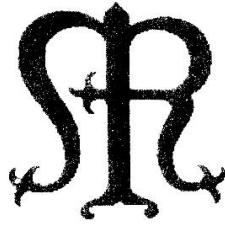

Newsletter #30

Friday 31th March to Friday 14th April 2023



St Mary's Church Eccleston /

St Mary's Church Pulford

[Eccleston and Pulford Churches](#)

Email:

EcclestonChurchWarden@ecclestonandpulfordchurches.org

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 Jeanette Howe, Rob Hughes, and Nayland Southorn for their contributions this week.

Kind Regards

Stephen Hutchinson (hutch@ecclestonandpulfordchurches.org)

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Figure 1 Pulford Church by Mike Nethercott

Parish information

Rector:

Pulford/Eccleston	Revd. Dr Stephen Torr	rector@ecclestonandpulfordchurches.org
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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.

Please see <https://ecclestonandpulfordchurches.org/services> for latest service times.

Date	St Mary's Church PULFORD	St Mary's Church ECCLESTON
Sunday 2 nd April	9.45am Palm Sunday Holy Communion Service.	
Thursday 6 th April		7.30pm Maundy Thursday Holy Communion
Friday 7 th April	2.00 pm Sung Hour at the Cross	
Sunday 9 th April		11.15am All-age Holy Communion inc. Renewal of Baptism Vows.
Sunday 16 th April	9.45am Holy Communion Service.	
Sunday 23 rd April	9.45am Holy Communion Service.	11.15am All-age Baptism (No HC).
Sunday 30 th April	11.15am Choral Holy Communion Service.	

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: Presence and Gratitude – the benefits...

I'm pleased to say that following my last blog, I've had a few conversations with people about my own more-recent 'spiritual development'. I'd intended to change the subject after last time, but from these conversations, it would seem appropriate that I might usefully explain a few more experiences.... Not so much about the thoughts and feelings that whizz around, but more from the point of view of the tangible benefits of going 'with the flow'. In saying that, I can't emphasize enough, this is a deeply personal point of view, and it would be lovely to hear about the different experiences of others - maybe as contributions for the Newsletter?

So 'here goes' with some of the of tangible benefits I've experienced by **inviting** spiritual awareness 'in' (rather than seeking it out), and letting God have His way (more than I perhaps used to):



Living in the present: I've finally got the message that this isn't about living-for-now, one-day-at-a-time. I now have a much more deeply-rooted sense of the scriptures that relate to 'take no thought for tomorrow'. It's become more about not letting worries about the future rule how I simply enjoy 'where I am', what I'm looking at (or doing), and 'who I'm with', here and now... Albert Einstein put it very precisely and succinctly when he wrote:

"Life is a preparation for the future; and the best preparation for the future is to live as if there were none".

That's not to say that we don't need to plan for the future, and maybe consider potential issues that we might have to face (in business, that would be called contingency planning). But living more-in-the-present enables me to stop-short at the catastrophe- thinking stage, by recognising that's it's nonsense and counter-productive, and letting it be.

I believe I'm much 'better' now at recognising when I've done enough useful thinking, and then getting back to living in-the-day becomes more natural.

- Have I stoped having thoughts of catastrophe? **No.**
- Do they lead to obsessive worrying? **Not any more**, as they simply pass-on-by, because I've become more aware of "what's real".



Being Grateful: I've never found it difficult to be grateful - simply because, thank God, there's so much in my life I can be grateful for. I've learned, the hard way, though, that I've never been all-that-good at remembering 'to feel gratitude', nor in behaving in a grateful way.

I've more recently learned much more about how to practice gratitude. That may sound like I've learned a technique. But that's not so. This has been as simple (for me) as, for example, learning to not just notice 'something nice', but to stop for a few moments and look-at- it, closely. When push comes to shove, it not only enables a deeper appreciation of 'life in general', it also gives my mind a rest. The transformation for me has been learning to (more often) simply stop what I'm doing or thinking-about, if only for a few moments, and allow gratitude to express itself. Gratitude for simply being 'alive' to experience these things.

I'm sure you'd find, for example, that concentrating more on what you're doing or speaking-about, 'here-and-now', can lead to better outcomes, and a deeper understanding of what's being spoken about. And for that we can all be grateful!

On a serious note, though. Psychologists tell us that people who regularly practice gratitude (by simply taking time to notice and reflect upon the experiences of everyday-living) became more thankful for what's happening, here-and-now. So, they become much less concerned about an unknowable future.

It's pretty much proven that being aware of what we can be grateful for, and behaving as 'grateful people', leads to more positive emotions, feeling 'more alive', and expressing more compassion and kindness. It even strengthens our immune systems.

There are many more examples of the tangible benefits of behaving more spiritually, and if there's sufficient interest, I'll expand in future blogs. But as Christians, we surely acknowledge the singly most important event for which we can all be (literally) eternally grateful for - and that's the death and resurrection of Jesus Christ.

As we prepare for the Easter season in particular it's the release of God's Holy Spirit that we should not only be grateful-for, but should express in our hearts, minds and activities.

The Prayer of St Richard (the 'day-by-day prayer'):

Thanks be to you, our Lord Jesus Christ, for all the benefits which you have given us, for all the pains and insults which you have borne for us. Most merciful Redeemer, Friend and Brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

[Rob Hughes]

Tear Fund Rubbish Campaign

Jeanette also recommends signing the following Tear Fund campaign petition

<https://www.tearfund.org/campaigns/rubbish-campaign>

People around the world are facing mountains of plastic pollution. This is making people sick, releasing toxic fumes, flooding communities and causing up to a million deaths each year.

We're standing with Christians from more than ten countries and six continents, and calling for bold action to end the plastics crisis. We need an effective, binding plan that holds big polluters to account, reduces plastic production, supports the vital work of waste pickers, and ends the impacts of plastic pollution on people living in poverty. The more people we can get involved, the stronger our voice will be!

[Jeanette Howe]

Responsible Email (How to spot fake emails).

Due to the ever-increasing amount of spam, scam and phishing emails that are prevalent these days, I thought it might be helpful to create a document outlining some helpful hints and tips on how to avoid falling a victim to spamming, scamming and phishing. The document is too big to include in this newsletter, so I have uploaded it to the church website under the heading "Responsible Email" in the Resources section:

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

Please feel free to download and read this document. I hope it is useful.


In general, if you receive an email that does not address you by name, and just says "Help I need a favour, please email me back" or asks you to click on random links, this is a scam. Even if the email looks like it is from a friend.

If you do reply, you will then receive another email from a different email address, asking you to purchase a gift card. (Gift Cards cannot be traced to the scammer).

Always check the email address of the sender, by clicking on the name field. This will show their real email address. Scammers can fake the "from name", but they can't fake the "from email address". This is a good way to spot if an email is genuine or not. There are 11 other tips in the document that I hope will help you stay safe online.

[Stephen Hutchinson]

Open Doors Prayer for the Persecuted Church.



Open Doors
Serving persecuted Christians worldwide

PRAYER

FOR THE PERSECUTED CHURCH



St. Mark's Church, Saltney, Chester is hosting an evening of

Prayer for the Persecuted Church on Tuesday 2nd May

led by **Henrietta Blyth**
CEO of Open Doors UK&I.
All are welcome.

7.30 - 9.00 pm
with refreshments from 7.00pm

Do join us for a powerful time of prayer as we pray for our brothers and sisters around the world where they risk everything for Christ.



**St. Mark's Church, St. Mark's Road,
Saltney, Chester, CH4 8DE**

[Jeanette Howe]

Eccleston Church of England Primary School - Keeping on track.

In mid-march the headteacher of Eccleston C of E Primary School Katie Prescott, hosted a visit from a certain David Wallace (currently headteacher at St Oswald's C of E primary in Mollington), who was acting on behalf of the Chester Diocesan Board of Education. He was charged with checking on the Christian distinctiveness of Eccleston C of E Primary School, as well as our state of readiness ahead of our next SIAMS (Statutory Inspection of Anglican and Methodist Schools) ... currently scheduled to take place in early 2024.

As you can see from the report, we came through this scrutiny with flying colours, which augurs extremely well for the upcoming, official inspection.

Congratulations to Katie, her excellent team and our marvelous pupils for continuing to achieve so well, whilst working within a truly caring, Christian / educative environment.

[Nayland Southorn: Chair of Governors]

Keeping on Track ~ Record of Visit

Supporting our schools to be Deeply Christian in Serving the Common Good

Name of school	Eccleston CofE Primary School
Head teacher	Katie Prescott
Person Visited	Katie Prescott (Headteacher), Jeanette How (Foundation Governor / TA), Nayland Southorn (Chair). A group of children were also spoken to.
Date of Visit	20.03.23
Name of Consultant	Dave Wallace
Purpose of Visit	Audit of church school distinctiveness and update on the school's evaluation under SIAMS
To what extent does the school have an established and impactful Christian vision? How deeply is it rooted in Christian thinking and theology?	
<p><i>At Eccleston CE Primary School, we are united in our vision to prepare our children for life in the modern world. We will do this by instilling a lifelong love of learning and embedding Christian values that reflect the example Jesus has set. We strive for excellence in all we do, enabling all members of our school to flourish.</i></p> <p><i>"Let your light shine"-Matthew 5.16</i></p> <p><i>Our Christian Values are as follows;</i></p> <ul style="list-style-type: none"> • <i>Thankfulness</i> • <i>Joy & Celebration</i> • <i>Love</i> • <i>Forgiveness</i> • <i>Trust</i> • <i>Friendship</i> <p>Eccleston has a very clear and embedded Christian vision which is shared and understood by all members of the community. The vision has been written so that it can be applied to all areas of school and wider life. The visioning process included all stakeholders and is clearly displayed in all areas of the school. The vision was spoken of enthusiastically by all that were spoken to on the visit and it is clear that it impacts and on and provides a focus for school life on a daily basis. The strap line for the vision is based on the verse from Matthew 5:16.</p>	
Agreed current strengths	
<ul style="list-style-type: none"> • School Ethos. It is evident from first arriving (including the welcome from the office staff) that Eccleston is a school with a strong church ethos. The vision is clearly displayed and the school is a happy and vibrant place everyone, but especially the pupils speak with pride about being part of the school. The school emits a happy and caring family atmosphere. • The school vision as indicated above is strong and well established. It is understood by all and frequently revisited. It provides a driver for all that the school does. 	

- Collective Worship is a strength. It is given high priority each day and is clearly planned. This usually follows a pattern of looking at the school values through a variety of events and dates in the church calendar. Children value collective worship and the ethos group are involved in planning and leading worship. Worship is inclusive, invitational and inspirational. A quote from a child was that worship *'links us to God but not in a forceful way.'*
- Governance is strong. The Governing Body is led with enthusiasm and passion for the school by the chair who also has high regard for the church distinctiveness. The relationship between the head and chair is clearly very positive and mutually supportive. Governors have a very good knowledge of what the school is working on and how Christian distinctiveness is woven through all of the threads.
- RE is taught to a high standard and the school has recently received the RE Gold Quality Mark.

Agreed areas for development

- Seek opportunities to develop strong links with the new incumbent to include visiting the school regularly to lead collective worship.
- The school to continue to show high regard for developing their Christian distinctiveness in all areas.

Useful links

Chester Diocese CPD Programme

<https://www.chester.anglican.org/schools/dbecourses/>

Church of England Vision for Education

[Vision for education \(churchofengland.org\)](http://www.churchofengland.org/vision-for-education)

'Bring the Vision Alive'

<https://www.cefel.org.uk/visionresources/>

Revised Evaluation Schedule 2022

<https://www.churchofengland.org/sites/default/files/2022-07/FINAL%20-%20SIAMS%20Evaluation%20Schedule%20%28Revised%20July%202022%29.pdf>

CEEO Statement of Entitlement for RE

[RE Statement of Entitlement for Church Schools.pdf \(churchofengland.org\)](https://www.churchofengland.org/sites/default/files/2022-07/CEEO%20Statement%20of%20Entitlement%20for%20RE.pdf)

CEEO Guidance for Collective Worship

[Collective Worship Guidance 18052021.pdf \(churchofengland.org\)](https://www.churchofengland.org/sites/default/files/2021-05/180521%20Courageous%20Advocacy%20%28final%29.pdf)

Courageous Advocacy

<https://www.churchofengland.org/sites/default/files/2021-05/180521%20Courageous%20Advocacy%20%28final%29.pdf>

Spiritual Development

[Spiritual Development - Interpretations for the Classroom 2019](https://www.churchofengland.org/sites/default/files/2019-05/180521%20Spiritual%20Development%20-%20Interpretations%20for%20the%20Classroom%202019.pdf)

Valuing All God's Children

[Valuing All God's Children 2019](https://www.churchofengland.org/sites/default/files/2019-05/180521%20Valuing%20All%20God's%20Children%202019.pdf)

Jumping Fish Publications

<http://gloucester.anglican.org/schools/jumping-fish-publications/>

Imaginer

<http://www.imaginer.co.uk/>

RE Online

<https://www.reonline.org.uk/>

Understanding Christianity

<http://www.understandingchristianity.org.uk/>

Global Neighbours scheme

<https://www.christianaid.org.uk/schools/global-neighbours-accreditation-scheme>

Archbishop of York Young Leaders

<https://www.archbishopofyorkyouthtrust.co.uk/young-leaders-award/>