

St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

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## Upcoming Services

- **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]*
- **07/08/2022 Sunday 9.45**  
**at Pulford Church**  
*Parish Communion [Joint Service]*
- **14/08/2022 Sunday 11.15**  
**at Eccleston Church**  
*Choral Communion [Joint Service]*
- **21/08/2022 Sunday 9.45**  
**at Pulford Church**  
*Parish Communion*
- **21/08/2022 Sunday 11.15**  
**at Eccleston Church**  
*Choral Communion*

Dear Reader,

The parish newsletter as well as home worship guides for those unable to attend the service in person, are available to download from the church website as well as being emailed once a fortnight.

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 ( [steviehutch@yahoo.com](mailto:steviehutch@yahoo.com) )

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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

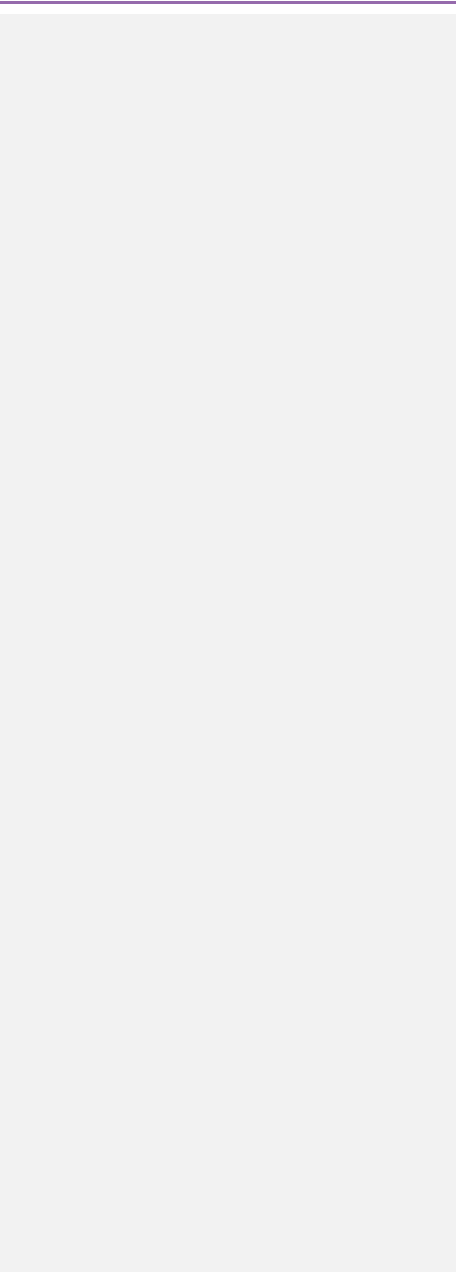
#### Wanted

- 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: “Do you respond or react?”

---

Do we, these days more than ever, **respond** to situations, or **react** to them? There's a big difference!

In my experience, in business and in life, most of my better decisions have come from standing back from a challenging situation to allow a bit of time for objectivity and logic to temporarily, at least, override a natural desire to 'do something - **now!**' Taking a moment to think through what's **really going on** (then responding), in preference to jumping-in on impulse (reacting to a preconception - which might well, in itself, be incorrect). I haven't by any means always succeeded in this (as my family have sometimes lovingly pointed out!). I now try much harder!!



There's no doubt we've all, on occasion, felt immediately and disproportionately irritated or annoyed, if not downright angry, about a life situation that presents itself, are slowly winds us up to breaking point. But when there's somebody on hand to (wisely) say: '*now steady on - just take a deep breath*'. That's great advice.... It provides an opportunity to consider an appropriate response, rather than later regret an inappropriate reaction. 'Taking a deep breath', is so easy to do, yet it's often so difficult to remember to do it unless prompted by a loved one.

But there can be a much more profound effect if we are able to **concentrate only** on breathing as we practice it. By this I mean 'really concentrate' - allow ourselves to become fully aware of how that breath 'feels'. Let our minds take a break from the emotions associated with frustration, or anger, or whatever, and just let our 'mind' gently identify, for example:

- Whether we're breathing through the nose or mouth?
- If our breathing is shallow, or deep.
- From our chests (which amounts to panting), or truly more deeply from the diaphragm (which is more efficient and refreshing).
- Is the intake of air warm or cool?
- Is there is any particular odour, or not?
- And become aware of exhaling, too... as our breathing returns to its own natural rhythm. No fuss; no effort...

Forgive me - I'm not advocating that you need a mental tick-list ready-and-waiting - a sort of 'toolbox of remedies' to open when you get wound up with someone or something... I'm advocating that we'd, literally, do well to truly come to appreciate each breath, even if only now and again, and for a short time - because breathing is taken very much for granted as just another-of-many automatic bodily functions that keep us alive. It's also one of many indicators of God's creation, Will and Grace.

Many years ago, I had the pleasure and privilege of hearing a truly stunning sermon delivered by Norman Barrow. His recurring phrase was this: '*death is only a breath away...*'. It wasn't said in a morbid sense, but as a simple matter of fact. His theme was actually for us to appreciate every breath as God-given. Not take breathing, nor God, for granted.

I'd extend that thought to include this one: do we not owe it to God to refrain from acting on our own impulse - maybe over-reacting - to situations that are unpleasant, dangerous or inherently unfair? It really is good advice whenever someone says "*now take a deep breath*" (= *calm down*). So why not make it a practice now-and-again, even during rare quiet and interrupted times at home, at work or at play.


There's a joke about reactive prayer: "*God grant me patience - **NOW.***"

There's a more contemplative antidote;


***God, grant me the serenity to accept the things I can't change; the courage to change the things that I can, and the wisdom to know the difference.***

[Rob Hughes]

## Pilgrimage to the Holy Lands (May/June 2023):




**McCabe**  
PILGRIMAGES



# An Ecumenical Pilgrimage to the Holy Land

29 May - 5 June 2023  
with Canon Chris Samuels (*An experienced tour leader*)

8 days based in Jerusalem & Galilee departing from Manchester



For details of the pilgrimage and contact details for Chris please click on the following link to see the brochure.

<https://mccabelive.eecsoftware.com/clientlibrary/mccabe/Images/0529%20Samuels%20MAN%20BROCHURE%20insurance%20for%200WEB.pdf>

[Canon Chris Samuels]



### [Video of typical Holy Land tour](#)

To book a place visit ...

[8 Day Holy Land Pilgrimage - McCabe Pilgrimages \(mccabe-travel.co.uk\)](#)

... and click on the "show all dates and availability" button. Chris's pilgrimage is the one listed for 29/05/2023.

## The beautiful artwork of Ruth John

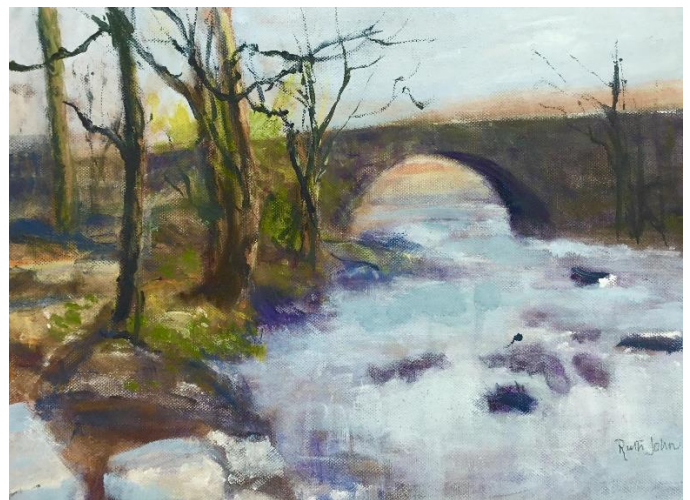
Parishioners will no doubt already know Ruth and Ben John who have been attending Pulford Church for some time. What they might not be aware of, is that Ruth is an accomplished artist who has had her artwork displayed (and sold) by The Mall Galleries in London.

Here is a selection of some of her finest paintings.









## Kestor Rock Walk – Greening, On the outskirts of Chagford Devon, part 1. (a poem by Jeanette Howe)

Isaiah 48:13

**My hand laid the foundation of the earth,  
and my right hand spread out the heavens;  
when I call to them,  
they stand forth together.**

Companions called out of their comfort zones  
Serving You near and far away.  
Are just walking together  
Over Dartmoor, to Kestor Rock; a wilderness  
waiting to be explored  
Against the elements  
Amongst the moor ponies, sheep and cattle



They made it to the long stone; a boundary stone.  
Avoid cushions of golden gorse scattered on the moor.  
Beautifully decorated with purple heather;  
They're sharp as needles.  
I wonder;  
I wonder if the thorns are as sharp as those that cut my  
Saviour's brow?

**The beauty and the pain hints  
Of the saving grace of the Cross  
Thank you Jesus for all you have done for us.**

**[Jeanette Howe, 2022]**



## The Chiasmic Reverse Parallel: Genesis 1-11 and Jonah

As part of my regular Bible reading this week, I stumbled upon something truly incredible. That is the Chiasmic structure embedded within the Bible.

Chiasmic structure is a kind of literary feature where text is structured like a mirror. It is similar to a palindrome where the text reads the same backwards as it does forwards: e.g., 'Able was I ere I saw Elba' or "Madam I'm Adam".

There are countless examples of Chiasm in the Bible, and it is evidence of inspiration of scripture by the Holy Spirit.

One striking example of this is the chiasmic reverse parallel, where the order of events in the book of Jonah are a reverse mirror of the events in Genesis 1-11.

<b>Genesis 1-11</b>	<b>Jonah</b>
Dispersion	Fleeing to Tarshish
Coming out of Mesopotamia according to God's will. 11:1-32	Not going to Mesopotamia despite God's will. 1:1-3
Flood 6-9	Flood 1:4-15
Ship of Salvation 10-12	Ship of Tribulation 1:5
Wind passes over earth 8:1	Waves pass over Jonah 2:3
Waters/Ocean bursts forth 7:11	Waters/Ocean surrounds 2:5
Tops of the Mountains 8:5	Bottoms of the Mountains 2:6
God remembers Noah 8:1	Jonah remembers the Lord 2:8
End of 40 days. 8:6	In 40 days... 3:4
Cain's anger 4:7	Jonah's anger 4:4
Driven out of God's sight 4:1	Driven before God 2:5
Cain wants to live 4:13-14	Jonah wants to die 4:4
Cain east of Eden 4:16	Jonah east of Nineveh 4:5
Tree and Snake 2:5-3:24	Gourd and Worm 4:6-7
Cause of evil. 3-22	Protection from evil. 4:6

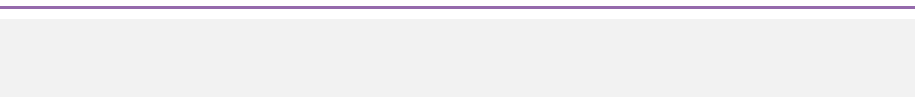
<b>Genesis 1-11</b>	<b>Jonah</b>
Eve delights in the apple 3:6	Jonah delights in the Gourd 4:6
Snake entices eating from the tree 3:4-5	Worm causes Gourd to wither 4:7
The given tree is a test 2:17	The gourd taken away is a test 4:7
Eating of the tree leads to death 2:17	Jonah wants to die because of the gourd 4:9
God the creator of Beasts and Men 1:1-2:3	God who cares for both Men and Beasts 4:11
Seven days of creation	Events in the book of Jonah are seven days.

References:

Jonah and Genesis 11-1, Eric W. Hesse & Isaac M. Kikawada, Annual of the Japanese Biblical Institute (AJBI), Volume X (1984)

The Search for Noah's Ark with Steven Rudd ([The true Bible story of Noah's Ark](#))

**[Stephen Hutchinson]**



## The Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit.

If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself.

Especially do not feign affection.

Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive Him to be.

And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful.

Strive to be happy.

**[Max Ehrmann, 1948]**