Shirley Parish Magazine

SHIRLEY PARISH





SHIRLEY PARISH GUIDE (see also inside the back cover)

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Pa	rish Website:	uk Holidays)	

Parish Website: https://www.shirleyparishb90.co.uk Social Media: twitter.com/@ParishB90 facebook.com/@AdventureinFaithB90

YouTube:

https://www.youtube.com/ShirleyParishB90

OUR PARISH PRAYERS



Give to us your people, living God, A renewed faith and a bold vision that we may proclaim the Good News of your Son with faith that your kingdom will come, with hope for our community and with love for Him who died and rose again to save us, Jesus Christ our Risen Lord Amen

9.30am - 12.30pm

God of Mission, who alone brings growth to your Church, send your Holy Spirit to give vision to our planning, wisdom to our actions, and power to our witness. Help our church to grow in numbers, in spiritual commitment to you, and in service to our local community. Through Jesus Christ, our Lord. Amen

OUR SERVICES IN JUNE

Date	Time	Service	Venue
2nd	10.30am	Holy Communion	St James Church
5th		Pentecost Sunday	
	8am	Holy Communion	St James Church
	10.30am	Jubilee Songs of Praise	St James Church
	6pm	Reflective Communion	St John's Church
9th	10.30am	Holy Communion	St James Church
12th		Trinity Sunday	
	9am	Holy Communion	St John's Church
	10.30am	Morning Worship	St James Church
	10.30am	Holy Communion	Christ the King Church
16th	10.30am	Holy Communion	St James Church
18th	10am	Messy Church	St James Church
19th	8am	Holy Communion	St James Church
	9am	Morning Worship	St John's Church
	10.30am	Holy Communion	St James Church
23rd	10.30am	Holy Communion	St James Church
26th	9am	Holy Communion	St John's Church
	10.30am	Morning Worship	St James Church
	10.30am	Morning Worship	Christ the King Church
30th	10.30am	Holy Communion	St James Church

ST JAMES THE GREAT CHURCHRecordings/live streams -Church Road, Shirley B90 2AXhttps://www.youtube.com/ShirleyParishB90CHRIST THE KING CHURCHWidney Junior School, Clifton Crescent, Solihull B91 3LQST JOHN THE DIVINE CHURCHTilehouse Lane, Tidbury Green, Shirley B90 1PW

JOURNEYING ON TOGETHER

Why not join us on Wednesday afternoons at 2.30pm in Church House for an hour or so as we explore what faith means for us in our day to day lives. We will be meeting weekly from **Wednesday 8th June** and we would love to have you with us! Have a word with Andrew or Sue Guy, Chris Terry or Chris Speakman for more information. They can be contacted direct or though the Parish Office.



Shirley Parish Platinum Jubilee Celebrations



Thursday 2nd June - Sunday 5th June 2022

Come and see our flower and history displays celebrating the 70 years of our Queen's reign

Saturday 4th June 2022

Street Party for all the family - 2pm until 5pm Food, games, tombola ... come dressed up and join in the fun!

Sunday 5th June 2022

Celebration 'Songs of Praise' service - 10.30am

Everyone will be welcome!

St James Church Church Road, Shirley B90 2AX

THE QUEEN'S PLATINUM JUBILEE



This month we celebrate the Queen's Platinum Jubilee. She is the longest reigning monarch in British history. Up until recently she attended church every week and still did a full week's work at the age of 96!

It is her commitment to serving God and the nation which stands out in her life. Even before she became Queen, she made a promise, which she has kept for over 75 years: 'I declare before you all that my whole life, whether it be long or short, shall be devoted to your service' (21st birthday broadcast, 21 April 1947).

What is the secret of the Queen's consistency of character and service? In 2002 she said this: "I know just how much I rely on my faith to guide me through the good times and the bad. Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God." These are wise words from somebody who draws her strength from the Christian Faith and can inspire all of us who want to make our lives count!

The Queen has been an example of joyful, wise, and generous service on behalf of others all her life. Six months before her coronation she asked the nation and Commonwealth to "pray that God may give me wisdom and strength to carry out the solemn promises I shall be making, and that I may faithfully serve Him and you, all the days of my life." Paul urges us to pray for all in authority, "that we may live peaceful and quiet lives in all godliness and holiness." (1 Timothy 2:2).

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JULY & AUGUST 2022 PARISH MAGAZINE

PLEASE SEND INFORMATION & ARTICLES TO THE EDITOR BY Sunday 12th June



Parish Office - 07761 002870 or parishoffice@stpatricksearlswood.org.uk

REFLECTING ON EASTER AND BEYOND

After two years when Easter celebrations were curtailed by Covid, it was wonderful to be able to worship together with no restrictions.

The Shirley Churches Together Good Friday Walk of Witness was slightly different this year with stops outside various churches for a song, a reading and a prayer. The sun shone and the people came to proclaim the truth of Christ crucified with the refrain:

It's Friday but Sunday is coming!

More reflective times were held at both St James and Christ the King as we thought about what Jesus went through for us.

Messy Church on Holy Saturday was the first since before Covid where pre-booking was not necessary and eighteen families came into a bustling and joyful St James building. A cracking and creative time was had by all – part of what we made was the amazing banner that has been in St James since.



Easter Day started bright and early with a sunrise celebration of the resurrection around the fire in the garden at St John's.

Alleluia! Christ is Risen! He is risen indeed! Alleluia!

Later, St James Church was comfortably full as we worshipped together for the main Easter Service where the Area Dean, Phelim O'Hare, preached for us. It was great to see both regulars and occasional visitors! Joy filled Easter celebrations also took place at St John's and at 8am in St James.

In the weeks since Easter our Sunday readings and themes have been very much about what it means to follow the risen Jesus; what being a Christian is all about. And at our annual meeting on May 1st as we looked forward to the year ahead it was that theme of following Jesus that occupied my thoughts as I looked at what challenges lay ahead.

REFLECTING ON EASTER AND BEYOND continued

So these, I believe, are four challenges that we face in the year ahead:

- 1. How each one of us can grow in confidence in our faith in Jesus
- 2. How we can encourage the children and families we have contact with to take (maybe small) steps forward on their journeys of faith
- 3. How we can follow the example of Jesus as we seek to meet the needs of our wider community
- 4. How we can best use our buildings to enable the above

And we face these challenges together as seven congregations in three worship centres, but one parish.

For a long time I thought of us as one parish with three churches, but I am increasingly seeing that does not give the whole picture.

We have seven congregations:

- 8am Sunday at St James
- 9am Sunday at St John's
- 10.30am Sunday at Christ the King
- 10.30am Sunday at St James
- 6pm Sunday (Reflective Worship and Forest Church) at St John's
- 10.30am Thursday at St James
- 10am Saturday Messy Church at St James

Each congregation with a very different feel to it and a unique way of expressing their faith and taking part in worship.

We have three worship centres

- St James Building
- St John's Building
- Christ the King in Widney School

But we are one parish – united in our faith if varying in our expressions. United in mission and our desire to follow Jesus.

Seven congregations; three worship centres; one parish.

Reverend Paul Day









THE FRIENDS OF ST JAMES 100 CLUB

Congratulations to the May winners

£50 ~ Pauline Daniels £25 ~ Angela Norman

Members are reminded that subscriptions for the next six months (June to November) are now due - \pm 13 for six months - \pm 26 for twelve months.

Please make cheques payable to "Friends of St James 100 Club". Subscriptions may be handed into the Parish Office or posted to Lynda McPherson, 90 Dickens Heath Road, Shirley, B90 1RL.



Linda Pitt opened our meeting held on the 4th of May with prayers and welcomed all present. Our speaker Rowena Nicholls, Diocesan MU Vice President and Trustee talked on Modern Slavery.

Modern Slavery is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including child slavery, sexual exploitation, domestic servitude, forced labour, forced marriage and debt bondage. The UK Government estimate there are up to 13,000 people in slavery in Britain today. Every fourth victim of slavery in the UK is a child. Slavery is much closer than you think, even in our own community

Our next meeting on the 1st of June will be an afternoon tea to celebrate the Queen's Platinum Jubilee. If you are joining us, for catering purposes please could you let one of the contacts below know.

We extend a warm welcome to visitors to any of our meetings.

All meetings are held in Church House at 2pm on the first Wednesday in the month except for the July outing and the August meeting which will be held on the third Thursday at 7.30pm.

Coming next ...

6th July – Outing to Castle Bromwich Hall Gardens – details are in the pew slip 18th August – Desert Island Discs with Rev Wendy Carter, Rev Theresa Jones and Rev Nicholas Ball hosted by Ray Speakman.

Contact details:	
Linda Pitt	0121 744 6777
Liz Yates	0121 744 6416
Susan Knight	0121 744 6298



REDUCING OUR CARBON FOOTPRINT - part 3

Shopping

9. Buy less stuff! And buy used or recycled items whenever possible.

10. Bring your own reusable bag when you shop.

11. Try to avoid items with excess packaging.

12. If you're in the market for a new computer, **opt for a laptop instead of a desktop**. Laptops require less energy to charge and operate than desktops.

13. If shopping for appliances, lighting, office equipment or electronics, **look** for Energy Star products, which are certified to be more energy efficient.

14. Support and buy from **companies that are environmentally responsible and sustainable**.

https://news.climate.columbia.edu/2018/12/27/35-ways-reduce-carbon-footprint



Nick Ball on behalf of the Parish Eco Group



PALM OIL

What is Palm Oil?

Palm oil is an edible vegetable oil derived from the pulp of the fruit of palm trees. The oil is used in food manufacturing, in beauty products, and as Biofuel. Palm oil accounts for about 33% of global oils produced from oil crops.

Where is Palm Oil grown?

Indonesia, Malaysia and Nigeria produce 80% of the world's production, the rest is grown in Central America.

How is Palm Oil used in food?

Palm oils are used to stabilize and maintain quality of flavour in processed foods, by food manufacturers. You may not realise you are eating it, but it is used in:

- 1. Bread
- 2. Crisps
- 3. Margarine
- 4. Vegan cheese
- 5. Biscuits
- 6. Ice Cream
- 7. Pizza bases
- 8. Instant noodles

Some manufacturers use other names such as Stear, Laur, and GlycBread, maybe to disguise the fact that they are using palm oil as it is becoming a controversial climate topic.

Is eating products containing Palm Oil bad for our health?

Compared to other liquid oils, palm oil is relatively high in saturated or bad fats. Palm oil is about 34% saturated fat, while olive oil is less than half of that. Saturated fats are linked to an increased risk of heart disease and other chronic health conditions.

How is Palm Oil used in beauty and cleaning products?

Palm oil is the foaming agent in nearly every soap, shampoo, or detergent. Around 70% of personal care products including soap, shampoo and makeup, contain ingredients derived from palm oil. However, there are more than 200 different names for these palm oil ingredients and only 10% of them include the word "palm".





PALM OIL continued

Palm Oil used as Biofuel

Palm oil is added to petrol and diesel for our vehicles. EU drivers use more palm oil than the food and cosmetic industry combined. Fuel companies are quick to point out that their fuel is now partly derived from a renewable source as a replacement for fossil fuels and will reduce the dependency on fossil fuels and eventually tackle issues of pollution.

Palm Oil and its effect on climate

Because palm oil is so versatile it is grown in vast areas of the world. To create these palm plantations the natural rain forests are being cut down, known as deforestation. Forests soak up very large amounts of CO2 gases from the earth's atmosphere. If these gases are not reduced by human pollution reduction and naturally by our forests, CO2 has been proved as a major factor in our climate change problems. Because Biofuel is seen as a major contributor to pollution control by the world's governments even more forests may be destroyed to produce it.

Palm Oil and its effect on wildlife

As the natural rainforest is cut down for palm planting very few mammals can live in these palm plantations because of lack of natural plants for food and shelter. Orangutan, elephant, tiger and rhino have to find other land to live on which leads to conflict with local villages. Many of these animals die of hunger or are killed by villagers.

SO, WHAT CAN WE DO? For more information go to The World Wildlife organisation at: www.worldwildlife.org



Pam Owen

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NURSERY VISITS AT ST JOHN'S

We can hear the excited chattering of the Tidbury Green nursery children as they walk to the door of St John's Church. In they come, ready for a story and some creative work, perhaps a song or two.

Until Covid intervened this was the pattern some four or five times a year as the children shared some of our church celebrations such as Harvest, Christmas and Easter along with story time with some of our favourite Bible tales.

Thankfully now we are able to welcome the children and helpers back into our church and get to share some more lovely times.

We search for animals to make sure they get to the Ark on time, we put stickers onto our Easter timeline, we put so many figures into our stable it becomes very crowded.

We love welcoming up to sixteen young nursery children each time into our church and hope they enjoy it as much as we do!

Linda Alford





Cheese or Ham? – long crusty slice or small rounds? – coleslaw, mayonnaise? - apple juice or orange? – cheesecake or chocolate sponge? - apple crumble or Bakewell tart? - custard or cream? – Tea or coffee?

Oh, what delights and choices we have to face on Ploughman's Wednesdays and all for just £6.00.

There's a great atmosphere of friendship and fellowship from across the Parish. Lots of chatter and laughter too as we all tuck into our 12 o'clock lunch at Church House. Not forgetting birthday

cake when the occasion arises and fresh fruit and vegetables from Shirley's allotment as well as delicious jams and pickles for sale should you be so tempted.

This is open to all. If you would like to join us for a bit of company, a good healthy lunch followed by a naughty but nice dessert, then please phone Pat Powell on 07929276658 or myself Gill Gough on 07812469188 to book your place.

June dates are Wednesdays 1st, 15th and 29th. There is sure to be someone you know or recognise, and you will receive a warm welcome. We would love to see a few more people so bring a friend along too!

Gill Gough





THE WELCOME CAFE

I welcome – I am welcome

You welcome - you are welcome

They welcome - they are welcome

Sorry if that feels a bit like some hideous French or Latin lesson, but it is the best way that I know to sum up the Welcome Café.

When, as we crept out of lockdown last August, we opened up

the café it was to do just that. To give us a chance to meet with others, people from outside the church, people from different congregations, and people that we already knew, to get to know each other a bit better and to strengthen our community. The idea is simple. We serve tea and coffee, squash for people who don't drink either, and homemade cake, asking only for donations. People come along and talk to each other. Some people will arrange to meet friends but hopefully will also spot others on their own and invite them into the conversation.

We are blessed with a committed team in the kitchen. Mostly helping once a month, but some twice, or on a 'ring when you need me' basis. We have a top flight team of cake makers demonstrating versatile baking. Some of them are the same people.

We have become a 'Place of Welcome'. This is a network of similar initiatives, many of them being in church halls and supportive of their communities. Places of Welcome offer an accessible and hospitable building open at the same time each week, open to everyone and staffed by volunteers, where people will listen to each other and there are free refreshments available.

We remain grateful to our kitchen teams and cake makers but your presence is also an important part of our welcome. ALL ages are welcome and we have toys available for children who come along.

Please come for coffee! You will be welcome. And why not invite your friends too!

The Welcome Café Team

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ST JAMES'S CHURCHYARD : TREES FOR THE JUBILEE

Our churchyard contains a number of mature trees. Many of the original lime trees, planted around the boundary survive and we have fine yew trees, juniper, cedar, cypress, sycamore, holly, hawthorn, cherry and a monkey puzzle.

These are a great blessing in a town, although when paying for tree surgery, sweeping up leaves and twigs in autumn or repairing the paths disturbed by roots this is less easy to see!

Inevitably, trees reach the end of their life and we have had to fell a few in the last year. Since we have been asked to 'plant a tree for the Jubilee' we decided to replace some of them.

At the edge of an existing clump of trees we have planted a Norway Spruce, bought some years ago as a Christmas tree and now pot bound. A Cotoneaster tree, much loved by bees in spring and giving berries for the birds in autumn was also cramped in a pot having been grown from a stray seedling and is now sited next to the stump of a tree felled last year.

From the Woodland Trust we obtained a pack of four seedlings recommended as wildlife-friendly, elder, wild cherry, rowan and blackthorn. When they arrived, they looked very puny, but they are now looking putting out leaves at the edge of the wild area.



Trees give so much: shade and shelter, flowers and food and of course oxygen released into the air. Planting them seems a very good way to mark a historic occasion.

On another tack entirely, the Churches Count on Nature is being held again this year in the week beginning 4th June. Since this follows so quickly on the Jubilee events, we thought we would keep it very simple this year and use the Wednesday morning churchyard gardening slot to spot species. All are welcome to join in between 10am and noon. We'll have identification guides and resources as last year.

Kate Crocker

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ADAVU

The Spring Party held on May 12th (partly to replace the two cancelled Christmas parties of 2020 and 2021) was a very happy occasion. Tea, coffee and biscuits accompanied some craft work - painting and decorating small wooden boxes - some real talent showed through! Lunch of curry and rice with salads was well received – followed by cakes as dessert. (Thank to those of you who provided such lovely cakes).

Despite language problems there was always a hubbub of chatter – some ladies translating for others. I used a lot of smiles, hands and guesswork, but we all managed. My small being friend aged "NEARLY THREE" and I had great fun doing and undoing a jigsaw, particularly when I would put a piece in the wrong place! His brother, somewhat smaller, enjoyed throwing pencils onto a tray, such satisfying noises. Balloons were thrown and kicked but fortunately did not burst.

Each family went home with a bag of toiletries, some reserved cakes and fruit pies, pieces of fruit. Mothers had gleefully and successfully rummaged through bags of children's clothing and shoes. And books for the older children who were at school. Sadly three mothers were unable to come because their children were in hospital or ill overnight but their parcels will be delivered in the next week or two.

I should perhaps explain that once the ladies have been given 'Leave to Remain' and leave Home Office care for local authority care, they are helped to claim benefits. But for the asylum seekers, the financial situation is precarious until their situation is resolved. Last night I had an emergency call for nappies where all the mother's money (such as it is) had gone on feeding the child – nappies had become impossible to finance!

This is where I have to say a huge 'Thank You' to all the folks who have helped me contribute to these parties and other happenings over the years. This one was my swan song. Time has caught up with my energy levels and it's time to hand over to someone else. The lead will now be taken by Shirley Methodist Church under the superb guidance of Carolyn Russell who has been quietly helping since the beginning of this year not only through her team's contribution of toys and toiletries but with her quiet enthusiasm and energy.

I will still pack the occasional toiletry bag for the ladies helped by ADAVU and Shirley Parish will (hopefully) continue to be the main source of the Christmas gifts via the Gift Tree but the sorting, wrapping and labelling of the presents will be taken over by Carolyn and her helpers.

Many, many thanks to you for your practical support and encouragement - once again at the party I heard how these gifts reduce the recipients to tears - and certainly on 12th the ladies couldn't have been more appreciative. *Elizabeth Paice*

FABRIC BAG MAKER RECRUITMENT

We are so grateful for the beautiful fabric bags that are made from a few members of our Parish for the Food Bank that we support. They will certainly brighten the lives of those who are struggling and we are very appreciative of their generosity and their skills.

At times, we also have requests from Adavu for fabric bags. I hope you will be happy with a few of the bags you make going occasionally in this direction too.



Bags come in regularly from a very few ladies at present; we really do need more volunteers, please. So, ladies and gentlemen, give me a call on 07970601378 for more information / if you are willing to have a go! They can be as simple or as elaborate as you please - but we always use a basic pattern with instructions which should help you through. Any re-usable cotton can make strong bags to carry the food home, will be re-used - and will definitely be another thoughtful gesture for the planet.

Chris Speakman

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FOOD BANK UPDATE



During the first lockdown in April 2020 we heard a TV report about the impact of the pandemic on Foodbanks. They reported that donations had reduced as people weren't going to the supermarkets to leave donations and there was already evidence of an increase in numbers of people using the Foodbanks.

This prompted us to start a weekly doorstep collection in Bills Lane where we live. For the past two years we have been collecting from a core of about 25 regulars and others who put food out on an occasional basis. We collect on Monday mornings and then deliver the donations to the Sparkhill Foodbank depot in Tyseley.

A little while ago Linda Pitt, one of our regulars, asked if we wouldn't mind collecting and delivering St James donations as well. We were happy to oblige, so we regularly pick up your donations on our way to Tyseley.

We also noticed early in the pandemic that there was a need for volunteers at the Tyseley Depot to help with sorting, dating, organising and packing the food ready to give out to clients. Understandably many of the previous volunteers were unable to continue helping due to concerns about Covid. We found that we were able to work safely in a room on our own and so started spending the rest of the delivery day volunteering. At a time when many people, including ourselves, felt a need to do something to help others badly affected by the pandemic, we found it a very rewarding way to spend our time.

Currently some of the regular volunteers have returned and there are a few new ones, but of course with the additional cost of living rises affecting an increasing number of people, the vital role of Foodbanks is set to be even more necessary.

Please continue your generous donations, they are very gratefully received.

Louise and Philip Monypenny

A big 'thank you' to Elizabeth Paice for all that she has written and shared with us over many years. May she have long and happy retirement!



WHY MAKE THE SIGN OF THE CROSS?

The importance of the Cross

Dying slowly on a cross involves terrible suffering. Some even think of it as a shameful way to die. Yet The Cross – tougher with the Resurrection – are vital parts of the Christian religion.

We are separated from God – and from his Church – by our sins. We can ask God to forgive us because Jesus died to save us from sin and death. We need to have faith in God. We need to trust what God has done for us on the Cross. Jesus died, and God raised him on the third day. Christianity is different from all the other world religions because of the Cross and Resurrection.

Christians sing a lovely hymn: 'Lift high the Cross'. Through the power of the Cross, we have the opportunity to be saved and reunited with God. The Cross is of supreme importance to all Christians.

Why do Christians make the Sign of the Cross?

Each may have a different reason. It is a simple but profound gesture. It may be to witness to the death and resurrection of Jesus. It may be to show other people that they are followers of Christ. It can remind us of the benefits which Christ won for us on the Cross. It is one way to show our faith in action. It is a sign of God's redeeming love in the world. It is a prayer which unites us with Our Lord's offer of himself to God.

Customs differ from place to place but these are the times when some people make the sign of the Cross –

- At the beginning of Mass
- When the Absolution is pronounced
- At the end of the Gloria
- When the Gospel is announced
- At the end of the Creed
- When the dead are prayed for in the Intercessions
- When the host/priest's wafer is raised in the prayer of consecration
- When the chalice is raised
- When the priest says 'This is the Lamb of God ...'
- Before receiving the body and blood of Christ
- At the blessing at the end of the service
- When you say 'In the name of the Father ...' during prayers at home
- At the end of private prayers
- After dipping fingers into Holy Water
- When going to bed and waking up

WHY MAKE THE SIGN OF THE CROSS? continued

- When taking off and landing in an aeroplane
- During Grace before and after meals
- When hearing of someone's death

How to make the Sign of the Cross

A Cross is traced with our right hand on the front of your body in this order:

- Place the tip of your fingers on your forehead
- Move your hand down the centre of your body
- Place your right hand on your left arm
- Move it across your body to your right arm

It may seem strange at first. Why not practice it private, and perhaps in front of a mirror. Be brave. As Jesus said: 'do not hide your light under a bush'.

Taken from the Tufton Leaflet Why? Series by Father John Pitchford and shared by Margaret Foreshew



THIS MONTH'S CROSSWORD

ACROSS

- 1 Evil (Genesis 6:5) (10)
- 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)
- 8 The request that led to the institution of the Lord's Prayer: 'Lord, us to pray' (Luke 11:1) (5)
- 10 'We are hard pressed on every—'(2 Corinthians 4:8)(4)
- 11 Fraud (2 Corinthians 6:8) (8)
- 13 'His troops advance in force; they build a siege ramp against me and around my tent' (Job 19:12) (6)
- 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)
- 17 'Now about spiritual gifts, brothers, I do not want you to be—' (1 Corinthians 12:1) (8)
- 18 Nomadic dwelling(Genesis 26:25) (4)
- 21 'As for man, his days are like—, he flourishes like a flower of the field' (Psalm 103:15) (5)
- 22 Or I live (anag.) (7)
- 23 Those guilty of 1 Across (Romans 13:4)(10)

DOWN

- 1 'God so loved the that he gave his one and only Son' (John 3:16) (5)
- 2 'Away in a manger, no for a bed' (4)
- **3** Mob ten (anag.) (6)
- 4 'Each group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
- 5 Began (Luke 9:46) (7)
- 6 Speaking very softly (John 7:32) (10)
- 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10)
- 12 Put in jail(Acts 22:19) (8)
- 14 Aceturn (anag.) (7)
- 16 Discharge (Acts 21:3) (6)
- 19 'All these—come from inside and make a man "unclean"' (Mark 7:23) (5)
- **20** 'Let us rejoice and be glad and him glory!' (Revelation 19:7) (4)

THIS MONTH'S CROSSWORD & SUDOKU

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Answers are on page 27



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WORD SEARCH - OUR QUEEN'S PLATINUM JUBILEE

This year Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth.

Celebrations will include The Queen's Birthday Parade (Trooping the Colour) on 2nd June when more than 1,400 parading soldiers, 200 horses and 400 musicians will come together. Beginning at Buckingham Palace, the Parade will move down The Mall to Horse Guard's Parade, joined by members of the Royal Family on horseback and in carriages. The Parade will close with the traditional RAF fly-past, watched by the Queen and members of the Royal Family from the Buckingham Palace balcony.

Platinum Jubilee Beacons: The United Kingdom's long tradition of celebrating Royal Jubilees, Weddings and Coronations with the lighting of beacons will also continue. Over 1,500 beacons will be lit throughout the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories.

Answers are on page 27

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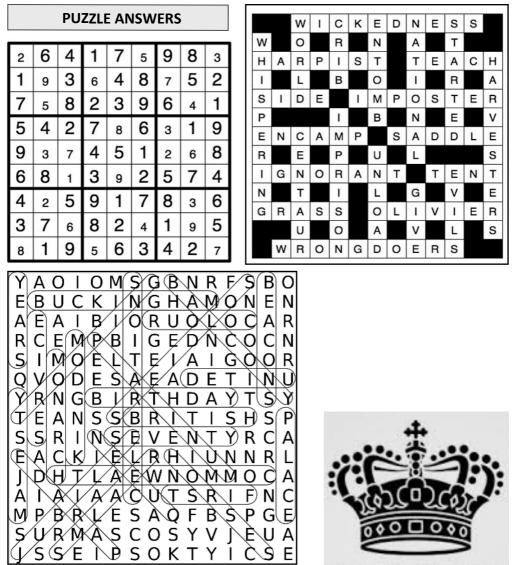
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COPING WITH GRIEF

It is surprising to realise how many of our congregations are in mourning; and it affects us all in differing ways.

Each one of us has to learn how to cope and carry on with our lives without our loved ones. There is no time limit, set pattern or format to grief. We are all individual and unique with our own strengths and weaknesses. I have found poetry a solace and comfort and the one following has been a tremendous help to me.

Over Easter, I visited our holiday home in Somerset for the first time since Trevor's death. I was nervous, afraid and filled with trepidation – would I be able to cope on my own and would the memories upset me? But I had a wonderful experience.

We went purposely to scatter Trevor's ashes in the place that he loved so much, the tide was right, the time was right, the weather was good and poignantly it just happened to be Good Friday. As we scattered his ashes into the sea, I said the poem, the words seemingly very appropriate to the occasion. I felt peace and calm. It just felt the right thing to do for me and Trevor and shared with my two sons and eldest grandson. We were solemn but not too emotional. I was supported by family and a close friend who cared and prayed for me each day I was there.

For the rest of the week after the family had returned home, I have to say I had a good and happy time. It is ok to enjoy yourself. The memories were not painful but brought me joy and I did not feel alone even when I was by myself.

Here is the poem, I don't know the author and I haven't been able to find it again online so it's a blessing that I wrote it down. I hope it may help others who grieve for their loved ones.

Gill Gough



COPING WITH GRIEF continued

You Are ...

You are the waves that crash upon the shore You are the wind that blows through the trees You are the golden sunset You are the summer breeze You are a child's laughter You are the birds that sing You are Autumn and Winter You are Summer and Spring You are the warming sun You are the moon at night You are the green fields I walk You are the stars that shine so bright You are the air I breathe You are my heart that beats inside You are every emotion I feel You are love and hope and pride You are everything You are near yet oh so far But everywhere I look I know is where you are.

PARISH REGISTERS

There were no Parish Funerals or Baptisms during April



SHIRLEY PARISH GUIDE continued

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