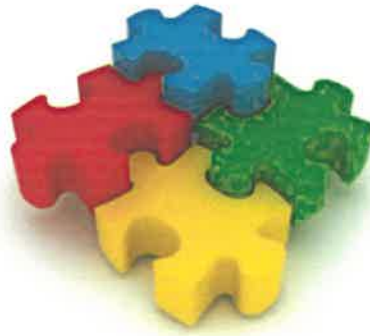
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If you wish to learn more about the Mothers' Union please contact
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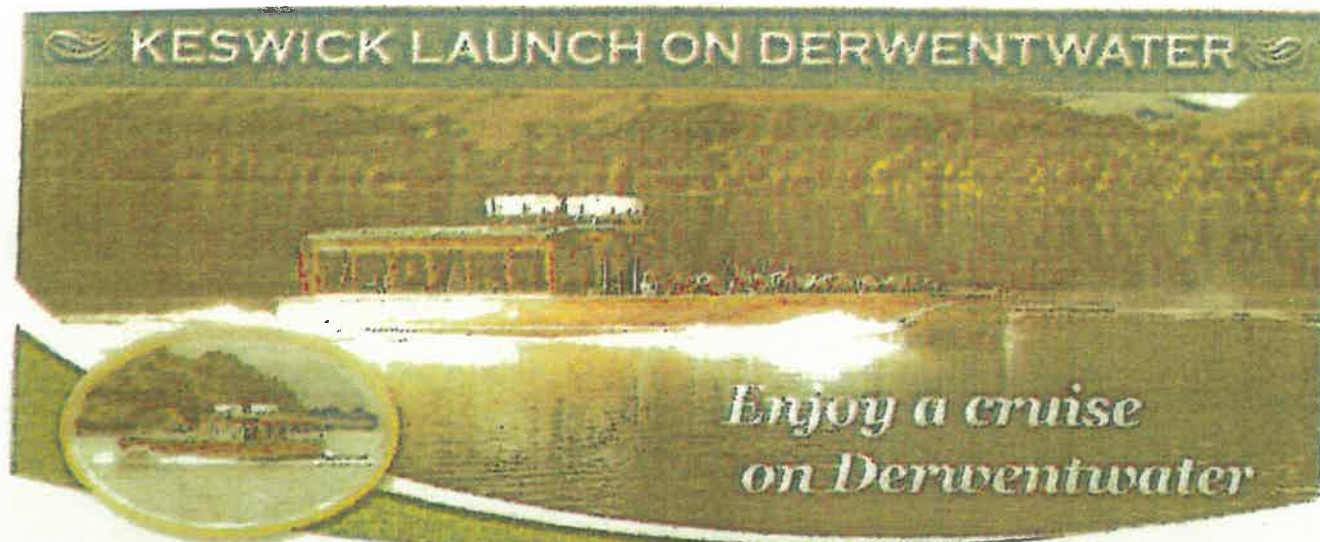
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The Mother and Baby Project is for young mothers and their baby who were victims of domestic abuse and have nowhere safe to stay. We also have Move On Flats for those transitioning towards independence.

If you are homeless or in an abusive environment please call us 01946 590590



The Senhouse Centre provides a range of holistic therapies such as yoga, reflexology, homeopathy, counselling and support groups. Room Hire is also available at the Senhouse Centre for more information about the services we provide please call 01946 590122



**For Information please find us at
www.wct-whitehaven.co.uk**

