



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

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Upcoming Services

- **30/10/2022 Sunday 11.15 at Eccleston Church**
[Joint Service]
Sung Communion Service
led by Priest Revd. Elizabeth Inall
- **6/11/2022 Sunday 09.45 at Pulford Church**
[Joint Service]
Holy Communion Service
led by Priest Revd. Robin Mosley
- **13/11/2022 Sunday 10.45 at Pulford Church**
Remembrance Service
Priest to be confirmed.
- **13/11/2022 Sunday 10.45 at Eccleston Church**
Remembrance Service
Led by Priest Canon Chris Samuels.
- **20/11/2022 Sunday 9.45 at Pulford Church**
Holy 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.

<https://www.ecclestonandpulfordchurches.org/services/>

Please feel free to email suggestions for future newsletter articles. Thank you to Rob Hughes and Jeanette Howe for their continuing contributions.

Kind Regards

Stephen Hutchinson (hutch@ecclestonchurch.org)

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Parish information

Rector:

Pulford/Eccleston

Church Wardens:

Pulford	Sue Payne	pulfordchurchwarden@ecclestonchurch.org
Eccleston	John Richards	warden@ecclestonchurch.org

Lay Reader

Pulford/Eccleston Jeanette Howe

Planned Giving Officer / Treasurer

Pulford/Eccleston Les Hocking

Electoral Roll Officer

Eccleston	Andrew Wilkinson
Pulford	Clare Willan

Organists and Assistants

Pulford/Eccleston Derek Whatling
/Dennis Jones

Director of Music

Eccleston/Pulford Maureen Richards mothemusic@gmail.com

Tower Captains

Eccleston	Andrew Pridding
Pulford	Jane O'Connor

PCC Secretary

Pulford/Eccleston Andrew Wilkinson

Newsletter/Website

Pulford/Eccleston Stephen Hutchinson hutch@ecclestonchurch.org

Important News and Reminders: Food Bank

A reminder from Rachel Williams

Urgently Wanted

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

Also Wanted

- Cuppa Soup, Pot Noodles, Pasta Sauce, Biscuits, Breakfast Cereal

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 16th November will be "An Update on the Poulton Dig" by Dr Kevin Cootes. The talk starts at 7.30pm at Pulford Village Hall (CH4 9ES).

Informal announcement read out at St Mary's Eccleston on Sunday 23rd October.

Following a successful interview with the Diocesan representatives, Rural Dean Hennie Johnson, Archdeacon Michael Gilbertson and our two Parish/PCC representatives Hilary Garrard and Jeanette Howe, the applicant Rev Dr Stephen Torr has accepted the position as Rector of our parish of Eccleston and Pulford.

This appointment is subject to all the legal formalities being completed.

A formal announcement will be made in due course.



Rob Hughes Homily: 'I think, therefore I am' OR 'I am because I can think'

In my previous blog, I used this quote: "If we want to instigate revolutionary change < in our world >, we must transform human consciousness". The context and premise are this: we have to think differently about how we treat each other, how we treat the planet - and how we attend-to personal and international relationships. I want to build upon this now, because transforming consciousness it is pretty radical, and way beyond 'making some adjustments here and there'!



"I think, therefore I am", is the first principle of René Descartes's philosophy. But is it true, and if so, just who is this "I" person. We refer to ourselves as 'me', or 'I am', and Descartes would seem to imply that we '**are**' our thoughts - and that our thoughts in some way define us...

Now the Latin word for "I" is "**ego**", but in Latin, ego has no other meaning whatsoever, other than "I" - *Ego te amo* just means 'I love you'. But in modern psychology language, ego means something quite different, and that's often misunderstood or misinterpreted.

A slight digression... Have you ever watched a YouTube item, or similar, that shows a kitten trying to fight with its own reflection in a mirror? Or a toddler trying to look behind a mirror to find out who was looking back out of it? There's a 'serious' side to this, concerning sentience - our ability to think and to reason. For example, it appears that there are several stages of human sentience and self-recognition:

- During early infancy - up to 8 months – babies take notice of their own reflection in a mirror.
- In later infancy (6 to 18 months) – babies tend to smile at their own reflection in a mirror, and/or make sounds when looking at images in a mirror.
- Toddler time (15 to 36 months) – babies show signs of a "recognition of self" while looking in mirror, by touching their noses, foreheads or some other part of the body that they can see only with a mirror.

Self-awareness is a complex, even philosophical concept, but in basic terms, what our children see in the mirror evolves as they grow and develop in self-awareness. First stage is simply recognising there's a mirror there; then, there's someone in it; to then recognise that person as 'me', and that the person is going to 'be me' forever; and finally, understanding that everyone else sees me like that (usually at about 8 years of age).

Slowly but surely, a child learns that "I am the one in the mirror", and that's how I look to others. Children also learn to interpret what they see, hear, touch and taste, guided - conditioned - by their family. So, when I use the word 'conditioned' here, it isn't in a derogatory sense - it describes the way it seems to work out in practice.

But as we grow up, what we think about, interpret and act upon becomes a matter for our own perception and our own conscience. And it's then that we may be perceived by others in a different way. To make the point, and at one extreme, we could be perceived as being egotistic, egoistic or egocentric. We know we're not, don't we! But that's the ego speaking. This little word ego creeps in - with some profound and extremely complex psychological implications. Basically, humankind is prone to believing that our thoughts must be correct and true, and (worryingly) 'we're right to think that way'.

Recognising that, we might pause to consider this question - **what is our ego** (in the psychology sense)? Indeed, where is it, and is my ego that which defines who I really am?

And the answer is - '**only if we let it**'. If a living, thinking brain could be dissected, an ego couldn't be found. It's real enough to us (because we've grown up with it!), but what it represents, and the way it interprets things, isn't necessarily 'the truth'.



The bottom line is this - the ego is mind-made; it's real, but it can't be found anywhere; the ego has evolved and developed as a means by which to warn our thinking minds about danger. So, it triggers a fight-or-flight response as soon as we're 'told by the ego' to anticipate 'danger'. Not just physical danger, but being hurt by relationships, let down by 'the system', or that we might have to cancel a holiday unnecessarily because of the weather that's unpredictable, weeks ahead...

You name it, the ego can easily trigger thoughts, feelings and emotions - leading to (unhelpful) regrets about the past, or (unnecessary) anxiety about the future. These things come out of nowhere; the problem is, when thoughts spring into our minds, that the ego interprets as potentially harmful or hurtful, we lose concentration in the here-and-now, which itself can lead to real problems here-and-now! To no purpose.

I mentioned last time that the character, Dr Ian Malcolm (of Jurassic Park fame), drove home the need to transform the way we think about things if we want to radically change our world. And the first stage of achieving it is potentially the most difficult. We have to recognise that our egos have become over-active; they cause us to over-think and over-interpret, and all-too-often make us react and behave very badly - even dangerously. Look at the news; consider the behaviour of current and past world leaders - international crises are almost always due to inflated egos of individuals, and governments - even nations!

There is a 2000-year-old text readily to hand to help us spot the symptoms of egotistical (selfish and self-centered; self-absorbed; disengaged and uncaring) thinking. The biblical text describes the opposite qualities of: selflessness; altruism; generosity; charity; benevolence and caring...

So, when humankind begins to recognise that our egos are (too often) running riot, we can learn to just let random thoughts be, and think back to what St Paul told the church in Philippi, and still tells us today:

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”.

These thoughts will not come from the ego - they can only come from the heart of our faith, and they can (with care and practice) displace everything else. Not an easy transition in a world-going-mad, but it's absolutely guaranteed to work!

[Rob Hughes]

Kestor Rock Walk – Greening, On the outskirts of Chagford Devon, part 1. (a poem by Jeanette Howe) – originally appeared in newsletter #12

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]

