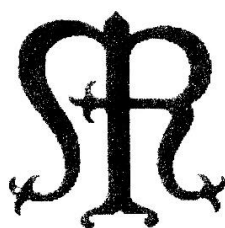


Newsletter #24

Friday 6<sup>th</sup> January 2023 to Friday 20<sup>th</sup> January 2023



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

[EcclestonChurchWarden@ecclestonandpulfordchurches.org](mailto:EcclestonChurchWarden@ecclestonandpulfordchurches.org)

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

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:

<https://www.ecclestonandpulfordchurches.org/category/newsletters/>

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 for his contribution this week.

I would like to wish everyone a Happy New Year.

Kind Regards

Stephen Hutchinson ( [hutch@ecclestonandpulfordchurches.org](mailto:hutch@ecclestonandpulfordchurches.org) )

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## Parish information

### Rector:

Pulford/Eccleston
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### Church Wardens:

Pulford	Sue Payne	PulfordChurchWarden@ecclestonandpulfordchurches.org
Eccleston	John Richards	EcclestonChurchWarden@ecclestonandpulfordchurches.org

### Lay Minister

Pulford/Eccleston	Jeanette Howe
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### Planned Giving Officer / Treasurer

Pulford/Eccleston	Les Hocking
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### Electoral Roll Officer

Eccleston	Andrew Wilkinson
Pulford	Clare Willan

### Organists and Assistants

Pulford/Eccleston	Derek Whatling /Dennis Jones
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### Director of Music

Eccleston/Pulford	Maureen Richards	mothemusic@gmail.com
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### Tower Captains

Eccleston	Andrew Pridding
Pulford	Jane O'Connor

### PCC Secretary

Pulford/Eccleston	Andrew Wilkinson
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### Newsletter/Website

Pulford/Eccleston	Stephen Hutchinson	Hutch @ecclestonandpulfordchurches.org
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## Church Service Dates Times and Locations.

Date/ Sunday	St Mary's Church PULFORD	St Mary's Church ECCLESTON
8 <sup>th</sup> January		11.15am Joint Sung Communion Service <i>Priest. Canon Stephen Attwater</i>
15 <sup>th</sup> January	09.45am Holy Communion Service <i>Priest. Canon Stephen Attwater</i>	11.15am Sung Communion Service <i>Priest. Revd. Elizabeth Inall</i>
22 <sup>nd</sup> January		11.15am Joint Sung Communion Service <i>Priest. Canon Chris Samuels</i>
29 <sup>th</sup> January		11.15am Joint Sung Communion Service <i>Priest. tba</i>

## Important News and Reminders: Food Bank

A reminder from Rachel Williams. Here are a few of the facts being highlighted on the Foodbank website: 3507, Emergency Food Parcels issued in 6 months to 30 September 22 - up 60% on pre pandemic levels, 7617, Local people in crisis fed, 2828, Feeding the equivalent of 2828 local children. The charity is very grateful for all donations - but especially non cook items such as crackers, Ryvita, Fish/meat pastes, Instant pastas/rice/soups and toiletries (toothpaste and brushes). They have PLENTY of dried Pasta, Baked Beans

### 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

## Rob Hughes Homily: Practicing gratitude for our lives.



A well-respected 'spiritual coach', Eckhart Tolle, describes what he sees as fairly typical human behaviour these days... Do you recognise this?

Imagine a scene at an airport - you're in a long queue to a check-in; and just as you're a couple-back from the front, they close the till and open another, seemingly 'miles away'. You dash around, but still end up further back in a queue of even more frustrated people! What's the first reaction of your mind? It may well go something like this:

- "Typical of this "@! \* Airport - they never get it right!" (Easily forgetting it was perfectly OK last time)
- "I'll never come here again" (you may have no choice!)
- "I'll never use this airline again!" (it's probably not even their fault, and may be the only one affordable anyway!)
- "I'll not go on holiday abroad again if this is what going to keep happening" (you can't know for sure that it'll ever happen you again, can you?)

The first time I listened to this, I laughed out loud, to the complete surprise of my family - who didn't have headphones on! Then I listened again, a day later, concentrating on the wisdom of the advice suggested (Tolle is best known for his reasoning about how to live in the present moment). So, his antidote to our runaway thoughts is simple to state (if not as easy to practice when you're good-and-mad!):

- Take a few deep breaths, and allow a bit of time to review your overall situation; remembering (in no particular order):
- I'm warm and safe here
- I'm fit and well
- I'll eventually be able to board an aeroplane, be on holiday within a couple of hours, and feel much more relaxed
- My family's still over there and waiting for me (so I don't want to wind them up unnecessarily)
- I can go and sit down for a cup of tea if I wish, and my partner can take my place for a bit.

Living **in** the present moment is not the same thing as living **for** the present moment - far from it. But decisions we make, and how we behave, is always here-and-now, and we have control (believe it or not) over how we behave!

What we're talking about here is gratitude! Being grateful for what's really important beyond our immediate concerns, frustrations and difficulties. Now the word gratitude is derived from the Latin word *gratia*, and this means grace, or grate-full-ness.

When we practice gratitude, we're showing our appreciation of what we receive in life, and receive **from** life - no matter what. We acknowledge the goodness in our lives and in the process, usually come to understand that the source of that goodness lies at least partially outside ourselves. Being grateful also helps us connect to something larger than we are (as individuals). That could include the importance of other people, a deeper appreciation of nature, or a higher power - we call Him God.

In positive psychology research, gratitude is strongly and consistently associated with: greater happiness; more positive emotion; more meaningful experiences; more positive relationships. And all of these improve our health, enable us to deal more productively with adversity, and to build stronger relationships. The bottom line, I think, is this.

We are entering a new year - like no other that I can remember. A year where nothing can be taken for granted. We see civil and workplace unrest in many countries, including our own. We see insecurity in international relationships, and instability in global economies. We see dreadful and lethal weather patterns, and increasing alarm about the environment. We see violence and war, with no immediate end in sight. Nothing seems certain - in human terms. The behaviour of people, societies and nations can be appalling, usually defies explanation, and often beggars belief. But that is-how-it-is, **at this moment**... So, we're definitively going to have to dig-deeper into our faith for a while.

And yet, two things remain constant. God loves us - nothing that really matters has changed - and He wants the best for us. Let's be grateful for that. As Christians, we're called upon to take a leap of faith into the unknown every day, regardless of current affairs. Let's be grateful for that opportunity. There's no celestial star, as such, to guide us. There's just The Word Made Flesh - and the written Word that God will remain with us every step of the way, when we **trust Him, and let Him**. Let's always be especially grateful for that.

In return, this demands that we keep the faith (let's be grateful we have our faith), no matter what. We're going to have to be steadfast - determined - to continue to live the faith - even if it may seem against the odds. Maybe this might seem impossible at times, but will become especially necessary when situations seem at their worst! St Paul says this, that: **"faith is confidence in what we hope for and assurance about what we do not see"**. Do we truly enter this new year with confidence in the power of our faith? Do we have the confidence and fortitude to not only hope for the best, but to work for the best? Do we have the confidence to take a few deep breaths before we let our understandable frustrations, discomforts, worries and concerns to overwhelm the hope, that is so readily available to all who keep the faith?

If we're looking for certainty, we might consider, with gratitude, the words of **"One Solitary Life"** - written by Dr James Allan Francis - and would encourage you to follow this link to the original:

[http://www.anointedlinks.com/m.one\\_solitary\\_life\\_original.html](http://www.anointedlinks.com/m.one_solitary_life_original.html)

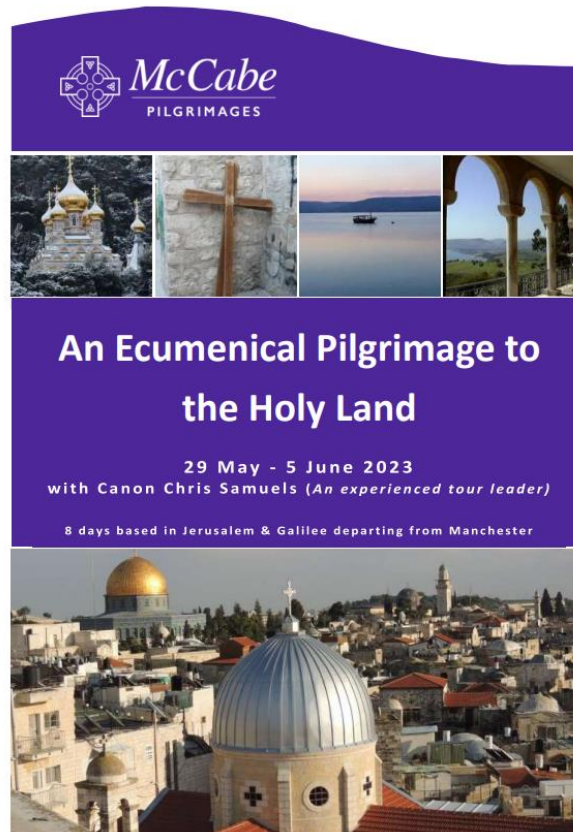
In essence the message is clear (though paraphrased here): He was born in an obscure village and worked in a carpenter shop until he was thirty.... He did none of the things usually associated with greatness. Yet, all the navies that have ever sailed, parliaments that have ever sat, kings that ever reigned put together, have not affected the life of mankind as powerfully as that one solitary life.

In some ways, simply wishing you all a happy and prosperous new year, at this 'unhappy time' of austerity, may seem (in itself) a little trite. More importantly, may I wish us all the confidence-in-Christ to face an unknowable future, with gratitude for Him, and secure in the hope which our faith in Him bestows.

**[Rob Hughes]**

## **Pilgrimage to the Holy Land – 29<sup>th</sup> May – 5<sup>th</sup> June 2023**

A reminder that Canon Chris Samuels will be leading a trip to the Holy Land next year.



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%20WEB.pdf>

To book a place visit ...[8 Day Holy Land Pilgrimage - McCabe Pilgrimages \(mccabe-travel.co.uk\)](https://mccabe-travel.co.uk)

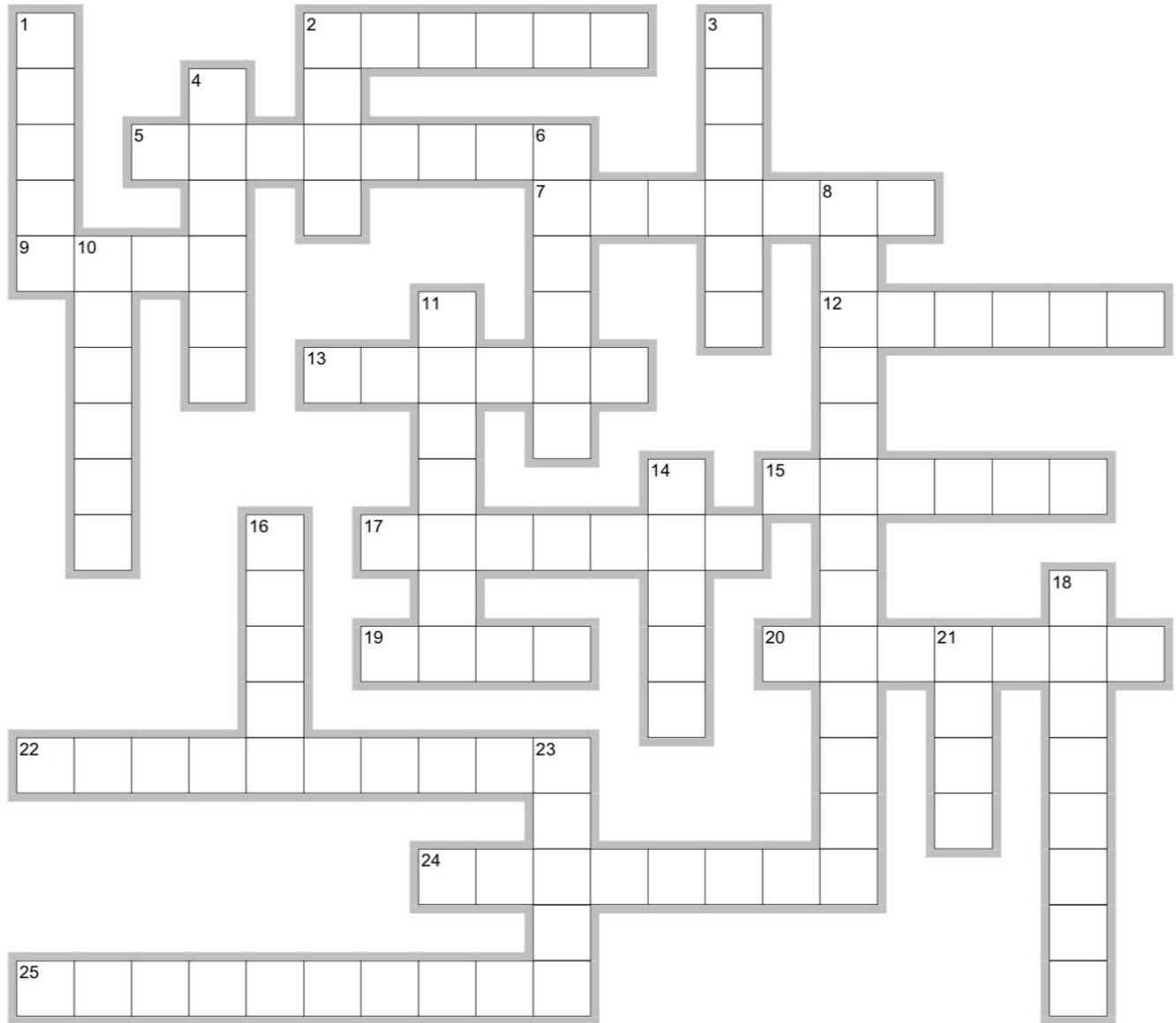
and click on the "show all dates and availability" button. Chris's pilgrimage is the one listed for 29/05/2023.

Here is a link showing the fascinating beauty of the Holy Lands:

[Video of typical Holy Land tour](#)

## Crossword (The Apostle Paul) Puzzle

Test your knowledge about the Apostle Paul. We used the New International Version of the Bible when writing our clues which appear on the next page.



EclipseCrossword.com



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## Across

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- City Paul visited that had an idol to the 'unknown god'
- Where Paul was headed when struck by the bright light
- The congregation in this city was made sorrowful by one of Paul's letters
- Paul's first name before he converted to Christianity
- Sorcerer struck by blindness at Paul's command
- Paul stopped the Philippian \_\_\_\_ from killing himself.
- Paul's hometown
- Paul, before conversion, attended the stoning of this man
- Paul was here when he was warned not to go to Jerusalem
- Man who place his hands on Paul's eyes
- Paul found 12 disciples in Ephesus who had not heard of the \_\_\_\_.
- He presented Paul to the disciples the first time
- Event that loosened Paul and Silas's prison chains

## Down

---

- Paul left him in Crete to straighten out what was unfinished
- What man did Paul say was the pattern of one to come?
- Centurion who took Paul as a prisoner to Rome
- Roman ruler who refused to hear the complaint of Jewish leaders against Paul
- What fell from Paul's eyes when his vision was restored
- Paul called this group his "glory and joy."
- Paul was accompanied by Priscilla and this person from Corinth to Syria
- Believer who was circumcised by Paul
- This Roman ruler sent for Paul so that he could hear about Paul's faith in Christ
- The voice Paul heard in his vision came from \_\_\_\_.
- After Paul's sight was restored, he was \_\_\_\_.
- Paul's conversion is told in this chapter of Acts
- Number of days Paul was blind after seeing the vision



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## Wordsearch (The Temple) Puzzle [2 Chronicles 3-5]

Find all the words listed below inside this puzzle related to Solomon's construction of the Temple. Then find ONE MORE item placed in the Temple that is in the puzzle but is not include in the word list below:

D	G	N	S	E	T	A	N	A	R	G	E	M	O	P	T
F	E	Z	N	O	R	B	B	K	L	W	O	B	M	N	D
E	N	C	J	S	S	N	I	A	H	C	B	N	A	R	L
U	O	S	A	I	L	N	G	P	I	U	I	N	A	Y	O
L	I	R	E	L	E	L	U	P	R	S	E	Y	L	R	G
B	T	A	N	N	P	R	U	E	A	V	T	S	E	A	D
L	A	L	I	H	P	Y	H	B	O	R	E	Y	E	U	N
E	D	L	P	L	P	C	L	C	U	A	L	L	R	T	A
V	N	I	E	M	R	N	E	O	J	I	D	A	T	C	T
O	U	P	A	I	O	H	C	B	H	E	A	T	M	N	S
H	O	L	M	T	T	E	L	B	A	T	L	E	L	A	P
S	F	S	O	F	N	S	T	O	P	M	S	M	A	S	M
G	O	N	O	S	R	E	M	M	I	R	T	O	P	X	A
M	G	K	E	T	A	R	A	T	L	A	G	L	M	Y	L
S	R	R	S	Y	Y	M	I	B	U	R	E	H	C	F	G
A	L	S	E	N	O	T	S	S	U	O	I	C	E	R	P



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ALTAR  
BASIN  
BLUE  
BOWL  
BRONZE  
BULLS  
CENSER  
CHAINS  
CHERUB  
CHERUBIM  
COURTYARD  
CRIMSOM

FOUNDATION  
GOLD  
LADLE  
LAMP  
LAMPSTAND  
LINEN  
METAL  
MOST HOLY PLACE  
PALM TREE  
PILLARS  
PINE  
POMEGRANATES

POTS  
PRECIOUS STONES  
PURPLE  
SANCTUARY  
SEA  
SHOVEL  
TABLE  
TONGS  
TRIMMERS  
YARN

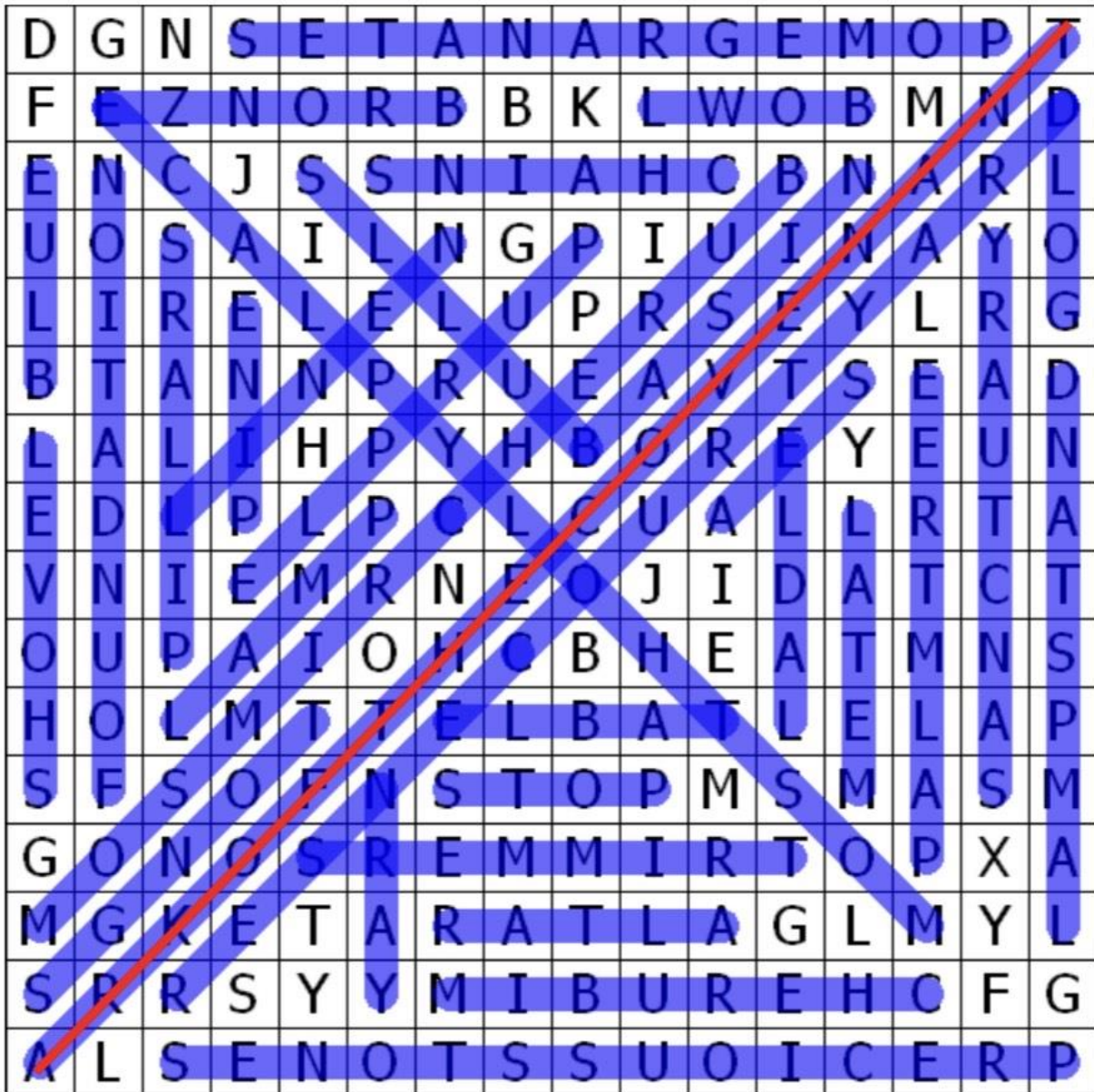
*What important item is missing from the list?*



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## Wordsearch Puzzle (The Temple) Solution

The missing clue word is "Ark of the Covenant"

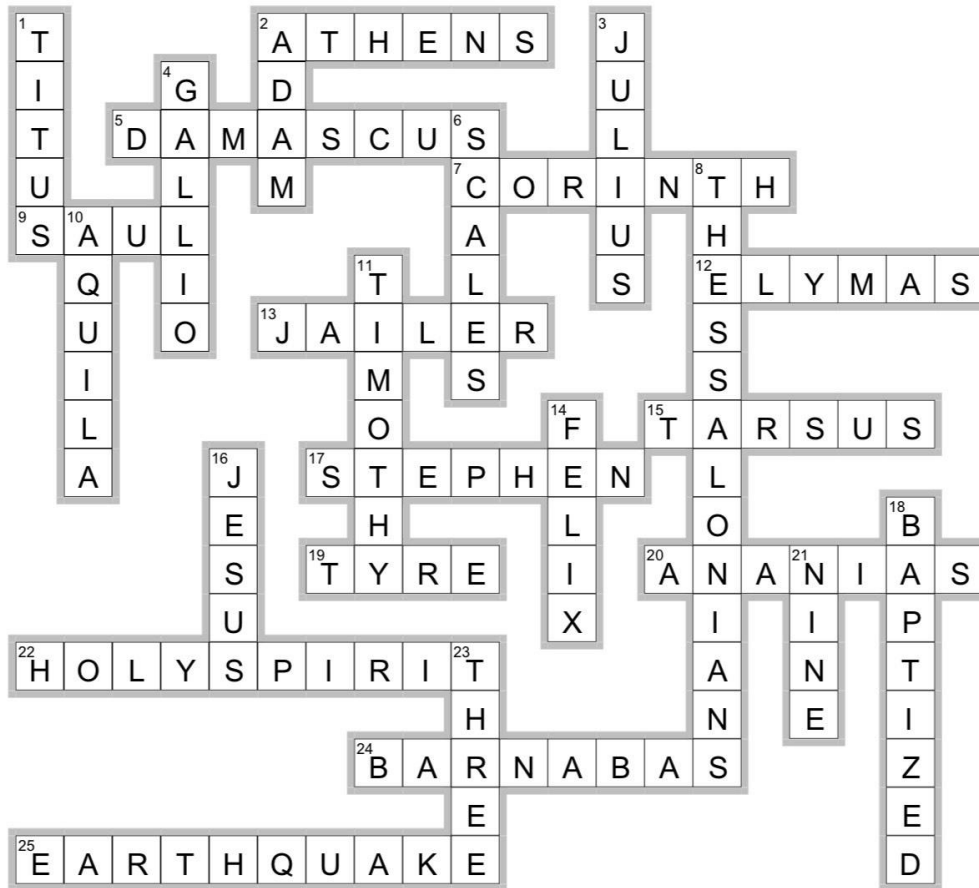


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# Crossword (The Apostle Paul) Puzzle Solution

## The Apostle Paul

Solution



EclipseCrossword.com



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## Last word.

I was reading this week about a passage in the Bible that describes the New Jerusalem. (Revelation 21 19-20) [Good News Bible]

“The foundation stones of the city wall were adorned with all kinds of precious stones. The first foundation stone was jasper, the second sapphire, the third agate, the fourth emerald, the fifth onyx, the sixth carnelian, the seventh yellow quartz, the eighth beryl, the ninth topaz, the tenth chalcedony, the eleventh turquoise, and the twelfth amethyst”.

Of the 28 stones that are normally referred to as ‘gemstones’ apparently only 16 are anisotropic. Anisotropic gemstones produce a colourful array reflecting all the colours of the rainbow when viewed in “pure” cross-polarized light. Isotropic gemstones lose all their colour and appear black.

In Revelation 21 verse 23 ...

“And the city had no need for sun or moon to shine upon it; for the glory of God gave it light, and its lamp was the Lamb.”

If we assume that this light is “pure” light, then it seems only natural that anisotropic gemstones would have been chosen for the adornments to the foundations of the New Jerusalem.

The strange thing is that it is only very recently that scientists have been able to identify anisotropic gemstones. So, when the book of Revelation was written, the probability of randomly selecting 12 gemstones that were all anisotropic is so low (1 in 1000), that it should come as no surprise that the book of Revelation must indeed be the word of God. There is no other scientific explanation for this.

**[Stephen Hutchinson]**