

## St Mary's Church Eccleston /

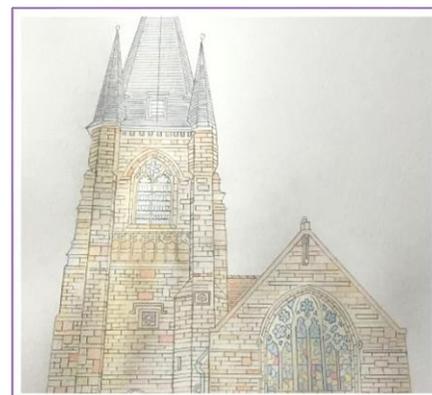
## St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

[Warden@ecclestonchurch.org](mailto:Warden@ecclestonchurch.org)

[PulfordChurchWarden@ecclestonchurch.org](mailto:PulfordChurchWarden@ecclestonchurch.org)



### Upcoming Services

- **15/05/2022 Sunday 10:30 at Pulford Church**  
Parish Communion.  
Rev. Robin Mosley.
- **22/05/2022 Sunday 10:30 at Eccleston Church**  
Choral Communion.  
Rev. Elizabeth Inall
- **29/05/2022 Sunday 10:30 at Pulford Church**  
Parish Communion.  
Rev. Fr. Andrew Malcom
- **5/06/2022 Sunday 9.45 at Pulford Church**  
Queens Platinum Jubilee Service led by  
Rev. Robin Mosley
- **5/06/2022 Sunday 11.15 at Eccleston Church**  
Queens Platinum Jubilee Service led by  
Rev. Canon Chris Samuels.

Dear Reader,

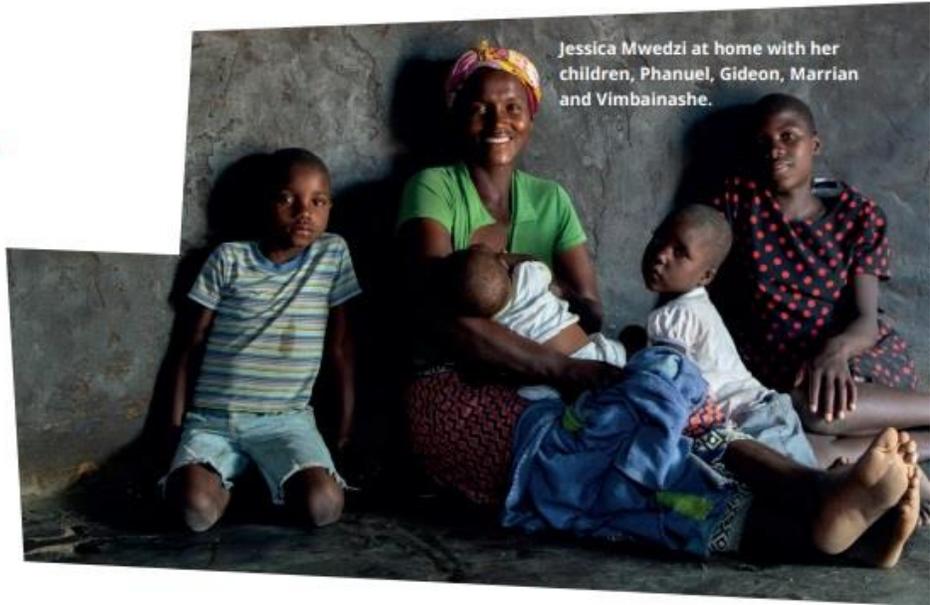
The parish newsletter is available to download from the church website as well as being emailed once a fortnight.

In this edition Rob Hughes provides another of his excellent homilies about Stillness, Jeanette Hughes provides a book recommendation and to conclude, some ancient meditations and thoughts written by some very learned theologians.

**Please note that in June, the service times are changing. Pulford Services will be at 9.45am, Eccleston Services at 11:15am. For up-to-date service information please see the church website [Services – St Mary's Church Eccleston and St Mary's Church Pulford \(ecclestonchurch.org\)](#)**

Kind Regards

Stephen Hutchinson



Jessica Mwedzi at home with her children, Phaniel, Gideon, Marrian and Vimbalnashe.

# Help Jessica turn hunger into hope

In Zimbabwe, drought starves her crops. 'It pains me to send my children to bed hungry.'

**With you by their side, women like Jessica can provide food – and hope – for their families.**

## Join us:

To support the work of Christian Aid, envelopes will be available in Eccleston and Pulford Churches from 8th May. Christian Aid supports many deprived areas in the world but this year's appeal features the widespread hunger in Zimbabwe caused by failure of crops due to lack of rainfall.

I do hope you will feel able to support this annual appeal. Envelopes can be returned and put on the offertory plate any time up to the end of May.

Many thanks, Margaret Walker



**Christian Aid Week 15-21 May**

**Every gift. Every action. Every prayer. Every one of us can change lives.**

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## Important News and Reminders

### Food Bank:

A reminder from Rachel Williams

#### Urgently Wanted

- Tinned Meats, Tomatoes, Desserts & Potatoes
- UHT Milk & Juice
- Custard
- Small Jars Instant Coffee
- Jams and Spreads
- Instant Mashed
- Cereal Bars
- Instant Pasta & Instant Noodles

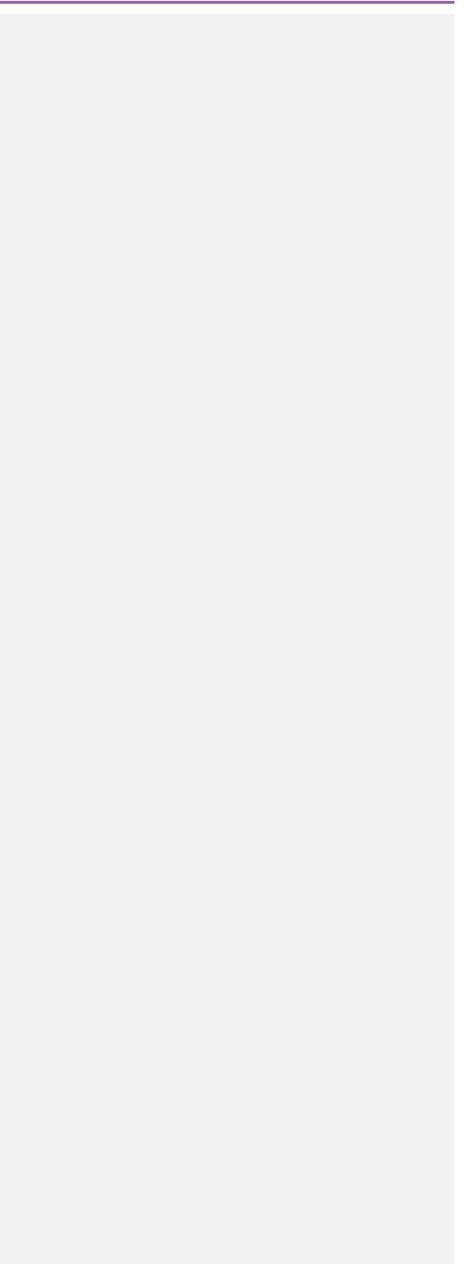
#### Wanted

- Tinned Meat, Fish, Vegetables, Potatoes, Tomatoes, Custard & Fruit
- Cuppa Soup
- Pot Noodles
- Instant Pasta & Pasta Sauce, Mashed Potato, Coffee & Custard
- Biscuits
- UHT Milk and Fruit Juice
- Breakfast Cereal

#### Plenty Of

- Pasta
- Baked Beans

The list changes from time to time. Both donation stations are emptied on the last service in the month and for those parents who receive the magazine we collect from school the last week of each half term.



## Rob Hughes Homily – Seizing the Day or Seizing the Moment?

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Throughout his ministry in the Parish, Roger introduced us all to two important phrases:

- By way of introducing church or Zoom worship, he would say: "Let's be still", something that Jeanette and I have perpetuated
- At the start of silent church, he would say - "let's be quiet and still, and wait on God".

In this first of a two-part blog, I would hope to provide a perspective on 'seizing the day', and being mindful (a more accurate translation from Buddhism would be 'more heart-full') in each moment.

This week, the subject is about the importance of "seizing the day" - as a necessary first step towards seizing the moment ("living in the present" - in the here-and-now), and is based on my earlier homily published in the Bulletin during a Covid lockdown period.

Life's so busy, maybe seizing the **day** seems hard enough - making seizing each moment unthinkable. But here's an everyday example of what I mean by "living in the now". Does it ring any bells?

**Scenario 1:** You know you will have to get into town early 'tomorrow morning', so:

- You start thinking about what time to leave the house when you're trying to get to sleep - worrying about what the traffic will be like.
- The journey usually takes twenty minutes, so you allow thirty, but 'what if...?'
- Fast forward to 'tomorrow' - you're just a mile from town, and there's the inevitable queue.
- You get irritable, worrying about being late, and angry with yourself that you didn't start off earlier.
- You become frustrated that there's nothing you can do, try anyway, and start to fume!
- Everyone else does the same, by which time the "idiot driving syndrome kicks in". Then you'll tell everyone about that for days and weeks to come!

**Scenario 2:** A week later:

- You have to get into town early again, so you leave twenty minutes sooner to compensate; you still worry the night before - 'what if - by the way...?'
- But the traffic is light, and you get frustrated because you needn't have worried, so you become irritated that you are now much too early, and worst of all you now have to (unnecessarily!) pay more for the car park - and you haven't brought enough change!!

The power of living life **as it is** (in the here and now), rather than as you hoped it should have been, or hoping it might turn out to be, may not be immediately obvious. But picture the scene again, a 'reality' option.

### Scenario 3, "next time":

- You leave at a realistic time (ten minutes to spare?) - but your sole purpose is no longer to "get there on time", but (for as long as it takes) to drive safely and calmly into town.
- Nothing can happen until you arrive, so by paying full attention to driving, dealing with circumstances as they emerge, you'll be travelling more safely, no longer distracted by worrying over things that you can neither predict, avoid nor control.
- You'll still arrive in the best possible time (relative to the unpredictable circumstances that have to be allowed to emerge), so when push comes to shove, that's the best anyone could ever hope to do, under any circumstances.

There's absolutely nothing we can do to change the past, nor to second-guess what will actually happen in a future that has yet to be revealed. Living in the present - seizing the moment - means accepting **what is**, here and now, and making informed decisions based on what is **real at that time**. So, if subsequently, you could have made a different/better(?) decision, that's with hindsight, so you can readily forgive yourself!!!!

**Living a less stressful life is entirely possible** - but can only happen when we commit to no longer dwelling on what has happened in the past, and trust our future to a loving and caring God... **"Do not worry about tomorrow, for tomorrow will worry about itself."** So, to a prayer for the "busy-minded":

**Loving Lord,  
help us to live one day at a time;  
enjoying each moment as it comes;  
accepting life as-it-is,  
not as we judge it should have been,  
nor what we might have it become.  
Help us to trust that You will make all things right when we surrender to Your Will.  
Help us to live and to savour each and every moment...**

**Amen.**

**In the next edition, I'll build upon this - seizing each moment, and the actual practice of stillness.**

## Book Review by Jeanette Howe. "A Journey with Jonah; The Spirituality of Bewilderment" by Paul Murray.



Figure 1- An illustration of Jonah being swallowed by the fish from the Kennicott Bible, folio 305r (1476), in the Bodleian Library, Oxford.

Have you read the story of Jonah from the Old Testament? It comprises of just 4 chapters, depicting an episode in Jonah's life, which may resonate with our own challenges, when we are called to believe in a God, who loves the whole of creation, even those we may call our enemies. The chapters illustrate a calling to save the lost, and the need to demonstrate God's mercy in line with God's plan, even if we do not feel like it!

I have been reading a book by Paul Murray called "A Journey with Jonah; The Spirituality of Bewilderment." A book that relates the story and reflects on the artists, poets and writers who have been inspired by the story of Jonah and points to "God's loving laughter over narrow-minded piety". The Bible story ends with a question, unanswered by Jonah, which takes the reader from being a spectator to becoming a participant: "Jonah 4:10-11 And the LORD said, "You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?"

## Reflections (Part 3) [from previous newsletter]

"God works in us while we rest in him"

**[Peter de Celles – 12<sup>th</sup> Century]**

"God is what we have not yet understood, the sign of a strange and unpredictable future"

**[Archbishop Rowan Williams]**

"Be patient towards all that is unsolved in your heart  
And try to love even the questions themselves"

**[Raine Maria Rilke – poet]**

"The function of the church is to embody the hope, the danger, the beauty, and the possibility held out by Jesus."

**[Sydney Carter – poet and musician]**

"It is better to be silent and real  
Than to talk and not be real"

**[St Ignatius of Antioch – 2<sup>nd</sup> century]**

"What is understanding? To find the one root beneath the branches"

**[Waldo Williams – Welsh poet]**

"The road winds uphill, but  
A wonder it will be to sit  
On the stone at last,  
One star to the west"

**[George Mackay Brown – Orkney poet]**

"When I creak at the last, protesting away,  
Let my eyes at last be blinded,  
Not by the dark but by the dazzle"

**[Norman Nicholson – Lakeland poet]**

"The Bible is always for us a book in translation;  
The most significant translation of our lives"

**[Archbishop Rowan Williams]**

