



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

Warden@ecclestonchurch.org

PulfordChurchWarden@ecclestonchurch.org



Upcoming Services

- **18/09/2022 Sunday 9.45 at Pulford Church**
Communion / Harvest Service led by Priest Canon Stephen Attwater.
- **18/09/2022 Sunday 11.15 at Eccleston Church**
Communion / Queen's Commemoration Service led by Priest Canon Chris Samuels.
- **25/09/2022 Sunday 11.15 at Eccleston Church**
*[Joint Service]
Sung Communion Service led by Priest Canon Chris Samuels.*
- **02/10/2022 Sunday 09.45 at Pulford Church**
*[Joint Service]
Sung Communion Service led by Priest Canon Ian Davenport.*

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 \(ecclestonchurch.org\)](#)

Please feel free to email suggestions for future newsletter articles.

Kind Regards

Stephen Hutchinson (hutch@ecclestonchurch.org)

Contents

Upcoming Services 1

Important News and Reminders: Food Bank 3

Pulford & Poulton Local History Group. 3

Rob Hughes Homily: Is there difference between the mind, our thoughts and the brain? 4

I'm diving into God's Creation Up to Kiln Down (Christow Walk 9) Part 2. A poem by Jeanette Howe. 6

Remembering the Queen this Sunday 7

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.

Pulford & Poulton Local History Group.

The 2022 to 2023 Programme of some very interesting talks is now available at the group website <http://www.pplhg.org.uk/>

The talk on Wednesday the 21st September will be "A History of Rossett" by Derrick Gwilliam. The talk starts at 7.30pm at Pulford Village Hall (CH4 9ES).



Rob Hughes Homily: Is there difference between the mind, our thoughts and the brain?

If you've been following my blogs in the Newsletter, you will no doubt have gathered that I've been experiencing a shift in the way I think about many things - sometimes painfully. This has been necessary for me - because I had come to learn (a while ago) the importance of 'stillness', as a means of countering my predisposition to excessive over-thinking - which is what most of us do, I guess, most of the time, apparently... In the blogs, I've tried to provide some hints and tips about how stillness (in the psychological sense) can help us in our worship, and especially during private prayer - especially during times when it's become all-too-easy to allow distractions, from so many sources, to interrupt our stillness.

It's relatively easy, I guess, to accept that the mind uses the brain to process information (from our senses, experience and memories, for example), and in this respect, the brain **responds** to the mind. But the mind also changes the brain, with every new experience.

So, provided we don't automatically believe the first thought that comes into our heads (which happens more and more as we become too busy to think straight), we can **choose how we wish to respond**. In short, it isn't our brains that force us to do stuff. It's our thoughts over-ruling our minds, which become cluttered with mostly-irrelevant thoughts. And they **come from** who-knows-where, and **disappear to** who-knows where? Frankly, it's become easier to react to our sometimes-ill-considered thoughts than it is to respond - having given focused thought to things that should matter most to us. This includes our relationships with our own thoughts and minds, with each other, and with God.

When we hear about research that suggests that we can have up to 30,000 thoughts in a waking day, most of which shoot by unnoticed, small wonder we latch on to the first thought "that comes to mind"! The mind is constantly bombarded by a stream of unconscious and conscious information, experiences and sensations when we're awake, and a stream of unconscious thoughts when we're asleep. When we think, we feel; when we feel, we experience emotions associated with how we feel. Yet it's because we think-and-feel, that we can also choose how to act, rather than react (or over-react) to situations. These three aspects always work together, but not always in unison!

So, how does this affect us? Well for starters, stimulation of the brain by the mind (influenced by our thoughts) changes structures in the brain itself - we hear the term rewiring often enough. True-to-say, the brain changes with each and every experience.



Our minds enable us to uniquely experience life as we perceive it, and the brain responds to our interpretation of what we experience. Our thoughts come and go, and can mislead us, **unless we are mindful of that fact** - and trust that we can choose to give them no power. Thoughts can overwhelm us every time we try to fight with those that are unwanted or unhelpfully distracting. We just become sufficiently distracted that we follow the many threads or stories behind the thoughts. We 'lose the plot! But We can choose to do four things - to:

- Acknowledge that the intrusive or irrelevant thoughts come and go
- Make no attempt to banish them or resist them
- Refocus on what we **really need** to think about (or do), 'here and now'
- Just let the thoughts pass by (as they eventually always will - if we let them!)

In conclusion I have learned, sometimes the hard way, that it **is** possible for us to manage our mind's activities; but it is absolutely **impossible** (indeed counter-productive) to manage the thoughts that drop-in at any given instant.

It's hard to let the thoughts 'be what they are', and to avoid engaging with them. Yet the realization that we can consciously, and prayerfully, decide **what we want to do** (about **what we really need to think about**) is the key to putting it successfully into practice. And putting it into practice make seemingly-inevitable anxious thoughts and our over-thinking habits work for us, rather than against us.

***Lord God, help us to trust in the guidance of your Holy Spirit, rather than in our own thoughts.
Help us to be led by you, rather than our own knowledge and experience.
Help us to make sufficient time to listen to you rather than just talking to you.
Help us to let our hearts rule our heads from time to time, when you believe that's the right thing for us to do.
Amen***

[Rob Hughes]

I'm diving into God's Creation Up to Kiln Down (Christow Walk 9) Part 2. A poem by Jeanette Howe.



I'm swimming through His Blessings
I'm feasting on the Wonder of His Ways
Please keep me here Lord;
To the end of my days.

I'm lost, I'm found
In an old copse, quiet and still
For all my rumblings
A comforting, worn footpath leads the way.



I'm lost, I'm found and
I'm, Lord knows where I am
I'm lost, I'm found, I'm retracing steps
Back to the place I was before.



Another gate, another copse
Another path to follow
And then out the other side
To old moorland

I'm seen by walkers from the top of the hill
And a stampede of bulls heading my way-
HIDE! Behind a tree and then another
At last, they wander past



I met the couple,
Who scared the bulls
Concerned, they directed me to the elusive yellow topped post
Now reunited with the walking guide

It's a miracle I ever made my way to the top of Kiln Down!



One of your little lost lambs Lord
Heading home
Under Your protection
Thank you, Lord for loving me.

[Jeanette Howe]

Remembering the Queen this Sunday

We will be holding 2 special services this Sunday 18th September.



Sunday 18th September 9.45am

PULFORD CHURCH

Remembering the Queen this Harvest Time

A special service led by Priest Canon Stephen Attwater where we remember the Queen and celebrate Harvest.

18
Sep



Sunday 18th September 11.15am

ECCLESTON CHURCH

Commemorative Service

A special commemorative service marking the death of her late majesty Queen Elizabeth II. The Service will be led by Priest Canon Chris Samuels former chaplain to Queen Elizabeth II.