

St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

Warden@ecclestonchurch.org

PulfordChurchWarden@ecclestonchurch.org

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 delivers a homily entitled - 'Butterfly Minds', Jeanette Howe provides a Messy Church poster, John Richards gives news of a new 'church link', and finally we interview God.

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



Upcoming Services

- **10/07/2022 Sunday 11.15 at Eccleston Church**
Choral Communion [Joint Service]
Revd. Chris Samuels
- **17/07/2022 Sunday 9.45 at Pulford Church**
Parish Communion
- **17/07/2022 Sunday 11.15 at Eccleston Church**
Choral Communion
Revd. Maureen Pickering
- **24/07/2022 Sunday 11.15 at Eccleston Church**
Choral Communion [Joint Service]
- **31/07/2022 Sunday 11.15 at Eccleston Church**
Choral Communion [Joint Service]

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

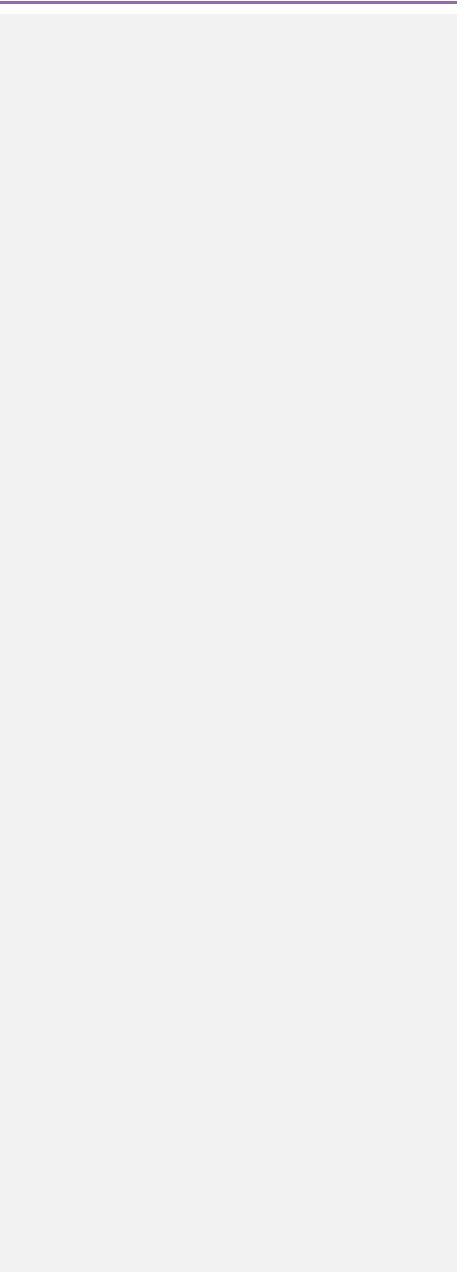
Wanted

- 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.



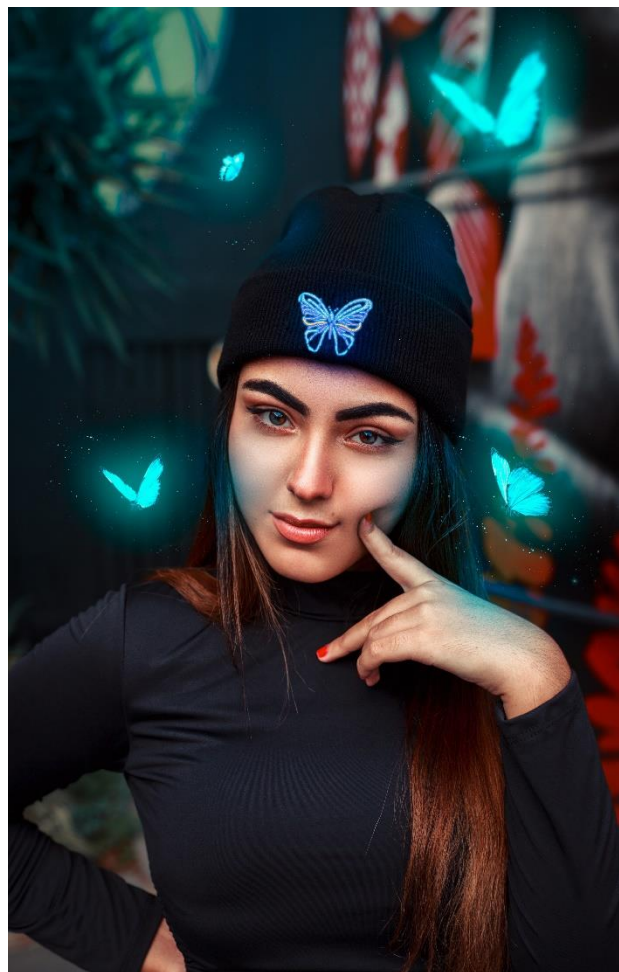
Rob Hughes Homily: "Butterfly Minds"

In a recent guided Christian meditation podcast, I heard this about 'getting in the groove' for stillness: "Rest your mind as you calm your breathing, and quiet your heart". The accompanying text was from **2 Philippians 2**: "In your relationships with one another, have the same mindset as Christ Jesus". The theme of the contemplative meditation was 'preparing to experience the peaceful, loving mind of Christ'

By no means an expert in the subject, but certainly an interested learner, I thought it might be helpful to share some thoughts about 'the thinking mind' itself (pun intended). My context - obviously, from the point of view of someone who's prone to thinking about too many things, seemingly all the time. That's probably true for most of us, I guess... And 'it's getting worse', isn't it? Well, I've come to realise that it only seems that way if we let our minds have their own way. It takes time to persuade ourselves that we are entirely capable of making better use of our thinking time, and non-thinking time, by taking a break from over-thinking. Simple to say; hard to do! Why?

Well, scientific research into human mind-activity has discovered that we typically have around three thousand (yes, 3000!) thoughts in every waking hour of every day; that's fifty a minute!!! On the one hand, what a wonderful thing it can seem that the human mind can manage it! On the other hand, much of our thought activity, when push comes to shove, is repetitious about whatever pops into our minds at the time of the thought - irrespective of whether or not we can do anything about it!! And actually, unnoticed, because the mind can't cope with the detail. So, it would seem that most of our thoughts fly in and out, pretty-much unrecognized. **Until**, that is, one of them triggers an emotion. Then we continue thinking (probably over-thinking?) along a different path, until that triggers a different emotion, and off we go again.

Our thoughts are, seemingly, endlessly capable of flitting about in the breeze, and some of our more emotionally-charged 'butterfly thoughts' have no purpose, but to just aimlessly intrude, and distract us, all day long. As many of us discover, this flitting around might sound like fun, but our thoughts tend to home-in-on relatively few themes - either our concerns about the future, or regrets about things that haven't gone so well in the past. To what end?



As I've mentioned before, we can't change the past (though we can learn from it, of course - that's one of the things that memory is for!); we can't usefully second-guess what will actually happen in the future until it unfolds.

So may I now mention how we might 'deal' with intrusive thoughts - and by intrusive, in this context, I mean any stray 'butterfly' thoughts that are:

- Either not relevant to what's happening in that moment
- Or not relevant to what we may more usefully turn our minds to at that time.

It's a practice, not a technique, in learning to just **recognise** each 'intrusive thought' for what it probably is - irrelevant to the task-in-hand (at least, for now). Even if it triggers an emotion, we have to learn not to engage with that emotion; not to give it any importance by getting drawn into the 'story' (recognising that our thoughts are always so happy to make us do this) ... Slowly but surely, we can learn to let each-and-every 'intrusive' thought 'be-as-it-is'. When we learn to do that, we can make a conscious decision to focus on the chosen task-in-hand - and let the butterflies do what that want to do, until we're ready.

St Paul encourages Christians to take their thoughts captive. In one sense, let them be-as-they-are; in another sense, an invitation to not let them run riot as they usually do. His 'take' is for us to fill our minds with the thoughts that are pleasing to God - leaving no room for the bad stuff. The same's true for day-to-day living. Even in this fast-moving and unpredictable world, we can **choose what we need to concentrate on** at any particular time - in spite of the fact that we can never predict what thoughts might pop into our heads - no matter how hard we might try to stop them - so don't try...

With practice, it's entirely possible to experience something that can increasingly approach the peace and love that is, to my way of thinking, the loving, caring and forgiving mindset of Christ. But there's a snag: we have to make the time to "**rest our minds, calm our breathing and quieten our hearts**".

There are many dissenters out here who have said to me '...but I'm just too busy at the moment', or '...I haven't got the patience', or even '... I've tried and failed many times. I'd submit that unless we persevere with this type of stillness - anywhere, any time of day (not just in church on Sundays, so to speak) - we may never grasp the importance and long-term benefits of allowing our minds to take a rest... Bear in mind that our Christian purpose can be summed up in Paul's words: "In your relationships with one another, have the same mindset as Christ Jesus". So, let's focus on that from time to time. And to help us, maybe we could focus on a short prayer as we wind down for a moment or two:

Father, please grant me the mind of Christ.

[Rob Hughes]

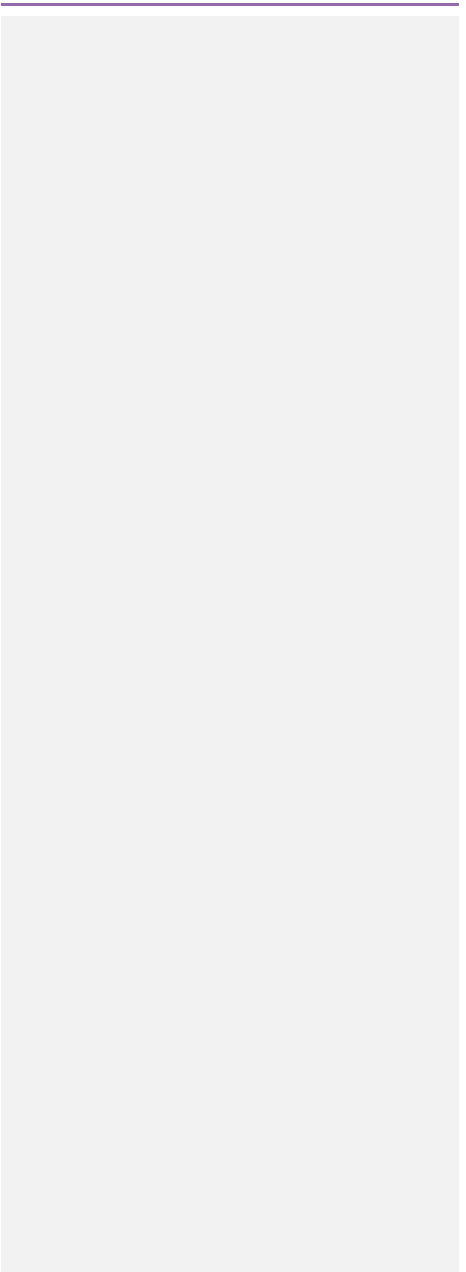
Upcoming Messy Church 17 July 11am:



**ALL AGE SERVICE
AND MESSY CHURCH
MEET 17 JULY 2022**

Messy church starts at
11:00am in school.
All Age service starts at
11:15am in St. Mary's
Eccleston and everyone
meets at 12 Noon in church

[Jeanette Howe]



Eccleston Church Link with UNESCO listed Church of Hronsek, Slovakia.

On 7th May Chris Hughes and Maria Jambikova of the Parish of St Johns Chester were married in Eccleston. A short while later they had a similar ceremony in Slovakia.



photos courtesy of Chris and Maria Hughes.



Thus, a link was forged between the Grade 1 listed St Mary's Church, Eccleston, Cheshire and the wooden articular UNESCO listed Church of Hronsek, Slovakia.

https://en.m.wikipedia.org/wiki/Wooden_articular_church_of_Hronsek

[John Richards]

Interview with God



I dreamed I had an interview with God.

“So, you would like to interview me?” God asked.

“If you have the time”, I said.

God smiled, **“My time is eternity. What questions do you have in mind for me?”**

“What surprises you most about humankind?” I asked. God answered...

“That they get bored with childhood. They rush to grow up and then long to be children again. That they lose their health to make money, and then lose their money to restore their health. That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future. That they live as if they will never die, and die as if they had never lived.”

God's hand took mine and we were silent for a while. And then I asked...

“As a parent, what are some of life's lessons you want your children to learn?”

God replied with a smile,

“To learn that they cannot make anyone love them. What they can do is let themselves be loved. To learn that it is not good to compare themselves to others. To learn that a rich person is not one who has the most, but is one who needs the least. To learn that it only takes a few seconds to open profound wounds in persons we love, and it takes many years to heal them. To learn to forgive by practicing forgiveness. To learn that there are persons who love them dearly, but simply do not know how to express or show their feelings. To learn that two people can look at the same thing and see it differently. To learn that it is not always enough that they be forgiven by others. But that they must forgive themselves. And to learn that I am here always.”

[anonymous]