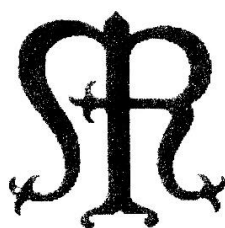

Newsletter #28

Friday 3rd March to Friday 17th March 2023



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

EcclestonChurchWarden@ecclestonandpulfordchurches.org

PulfordChurchWarden@ecclestonandpulfordchurches.org

Dear Reader,

On behalf of everyone from St Mary's Eccleston and St Mary's Pulford, I would like to wholeheartedly welcome our new Rector, the Reverend Dr Stephen Torr.

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.

Kind Regards

Stephen Hutchinson (hutch@ecclestonandpulfordchurches.org)

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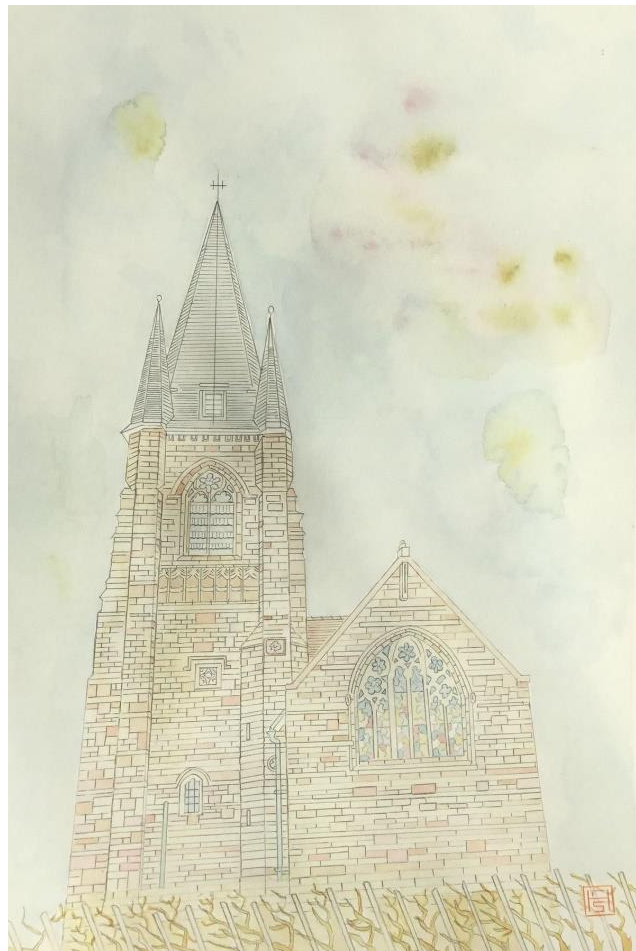


Figure 1 Pulford Church

Parish information

Rector:

Pulford/Eccleston	Revd. Dr Stephen Torr
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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	

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.

All services will be led by the Reverend Dr Stephen Torr.

Date	St Mary's Church PULFORD	St Mary's Church ECCLESTON
Sunday 5 th Mar	9.45am [Joint Service]	
Sunday 12 th Mar		11.15am [Choral Communion]
Sunday 19 th Mar	9.45am Mothering Sunday communion Service.	11.15am All Age Mothering Sunday Service with Eccleston School
Sunday 26 th Mar		11.15am [Choral Communion]

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: Further thoughts about identifying with our thoughts!



Marcus Aurelius Antoninus was the Emperor of Rome from 161 to 180 AD, and a Stoic philosopher; he was the last of the rulers known as the *Five Good Emperors*, and the last to reign during a 200 year period of relative peace and stability for the Roman Empire. He published a book, substantially based on Stoic philosophy, that included this statement: ***Universe is change; our life is what our thoughts make it...***

When I first read this, I wasn't especially inspired; but I kept coming back to it, again and again, as it gradually prompted an awareness, deep within, of the addictiveness of my own over-thinking. I had become so used to it, I thought there was something wrong when my mind slowed down enough (which was rare in the early days following retirement).

For those of you have been following my fortnightly 'blogs', you know what I have come to think about the potentially-harmful effects of over-thinking. Dwelling-on (regretting) the past is fruitless - except to learn from life, to enjoy life more! Otherwise, the past has gone - forever unchangeable. Similarly, constantly worrying about the future (as opposed to giving due consideration of, or preparing for, important events) isn't going to achieve anything at all. When we read any point in time in the future, it becomes 'the now' for us... It's only we get there that we can possibly know what to do-about whatever we've been concerned-about!

To put in context the saying '***Universe is change; our life is what our thoughts make it***': I came to realise that every one-of-us has our own - often subjective - view of the world. Our view of 'now' is subject to our individual interpretation, which is, of course, based on past learning and experience... There's a catch! What we understand to be the past is really just fragments of memories that are, themselves, often flawed. So, our minds stitch things together - filling in any blanks by embellishing the detail with what our thoughts tell us! Just as the philosopher Aurelius observed. So, our minds then simply take it for granted that what-we-think-we-remember is 100% right. In reality, memories of (at least some) of what was forgotten, are miss-remembered, therefore inherently inaccurate.

So, what does the quote say about the future? Well, any worries or concerns we dwell-on can't actually be addressed until we 'get there'. In reality, the future is little more than our imagination (**until** we get there - **then** it's real!). Our imagination is based on past events and emotions which are, at best, only partially remembered with any accuracy!

Forgive me rabbiting on; I'll now get to the point: we can only rely on the present moment as true-and-accurate, and even then, our viewpoint is open to personal interpretation! Even so, the present moment is the only thing that's **actually real, here-and-now**. Not forgetting that Christ Himself taught us: "... ***do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.***"

The world is becoming more and more complex and dangerous, so without doubt, there's plenty to be concerned about. It's becoming more difficult than ever to fully embrace and enjoy life, and to fully appreciate what God wants for us, and needs from us. But if we identify-with (and by that, I mean, believe-in) thoughts that are constantly regretful of the past, and/or continually worrying about the future, how can we make space for supporting each other, and 'doing God's work'?

"Need" is everywhere, all the time; God knows that we can't support everyone, nor everything that's going on locally, let alone nationally or internationally. He does require us to do what we can when-and-where we can...

This is why it's important to identify with the right things, and the right Person. Our over-thinking can't be trusted - because the ever-elusive **NOW** (the only period of time that truly exists) is always in motion, doggedly moving on, from one event to the next. Then 'along comes change', quite possibly when we least expect it, or when we are at our most vulnerable. Thinking, regretting and fretting (through over-thinking) won't help us.

Universe is change; our life is what our thoughts make it... says to me that life is a constantly-transforming experience, of which we all are a part. Interpreting **the now** from different viewpoints is a strength for a community of Christians who don't identify-with what their thoughts tell them; and it's one thing for our thoughts to encourage strong convictions, based on 'personal opinion'; it's quite another to set our own personal views and interpretations on a pedestal that's high above anyone else's. Just as thoughts are personal, so are opinions; when thoughts and opinions are voiced in good faith, they need to be respected as valid in any debate or disagreement. And when that happens, a family of Christian people can be at their most effective, collectively and as individuals.

These are difficult times, for sure; they may get worse before they get better. For as long as we strive for permanence of security, "real life" simply won't stand still for us. I guess this vexes and frustrates-us-to- distraction from time to time, doesn't it? But for as long as our thoughts resist change, we'll stand to suffer continual disappointment - unless we embrace a fundamental truth. Our true identity is in Christ, it's only through Him that we'll recognise that we have security in what God promises. Then we'll have a purpose that's more important, and more valuable to Him, than worrying about a past that can't be changed and a future that can't be second-guessed.

Christ Himself was a man in his time, and is still a Saviour in our time, no matter how the future unfolds. The following prayer is one adapted from an anonymous prayer.

Lord, I ask for your guidance today ; may I tread with confidence the path you need me to follow here and now. Don't let me stray from that path through regrets about the past, lack of confidence in the present, nor concerns about the future. You are my shepherd, Lord - let Your leadership prevent me from error, and let Your eyes watch over me, and protect me from all danger. You're the only God and no earthly matters are too big for You.

Amen

[Rob Hughes]

Pulford Church Stained-Glass Windows designed by Charles Kempe.

Charles Kempe (1837-1907) was a great Victorian stained glass window artist and designed the Window in the north wall of the Nave at Pulford Church. The window represents Faith, Love, and Hope.



Faith (Imago Fidei)



Love



Hope (Imago Spei)

His work can also be seen locally at Chester Cathedral, and in the parish churches of Christleton, Upton, Heswall, West Kirby and Eastham.

Kempe was a friend of G.F. Bodley, the leading architect of his time, and the architect of Eccleston Church. As a young man, Kempe worked in Bodley's architectural practice and was often invited to design the stained-glass windows for a new church. In 1884 The Kempe society was founded to encourage the recognition of this eminent Victorian and to unite the many people who admire his work.

"Master of Glass: Charles Eamer Kempe, 1837-1907" is an illustrated book of his life and achievements that has been written by Margaret Stavridi. ISBN-10: 1871224004 ISBN-13: 978-1871224009

There is also a paperback listing all Kempe Works:

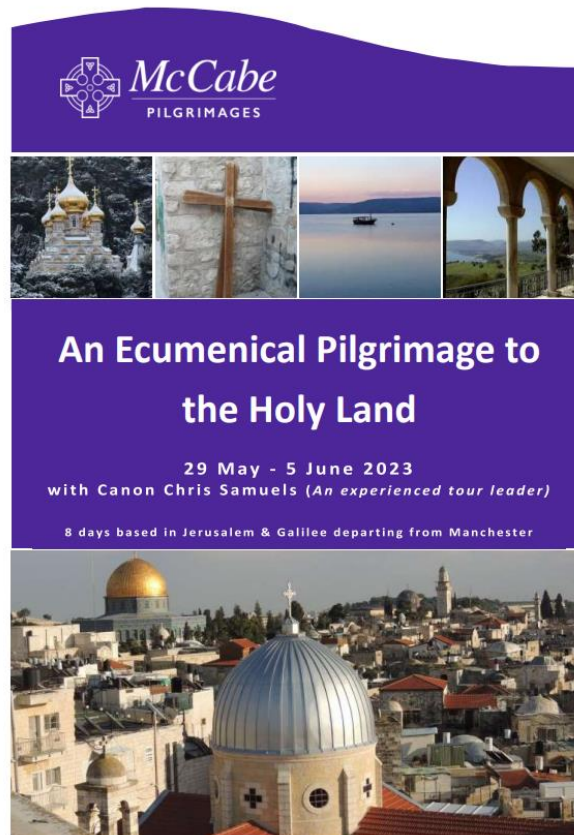
The Corpus of Kempe, Stained Glass in the United Kingdom and Ireland

Edited by Philip N.H. Collins and published by the Kempe Trust, in which this Pulford Window is listed.

[with acknowledgements to Reverend J.B. Lumby]

Pilgrimage to the Holy Land – 29th May – 5th 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](#)