



ADEL BELLS

Parish Magazine 60p



'For where two or three are gathered in my name, I am there among them'
Matthew 18:20

July 2023

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The Parish Church of St John the Baptist, Adel
 Enquiries including Home Communions, Baptisms, Confirmation,
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 www.adelparishchurch.org.uk

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Ash Leaf Die Back
 A threat to the
 safety of our
 Churchyard? P.I.I

Adel PCC Members 2023–2024

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Marjorie Cole

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Parish Registers Baptisms

14th May

Imogen Louise, daughter of
 Amanda and Scott Lee

Carys Catherine Jones and Bethan
 Louise Jones, daughters of Louise
 Summerfield

Katherine Grace, daughter of
 Elizabeth and Jay Patel

21st May

Benjamin Stephen, son of Katy and
 Mark Foster

4th June

River Alexander Khanh, son of
 Julia and Thang Tang

Wedding

31st May

Laura Jeanette March and Barrie
 John Frankland

Funerals

16th May

Jean Rossiter

24th May

Pamela Dickinson

Festivals & Feasts

3rd July

Thomas the Apostle

22nd July

Mary Magdalene

25th July

James the Apostle



Lord, help us to:

Write and edit the words that you
 want us to share. You have called
 us to this mission.

Read scripture so we may stay
 grounded in you.

Invest in our craft of writing and
 editing. So that we may be better
 at what we do.

Treat our writing and editing as a
 blessing not a drudgery.

Exude the love of Christ in our
 words and actions to others.

Remember we all start with the
 same blank page that's waiting for
 us to add words to it.

Say a prayer of gratitude for the
 gift you've given us to encourage,
 teach and inspire others through
 our magazines.

In Christ, I offer this prayer for all
 church magazine editors and
 writers as well as myself.

Church Open for Visitors
 Monday and Saturday 1.45pm to 3.45pm



Part of Christ's family, welcoming everyone, sharing God's love and being a voice of hope

From the Editor

As I write this, we are experiencing some very hot weather conditions. I do hope you are all being careful and following health guidelines. We are truly into the Summer period now and with the school holidays fast approaching Adel will quieten down. Do make sure, however, that you don't miss our coffee morning on 15th July. It will be the last church social event until September and a great opportunity to meet up with church friends.

There is a common theme to several of the articles in this month's magazine, as writers ask us to think about the importance of insects and the need to encourage wildlife both in our own gardens and in the churchyard. In my own garden at the moment, the ceanothus is attracting a huge number of bees which is good to see. Do read Tang's piece about the

wild flowers in his garden on p. 13. You could follow his example. If you make regular visits to the churchyard, you might think about helping us keep the potted plants watered (as suggested on p 11). Every little helps, as they say. If you get this magazine in time, do consider coming to church on Saturday 1st July to learn about how we are managing the churchyard and dealing with some of the problems that nature throws at us. Many people pass through the churchyard and it is our duty to ensure that they can do so in complete safety, but this comes at a price! If you aren't able to come to the event, you might wish to make a donation for our churchyard. You can do so by sending a cheque payable to Adel PCC to our treasurer (address on p2). You can also pay by bank transfer as long as you reference "church yard followed by your name". The account is with Nat West, sort code 53-70-00, account number 01 177419. Thank you.

Marjorie Cole

If you would like to have an annual subscription to Adel Bells, delivered to your home if you live in Adel or posted to you if not, please get in touch with me and I will give you the necessary information.

**Marjorie Cole, Editor, 0113 2610069
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Rector Alison's Letter

Dear Friends

The holiday season is upon us. I hope many of you have been able to have a break, or some good days out. These may have included visits to stately homes. I am not much of an expert on buildings, fixtures and fittings and am more interested in anything that tells me about the people who lived and worked in such places.

Many great houses are filled with portraits of their owners and I am always fascinated by the choice of clothes, props and background for these paintings. I suppose, in the days before photography, a portrait was a person's one chance to show themselves as they wanted others to see them.

Women are often shown with their numerous children, perhaps more a reflection of society's expectations than their own aspirations. For men there was much more scope: they might choose to be painted in military uniform; they might be next to a globe and a table of maps to show themselves as a fearless explorer; or they might be shown on horseback outside their grand house.

If we were making the same choice today, I wonder what of our lives and achievements we would want recorded for posterity? Answering that question is quite an interesting

exercise as it makes us think about our priorities and how we hope others might see us.

Our PCC spent some time thinking about this question recently when we decided to change our church mission statement to reflect the changing world we live in. It was a surprisingly hard exercise. Such statements need to be short, but also meaningful. I suspect those sitting for portraits had similar dilemmas, trying to capture something deep in a single moment, trying to say something that matters. In the end we decided on: "Adel Parish Church: part of Christ's family, welcoming everyone, sharing God's love and being a voice of hope." We hope we live up to a statement that reminds us how everything we do is rooted in Jesus Christ and what he shows us of God's love. We have found the difference this love can make in our lives, and we want to share this with others.

Since we are a disparate group of humans, we are far from perfect. However, we have all found that God welcomes us, whoever we are and whatever we have done, and loves us just as we are. We try hard to reflect this in the welcome we give to newcomers and visitors.

We have not found in God an answer to all our problems, but we do find the strength to tackle them. Hope is

badly needed in our world at the moment, and is something we try to offer.

It might be an interesting exercise for all of us to decide what we would like to show the world if we were to have a portrait painted today. And if you feel our vision statement is saying something worthwhile, then do come along to any of our church events or services and help us to live up to it. With love and prayers

Alison

May 100 Club Draw

- 1st Wendy Grisedale £80
- 2nd Beryl Eastwood £40
- 3rd Julia Sheer £30

:

A big thank you to all who helped to distribute the June edition of Adel Bells - 3,000 copies represented a mammoth achievement. Well done, everyone!

For your diary

1st July

Talks and Walks
at 2pm
(See page 11)

15th July



Coffee Morning
10.30
In the Old Stables

23rd September

at 2pm
In the Old Stables
Talk by Joyce Hill
Tea and biscuits at 2pm
followed by talk at 2.30pm

15th October

Harvest Festival and Lunch

18th November

Tunes from a Tropical Island
(Castaway to be announced later)

5th December



Christmas Coffee Morning
10.30
In the Old Stables

Also in July ...

Bible Study
10 am in the Stables
on
Thursday 13th July
And
Thursday 27th July

Prayer Meetings
10am every Wednesday
In church or at home

Praying this month for:
Study groups
Lay Minister in training, Paul Barker
Home communion team

Coffee Morning
Saturday 15th July

10.30 to 12 noon
In the Old Stables

Talks and Walks
Learning about Adel
Churchyard

Saturday 1st July
2pm

See p 11 For details

My Vocation

I have worshipped here in our beautiful church for almost 30 years. Over this time, I have been involved in a variety of ways but a constant has been being part of Junior Church.

After I had our 3 children, I had a strong sense of wanting to work with children. Having gained some relevant qualifications, I began working with children at Ireland Wood Primary School and latterly at Adel St John's Primary where I had a variety of roles. I always had a strong sense that this was God's calling for me; working with children and families is where my main strengths are.

When I retired I worked at York gate Garden in the café for a year and also in a small gift shop in Horsforth. However, I felt something was missing and I remember praying over a period of time asking God to lead me to where he wanted me to be. I seemed to have lost my vocation.

However, this was set to change. During Covid my involvement with Junior Church increased, as I, along with others, led sessions from home on Zoom. This was a huge challenge, as we needed to be imaginative and creative in still providing an environment of learning and fellowship for our children whilst not actually being physically together. Those sessions gave me such a strong

sense of this is where I should be and I think helped me recognise my calling: nurturing children's faith and building relationships with their families.

I feel my vocation really came to light though when Alison approached me last year and asked if I would take the lead on planning and organising family events within the parish for specific dates in the church calendar. Her encouragement and support have really helped me fulfil my vocation ...it really felt like an answer to my prayer, and whilst I felt a little daunted it filled me with joy to be asked to take on this role and it gives me such a strong sense of purpose.

My Yes to God's call to working with children and families is such a blessing for me. I feel I am able to use my gifts to serve in this ministry. The skills and experience gained in my roles in primary education have given me the confidence to carry out my vocation. I love to nurture children in their faith and provide a caring, fun environment in which to learn. Building relationships with their parents and carers is also a privilege.

I am so grateful for my vocation and I thank God for leading me in this direction which means the world to me.

Karen Baylis

Boundary Walk

The struggles of challenging bits

Over twenty people (and three dogs) helped to Beat the Bounds around our parish of Adel cum Eccup on Saturday 13th May. We were blessed with good weather, beautiful views and friendly company.

Carole Smithies, who has been beating the bounds for 29 years now, planned the route. She is not the only veteran of the walk and there was considerable reminiscing about past highlights and the struggles of particularly challenging bits. For those of us undertaking the walk for the first time there were fresh delights to experience in the stunning views from parts of the Ebor Way and in discovering unknown local footpaths.

The real joy for me was being able to join the group part way round and thus avoid both the 8.30am start and doing the whole 14 miles of the complete circuit, but still get to enjoy the fabulous high tea laid on for us in the Stables at the end of the walk. It was a great day (or afternoon in my case) and something to look out for next year...

Sue Degnan

And I was there too!

It was good weather for the crowd of walkers this year. If you weren't there

and would like to see who was, please look at the photos on the notice board in the Stables

Twelve of us completed the 14 mile Boundary Walk but 22 people took part, 17 of us arriving back at the Stables for a splendid afternoon tea - many thanks to Edith Cheesbrough and her team. Thanks also to Carole and Jan for leading the 2023 Beating the Bounds on Rogation Saturday.

The next Boundary Walk will be on Sat 4th May 2024

Val Crompton

Talking of reminiscing . . .

Three years ago, Derek Heathcote set out to do the Boundary Walk on his own, since we were in Lockdown. This is what he said:-

The biggest disappointment of the day was the absence of the traditional Boundary Walk Tea. For me, it's the highlight of the day. As compensation, it has been suggested that next year we might also include a Boundary Walk Breakfast. I like that idea.

I think the idea of a breakfast might have got forgotten about, but Derek won't be upset, as he has since moved away from the area!

Editor

Our Churchyard

You can all help

The containers outside church are now planted with Summer flowers that should last until Harvest time. Many people admire the flowers as they pass by. Please could anybody who passes by in the Summer help us to keep the containers watered? The watering cans and the tap are outside behind the vestry.

During Lockdown they were watered once a day and often twice a day, producing a wonderful, colourful display. You may remember the sunflowers? Now that our lives have resumed a degree of normality and people are travelling again, these 2 containers may suffer from lack of water. The church sitters were recruited to help last year, but many dead flowers had to be removed from the pots. This year they are planted largely with geraniums which are drought tolerant but still need watering.

Thank you in anticipation for your help.

The Flower Team



'Living Churchyards: Managing God's Acre'

**Saturday 1st July
Meet in church at 2pm**

Come to church for talks, walks and a slideshow about our wonderful, historic churchyard, as it was yesterday and will be tomorrow.

Penny's Ponders

Hi Everyone!

I hope you are all keeping well and enjoying summer. I'm not complaining as I do like to be warm, but I am finding it a little too hot at times, particularly when I'm outside. My Mum has found a nice little walk close to home where I can be under the trees all the time where it is cooler, so we're still enjoying ourselves.

I can't believe it! I have, for the very first time, got doggy-hay fever! It doesn't make me sneeze like it does you humans, but it is really bad for my eyes. They get very runny and sticky and make me feel very uncomfortable. My new best friend (and I never in a month of Sundays thought I would even consider saying this about a vet) has sorted me out. I just had two sprays on my gums night and morning for a week and now I only need to have sprays twice a week, which I don't mind at all. I do sympathise with any of you who suffer with hay fever and hope you feel better soon.

I've told you before about the puppy in our family, well I'm staying with him again for a few days while my Mum & Dad are away. He has a lovely garden to play in, although he does wreak havoc with some of the plants. I have a bit of educating to do. He hasn't yet cottoned on to the fact that he can't fly. Whenever a bird flies across the garden he chases it and barks! I ask

you! What sort of behaviour is that for any self-respecting dog? Another of his strange foibles is bees. He takes it very personally when one flies anywhere near him and heads off after it in close pursuit. I have told him several times that this is also bad behaviour, but he just takes no notice. I really don't want him to find out the hard way why this isn't good for him – or the bee in question.

God made everything for a purpose: birds in the air, animals on the ground, insects to pollinate plants, fish in the rivers and sea, plants for food and medicine – we all need to know our place in His plan.

Humans are made in the image of God and should look after His creation – and when they have made a mess, need to clear it up as you are trying to do now with the climate change problems, deforestation, pollution, and many other issues.

So, let's all look after each other, spread kindness, understanding, tolerance and love, protect our young, care for our elderly, welcome the stranger, feed the hungry and encourage unity of good purpose and reflect the glory of God in all we do and say.
With woof and licks,

Penny

Environmental News

Bees?

Summer is well underway, and one of my favourite things to do is to watch bees! They are one of God's most diligent workers. I love watching the humble bumble bee, bumbling around from flower to flower, and when one takes a rest on me, I feel lucky to have been chosen.



Our front lawn may look overgrown, but we have left it uncut for a reason. Last year we seeded it with colourful wildflowers, which last month came into bloom and started to attract pollinating insects such as hoverflies, butterflies and, of course... bees.

But why is this important? Our pollinating insects are vital in God's acre. Approximately 80% of the world's flowering plants need them to reproduce, which is essential for the food we eat. Furthermore, birds and other animals rely on insects for their diet, ensuring the biodiversity of our planet. So, I would say they are very important indeed!

With the loss of habitat, climate change (who can forget the hottest day recorded last year?!) and the use of pesticides over the years, we have seen a decline, and with evidence that they

are migrating further north, could we be heading for disaster? Not everything is under threat, and we have seen an increasing number of people keeping and maintaining hives and honeybees in the most unlikely of places. I would love to try it, but I can imagine it to be tricky. I remember an amusing story someone told me at church one day about how one of their friends tried it, and the bees kept flying away!

Scatter some wildflower seeds

What can we do to help? Consider re-wilding part of your garden – leave the mower in the shed and scatter some wildflowers instead. This low-maintenance approach will attract insects, and you can enjoy the beautiful colours of poppies, cornflowers, oxeye daisies and others. With all the hard work of our church members and volunteers at our regular rake and cake events, the churchyard is a haven for insects, and this can only be a good thing! If you like to join in and help out in the churchyard with great people, then please look out for the next date on the pew sheets. For more ways to get involved, see www.ukpoms.org.uk, www.beewalk.org.uk and www.caringforgodsacre.org.uk.

Tang x

Praying for . . .

Study Groups

I was never confident enough to join a Bible Study group, feeling that others were far more knowledgeable than I, so when Alison came up with an Advent group it caught my attention. This was a chance to learn more about the events leading up to Christmas. We talked about the different people involved, how they would feel and wondered about the reactions of those around them such as Mary's parents and neighbours. What were the Magi's thoughts and expectations as they travelled?

Having enjoyed the discussion with others, I was happy to continue with the group when it came to Lent the following year. Alison suggested that we use the Pilgrim books, a course for the Christian journey; each book has six sessions and each one has an opening prayer, a reading and help with discussion, then a closing prayer. We eventually followed each book, studying The Lords Prayer, The Commandments and The Beatitudes each one giving us challenges and lots of discussion.

When we were unable to meet due to covid restrictions Alison turned to Zoom and we met on line. Instead of losing people the group grew and flourished.

This year we have been able to meet together again, what a pleasure, and have had the theme 'A Poem, A Painting and A Prayer'. It's amazing how much you see in a painting when you examine it closely and how you can each interpret things differently.

The sessions have also been on Zoom for those unable to come in person, so I hope I have encouraged you to join us when we next meet.

Most of all grateful thanks to Alison for all her hard work preparing the sessions and managing the zoom. We have all gained so much as friends; thank you.

Edith Cheesbrough

Home communion Team

To visit those of our church family who are unable to come to services, is always a pleasure. But it is also a privilege and service on behalf of the church: a confirmation to the recipient that they are loved, prayed for and thought about by their brothers and sisters in Christ.

Currently we have eight members of our congregation who visit the nine people who have requested home communion. We work on a monthly rotation basis to ensure that all the communicants see different people over time. Whenever possible, we

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try to include time for a chat either before or after the short service. It is in the hands of the member of the team to contact the person they are to be visiting each month to arrange a mutually convenient time for the visit.

We take with us of some type of cross, a Bible for the reading, two copies of the service sheet, and the Sacrament, blessed and reserved by Rector Alison.

I can only speak for myself, but after these visits I always come away feeling uplifted and joyful, grateful and humbled all at the same time. The people we visit are clearly moved to be able to engage in the act of remembrance of our Lord with someone and the saying of Jesus "When two or three are gathered together in my name, I will be there with them," is clearly felt by both.

I would like to take this opportunity to thank all those who are on the Home Communion Rota and ask you to join us in praying for the continuation of this work. We realise that this form of ministry is not for everyone, as we are each called to serve in different ways, but if you feel you would like to take part in this important ministry have a word with Alison; she will be delighted to discuss and help!

Chris Madeley

Paul Barker—our lay minister in training

It may be that by the time you read this Paul's training will have finished. We have been so lucky to have Paul working with us for the good of our parish and we shall not only keep him in our prayers, but also continue to offer him our support as he continues his journey in ministry.

Paul wrote to us a couple of years ago about his calling to lay ministry and I have taken the liberty here of repeating some of his words:

"Whichever way God's call to Reader Ministry comes, the compelling result is the same! You feel an insistent pressure that this is something you ought to do, despite all your reservations, doubts and very good reasons not to. This is the place where most Licensed Lay Ministers begin. Our stories speak of how we came to realise gradually that God really did mean us to preach in spite of our inadequacies and failures."

If Paul has 'inadequacies and failures' we are not aware of them!

Marjorie Cole



A Special Baptism

This was a very different kind of service for us. Jimmy and I were at church for the Baptism of Katherine Patel. It was held at 5.45pm on a Sunday evening in May.

Soon after we had taken our seats in church, a large group of young people came in, they were all members of "Ace". * They quickly filled the two front pews. They were all chatting happily together, but once Rector Alison started the service they were quiet. She explained that Katherine, Imogen, Carys and Bethan were being Baptized.

The Baptism ended with everyone being asked through prayer to support them and to say "**We welcome you into the fellowship of faith: we are children of the same heavenly Father: We welcome you**". We then all shared the peace and the congregation moved up to the altar rail and filled the chancel and the choir stalls to receive communion.

To be a part of it and to see all these young people with their supporters receiving, the Sacrament together was really special; it gave us hope for the future of the church.

We are fortunate to have this group of young people; thank you, Alison, for bringing them together and working with them.

Beryl Thompson

*You will have read about "Ace" in a previous edition of Adel Bells last February.

My Baptism

My Mum & Dad wanted me to make my own decision if I wanted to get baptised or not. As I have been going to "Ace" for quite a long time, I thought that I should be baptised. This is quite a big thing for me so I wanted to do it with other people.

We said some prayers, Carys did a bible reading, we made our promises, then we all went down to the font. As we stood over the font Alison made the sign of the cross on our foreheads with the holy oil, and blessed us with holy water.

We all went up to the altar and Alison blessed the bread and wine. She gave me a piece of the bread and a sip of the wine. It felt very special to be taking part in my first communion.

I received some meaningful things from Alison: a holding cross, prayer beads and a candle with some lovely and important pictures on it. Beryl and Jimmy bought me an amazing Bible, like the ones we use at "Ace" which has incredible illustrations inside and heart warming readings.

I feel more a part of the church now that I am baptised.

Katherine Grace Patel

Nature Notes

Leeds was part of the 'Rhubarb Triangle'

I was looking through some old papers the other day and I came across a City Council leaflet about walks in the Meanwood Valley and there in glorious colour were all the walks I had made in the valley in my early days of birdwatching. The least known area is Sugarwell Hill, where the Meanwood/Adel Beck flows alongside Meanwood Road before disappearing into a tunnel.

A large section of the hillside is now occupied by the Urban Farm, but I remember it as a rhubarb farm that was owned by people who were neighbours of ours, and I visited the field a few times before they moved away. Although much of the farm was covered by rhubarb plants the real business was carried out in the forcing shed – a large, low-ceilinged shed with very little light where rhubarb was 'forced', growing tall to catch the early market. When these "crowns" were exhausted, I assume that fresh crowns were brought in from the field.

Later when the rhubarb grower had moved away, the farm had become a market garden and I began bird-watching there. I discovered that quite a number of birds that we think of as moorland species paused for a while during spring migration – even though

it's only about a mile from Leeds centre. These were Wheatear, Whinchat and Ring Ousel. A small resident flock of Partridges lived in the shelter provided by an unmanaged hedgerow, which also provided winter food for lots of birds. The main grassland did not sport many wildflowers, but I did discover a Mother Shipton, a day-flying moth, perhaps a remnant of a larger population now restricted to a smaller habitat area.

At the highest point at the eastern end of the hill there was a huge hole that was slowly being filled by deliveries of some material, possibly household waste, and so the area was unmanaged. This obviously suited some bird species and in Spring there was lots of song from Skylarks and Meadow Pipits. The eastern end had the most wildflowers and there I began to find butterflies of several species that were returning, following the Clean Air legislation of the 1960s. One very prolific flower I could not identify at first, but later I discovered was the Mediterranean Pea – a sort of low growing sweet pea. Later this plant seemed to be dying out so I took a few seed pods and planted the seed in our garden at West Park where the flowers were still flourishing when we left.

Peter Larner

Calling you!

Adel Show – it's for you!

Proud of your potatoes? Delighted with your dahlias? Satisfied with your sewing? Read on ...

You'll have heard of Adel Show; maybe you've even been to it? It takes place at the end of the summer holidays and has been going since 1955 – one of those ever-so-British events involving a wide range of people from the community. The Show covers not only flowers, but fruit, vegetables, floral art, fine art, craft, baking, photographs – something for everyone.

What you perhaps don't realise is that you don't have to be an expert, or even a member, to enter something into the Show; there are some classes specifically for absolute beginners, but you can enter any class. What's great about Adel Show is that, rather than smugly trying to trip newcomers up, at Adel Show you're freely given any advice and support you'd like; the members want other people to learn and enjoy taking part, just as they do. One of our members, guided by more experienced members, entered her first class last year with one rose and came first, despite having previously had no idea what she was aiming at.

We've even got classes specifically for the 12-and-unders, because we know many of them are keen gardeners,

too; there are classes in flowers, vegetables and baking, just for them.

This year's Show is on **Saturday 2nd September** – but how can you enter? Well, first of all, have a look at the Adel Gardeners' website* and read the Show schedule there, so that you can see the many options; there are even hints and tips listed at the end. If you're unsure, ask; you can email your questions and you'll get a helpful reply.

Entries have to be registered by 48 hours before the Show and you then bring your exhibits along on the Friday evening or Saturday morning. When you arrive at Adel Methodist Church, there'll be a card waiting with your name on it and a friendly person will direct you to where you need to be, helping you if you need help and answering any further questions. Once the Show opens at 2pm, your entry will be on display – and you never know, you may even find you've won a prize!

Whether or not you enter this year, do try to visit the Show; you'll be glad you did.

As ever,

Barbara Hodkinson

* adelhort.chessck.co.uk

Words from Joyce Hill

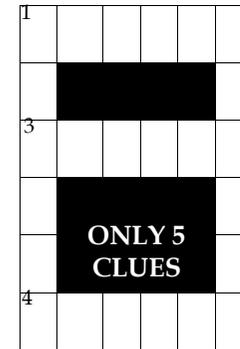
Fidei Defensor: Defender of the Faith

The King's title *Fidei Defensor*, 'Defender of the Faith' needs some explanation. It was created in 1521 as an award by Pope Leo X to Henry VIII in acknowledgement of the support Henry had given, as a good Catholic, to the Church of Rome against Martin Luther. In 1520 Luther had published three reformist works, one of which argued that there were only two sacraments – Baptism and Eucharist — rather than the seven recognised by Rome. Leo X immediately issued a pronouncement that these writings were heretical and must be destroyed. Luther refused to recant and publicly burnt a copy of the Pope's pronouncement, with the predictable result that he was excommunicated. In 1521 Henry issued a rebuttal of Luther's arguments. The well-educated Henry was capable of writing scholarly material in Latin, but in this the work was ghost-written by a team of theologians. It upheld the Catholic view of the sacraments and papal supremacy and was the reason why Pope Leo awarded him the papal title: *Fidei Defensor*. The parents of Henry's wife, Catherine of Aragon, had previously been awarded the papal title of 'Catholic Monarchs' so Henry was keen to have a papal title too; and now he had one.

When, in 1530, Henry broke with Rome and established himself as Head of the Church in England, the title was revoked by the Pope, and Henry was excommunicated. In 1544, however, Parliament formally recognised *Fidei Defensor* as an official title of the Sovereign, and so it has remained, apart from the brief period of Cromwell's Protectorate.

It is ironic that a title conferred by the Pope to signal Henry's anti-reformation credentials was subsequently reassigned by Parliament to signal his stance against Catholicism. What we have to remember, however, is that the reinstated title reclaimed Henry's position as Defender of the (true) Faith. This was precisely the signification of the original papal award — except that in the interim the understanding of what the true faith was had been redefined in reformist circles and Henry had changed sides. Even so, in England the redefinition under Henry was not as radical as it was in many other Protestant lands, and the Parliamentary confirmation of *Fidei Defensor* can be seen as a propaganda move to underline what Henry claimed to be the defining characteristic of his reform: an essential continuity with the true version of the faith of old, of which he was properly the defender.

Puzzles



Across

1. A snooty person picked up one small plant
3. Something on sewing machine movin' up and down
4. Agile medic goes into river

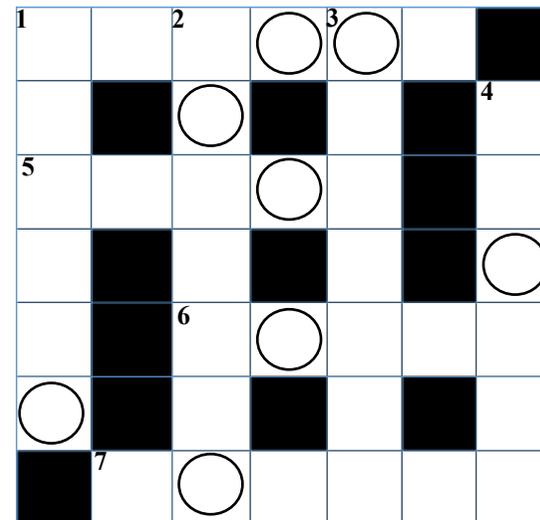
Down

1. Primate's disapproving word in prohibition
2. There at birth; developed at nine

Jumble Crossword How to play

Look at the clues. In brackets after each clue is an anagram of the answer. When you have completed the puzzle, study the circled letters and solve the anagram to find the answer to the final clue.

CLUE: There are thousands of species of these.



ACROSS

1. Defense (DIHLES)
5. Type of group (RHICO)
6. Stadium (AARNE)
7. Space _____ (THEEAR)

DOWN

1. Covert (RECSTE)
2. Cut off (TSEIAOL)
3. Biggest (RALSEGT)
4. Hinder (MAIPRI)

Solutions on page 40

OPAL Activities

Here at OPAL we are all taking full advantage of our wonderful outdoor space (lovingly looked after by our amazing volunteers) to get out and enjoy the nice weather, buzzing bees and the scents of Summer.



We are also running lots of trips out and about to interesting locations; for example on the 20th of July we will be going to Headingley Cricket ground to watch the second day of Yorkshire CCC vs Sussex and taking along a wonderful picnic lunch made for us by our Community café. Fingers crossed we have good weather and we (Yorkshire) are victorious.

Our regular shopping trips are increasingly popular and give our members a chance to browse and shop to their hearts content and have them and their shopping taken back to their front door safely. These trips run every two weeks and cost £10 and if any members would like to come along, please contact us and we will reserve a seat on the minibus for you.

Details of all our events and activities

are in our bimonthly newsletter which is delivered to all our members and details are also on our website page www.opal-project.org.uk and our Facebook page OPAL (Older People's Action in the Locality), so have a look and see if there is anything you are interested in.

A free Community event

Another fun activity we will be running here at the Welcome In Community Centre is a Community Feast on

Wednesday 19th of July 3-5pm.

This is a free event where anyone can come along and enjoy a delicious home cooked meal and take part in craft activities suitable for all ages. This is a bookable event, so please call the Community Café on 01138800083 to reserve a place. There will be another Community Feast in August and the date will be announced soon.

If you are interested in any of the activities, we offer or if you would like more information, please contact us on 01132619103, email admin@opal-project.org.uk or call in to see us at the Welcome In Community Centre (55 Bedford Drive, LS16 6DJ).

Shelley Clark

Kerry Hill Sheep

Memories of Fatima

In the June 2023 edition of Adel Bells I was delighted to see a photograph of a Kerry Hill lamb and mention of the accredited flock at Dunstarn Farm.

This had come as somewhat of a shock to me when about a decade ago I saw a notice at their farm gate on Dunstarn Lane. This was the breed I had grown up with in my childhood near Newtown, Montgomeryshire (now in Powys), Wales. But that was not so surprising, given that the breed carried the name of the next village to ours along the valley of a tributary of the Severn, the river Mule. The river gave its name to the name of our village – Aber (mouth of) mule. So it is a Welsh, not as I suspect readers thought, an Irish breed!

The sheep all carry the distinctive markings of a black nose, black eye patches – ears can be black or white with the legs normally having black knee patches and boots. The wool is dense and short. Ours was not a pedigree flock, being crossed with whichever ram a neighbouring farmer had free – sometimes a Border Leicester, but they were still recognisable as Kerry Hill.

Dad was a great advocate of the breed – quite small sheep, so not difficult to lift to treat the hooves for foot-rot, or

to shear. They were good mothers and lambed easily. They also stayed in our fields – I think he once had experience with welsh mountain sheep which broke out at the first opportunity as they would be used to wandering freely on vast acres of mountains – never again! It is no coincidence that the United Kingdom has so many sheep breeds – it has such varying habitats. After going out of fashion – and I suspect that could have been in the last century - they are now gaining in popularity and are no longer on the list of rare breeds.

I remember my Mum in 1965; she had a pet sheep, Fatima, who was bottle reared, mainly by me. We tried to get Fatima used to being led, but if a halter was put on her she'd lie down playing dead!

Fatima was the reason we had about the only flock that was never driven to a fresh field along the main A483, but was led. Dad went first, Fatima followed and the rest of the flock followed her. I brought up the rear - sheep were wise enough not to follow a teenager! If Dad & I swapped places, all that happened was that Fatima would fall behind him, the flock following and of course I had no choice but to take up the rear! Happy days! Certainly different to life in Leeds!

Ann Lightman
(nee Williams)

In Your Garden

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.

- Doug Larson

I see a lot of gardens and spend a lot of my time engaged in “weed management”. But what exactly is a weed? In my view it depends on the type of garden you have or want and no two are the same. Whilst all flowers support our beleaguered insects and through them the whole food chain, it is probably best to avoid infestations of individual species. There are the usual suspects such as dandelion, dock, brambles, nettles and shepherds’ purse that will seemingly attempt to colonise any available soil. Then there are some truly beautiful flowers such as Forget-me-not and Herb Robert which will self-seed freely around a plot and take over if allowed.

And there are some “garden” plants that can multiply with astonishing speed and if not restrained, mount their own takeover attempts. Crocosmia and Alchemilla Molis are amongst many that can be particularly virulent if neglected.

These are all tackled to a greater or lesser extent whilst weeding, but are they all weeds? Of course there are some intruders which almost everyone will agree are weeds and should be met with terminal force!

Horsetail, couch grass, ground elder and creeping buttercup will find few friends or advocates!

However you choose to define them, try to keep on top of the weeding, especially if it is promoting the growth of other flowers. Mulching borders can help to both retain moisture and keep down the weeds - this will save a lot of work. A thick layer of mulch (5-7.5cm/2-3in all over) works best. And if you can’t mulch, then remember that small weeds are much easier to deal with than large ones. Weeding, like watering hanging baskets and the greenhouse, is best done little and often!

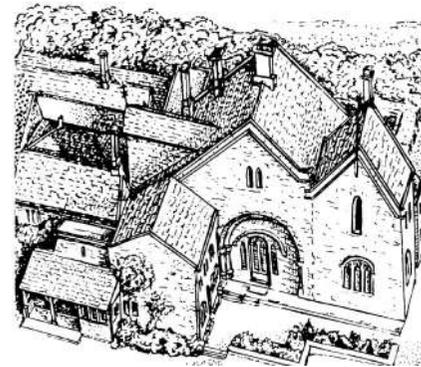
Hanging baskets and plants in pots and other containers need almost daily watering during the summer, especially on hots. Try to keep a balance where the soil doesn’t get water-logged, but never dries out. Little and often!

Come and see
our garden!

If you would like to see our garden, come along to the charity garden party in Broomfield on 9th July, advertised on page 29. You can look for the weeds!

George Turnbull
enquiries@adelgardencare.co.uk
www.adelgardencare.co.uk

History & Activity Groups



The 1152 Club usually meets every other Tuesday at 10am—11.15am, during term-time.

Later this year we will be meeting at **Abbey House Museum**. (Kirkstall Abbey Visitor Centre will become the **New Café**)

Free parking near the Abbey House. This is a free, friendly local history group for adults aged 55+ Includes a hot drink. No booking is needed, just turn up.

Patrick Bourne
Kirkstall Abbey, Leeds LS5 3EH
Kirkstall.abbey@leeds.gov.uk

For further details, **0113 378 4079**

or contact Val Crompton

Tues 1st Aug
1152 Club Meeting: 10am
Meeting at Abbey House for a Walk with Pat Bourne & Nicola Pullan, from Abbey House to **St Stephen’s Church**

On Tues, 6th June 23, the 1152 Club met for the last time - (after eight years) in the Visitors Centre. Our speaker was **Malcolm Johnson** who entertained us with **1000 Years of the English Language, 1066 and all that chat!**

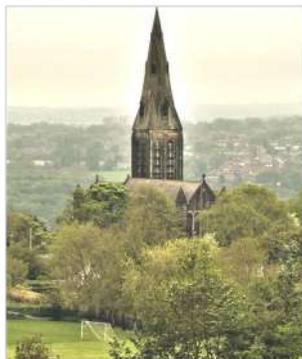
Malcolm explained how English was enriched with words from invaders but also continues to grow - adding new words, including some from America, India, Finland etc.

Malcolm told us the story of **Gladly, the cross-eyed Bear** – mis-heard by children, when an old Eastertide hymn was sung. Also how Sylvia Wright, in 1954, coined a new word **mondgreen**, when she first realised that that she had **mis-heard** the ballad her mother sang to her as a child about the death of the Earl O’Moray. Sylvia had felt sorry for Lady **Mondegreen**, whom she thought was also slain!

They have slain the Earl O’Moray and laid him on the green.

Val Crompton





Fast Friday May Wellbeing History Walk from OPAL.

We met outside Cookridge Fox & Hounds (nr Horsforth Station), on Friday 12th May. Many thanks to Janet, who led us, on a grey, misty day, on a Hunger Hills circular walk.

We walked up the Roman Road and through the Bluebell Woods to enjoy the panorama viewpoint overlooking Horsforth and Leeds.

The name **Hunger Hills** derives from the Old English/Norse word 'Hangra' as meaning a wooded hillside. The northern fringe of the Yorkshire coal-field is close to the surface here in Horsforth, and many 'Bell pits' were dug on the hill to exploit it for local use.

In 1785 as way of disguising the earthworks, W S Stanhope of Horsforth Hall planted 3000 saplings to create a 'riding' - a scenic woodland bridleway. Later it become known as Hunger Hills or locally as *The Bluebell wood*.

May Creativity and Wellbeing Week at Kirkstall Abbey



We shared an interactive, animal-inspired music & singing session with musician Nicky Bray. Nicky entertained us and encouraged us to join in activities.

The OPAL Thursday WELLBEING Walk & Talk on 25th May, was the Leeds University Public Art Trail.

We met in brilliant sunshine on the Parkinson steps at I I am. We all enjoyed an interesting morning around the green campus with Hazel Kilner, our excellent guide!

The Grade II listed Hubert Dalwood 1961 amazing Bas-Relief was familiar to Adel residents. It was created for Boddington Hall, then moved to Leeds University when the hall was demolished in 2013.



Val Crompton

Ralph Thoresby Festival

June saw the launch of the LEEDS 2023, 'MY LEEDS Summer' project. 33 celebratory events are taking place city-wide over the summer, giving people the opportunity to celebrate creativity in their neighbourhood.

Save the Date

The Adel & Wharfedale celebration is in partnership with the Ralph Thoresby Festival on **Saturday 15th July**, from **11.30am – 4pm**.

In February, LEEDS 2023 offered grants to individuals and groups across Leeds to enable them to support the events. Our ward had a fabulous number of applications, and each area of the ward will be represented at the Festival.

What's On?

In addition to the fabulous music and performances from Ralph Thoresby, here's a taste of what's to come:

Love Pop Choir, The Hummingbirds 1940's band, Dance Union, DJ Rajan, Sebastian Magician, Hip Hop Phil, and sensory story telling from Adventure Babies. Community members will run creative workshops from crafting jewellery to portrait drawing, graffiti demos, and a stitch a thon. They'll be art displays, interactive sports sessions (for all ages & mobility), competitions, stalls as well as inflatables, climbing wall, face painting, food and more!

Leeds United signed shirts, shop and restaurant vouchers are just some of the items to be auctioned off and a surprise will be unveiled - The Gift, another LEEDS 2023 project working with London artist Keith Khan.

School Mural Project

All schools in the Ward are working with local artist, Dianne Riding to create murals based on their interpretation of MY LEEDS. These will be showcased at the festival and installed in Holt Park's shopping concourse. We've some talented budding artists in the making.

Legacy Glass Art Piece

Dianne has produced a stunning glass-art piece which will be installed in Golden Acre Park. The Lord Mayor will unveil the installation at a later date but you can learn about its creation on the 15th July.

Book your ticket!

The event is for all ages. The venue has accessible parking, is wheelchair and service dog friendly and has baby changing facilities.

Book your ticket now via the Ralph Thoresby website at: [Event Booking - Ralph Thoresby School](#) 500 free tickets are available.

Nicola Browne

Adel & Wharfedale Neighbourhood Host
www.leeds2023.co.uk

York Gate Update

I love Nature and as a girl growing up in a North Yorkshire village the woods, fields and lanes were my playground. During a recent walk round the meadow at York Gate I was transported back to the long summer days of my childhood!

Mowed paths meander through the meadow, immersing the visitor in its colours, sounds and smells – it feels truly alive and vital, full of insects and wildlife. When I was there the meadow was full of golden buttercups, frothy white pignut and a plantain or ribwort which we used to play a shooting game with, hence its old name of “soldiers.” You never know what you might find there – an orchid almost hidden in the grass, a butterfly, or some interesting seed heads.

When the Spencers bought York Gate Farm in 1951, the house, farm yard, barn, stables and stackyard came with several pieces, or parcels, of uncultivated land, described on the conveyance documents as Calf Garth, Fog Close, Clover Close and Plantation. They moved there initially because of their horses and the field behind the house, Clover Close, was to become home to Emperor, Duchess and, later, Countess.

During the past five years the gardeners at York Gate have been working to rejuvenate the field, enhancing its ecological value, and

progressively increasing its diverse flora and fauna. Year on year, with the repeat sowing of yellow rattle seeds to weaken the grasses and a programme of annual scything, seeds that have been lying dormant for years have awakened and lots of plants have appeared as if by magic as Nature takes its course.

York Gate has been my favourite garden for many years and it is magnificent at the height of summer, so do come and visit and I urge you to make time to stroll through the meadow - on a sunny day, it will make your spirits soar!

*Nature is painting for us,
day after day,
Pictures of infinite beauty.*
John Ruskin.

Gillian Smith, Heritage Volunteer

Abbey Runners' annual road race on Sunday 9th July means roads closures, so please do keep an eye on our website for details. We had a very busy June with group bookings. Should you be interested in bringing a group to York Gate, please get in touch as we have some availability in August and September. A reminder we are open from Wednesday to Sunday and that the gardens, shop and café will be open from 10am until 4.30pm, with plant sales opening at 11am. Our office hours are usually Monday morning, all day Wednesday, Thursday and Friday.
yorkgate.org.uk

Sally Latchford

Visit Crag House FARM Garden Nurseries



Select your favourite flowers from over 50,000 homegrown bedding plants, grown in peat free soil and recyclable pots. Add wonderful colour to your garden this Summer.

Looking for new tools, compost, plant food, garden ornaments & accessories we have great ranges NOW IN STOCK



Choose from a range of pretty hanging baskets and pots, filled with our homegrown bedding, ready for you to take home and display. A great gift idea!



Relax in the sunshine on new garden furniture. See the full range including beautiful patio sets and fun kids chairs in our Garden Nursery.



OPEN MONDAY - SATURDAY 9AM-5PM

Crag House FARM

Crag House Farm - the home of Caring For Life • (0113) 230 3622  
Otley Old Road, Cookridge, Leeds LS16 7NH • www.craghousefarm.com

What's On

Headingley Flower Club at Bramhope Friday 7th July 'Just Because'

Judy Watker

7pm Guests are welcome at all meetings. A guest fee will be charged.

Bramhope Village Hall,
Old Lane, Bramhope. LS16 9AZ

Contact Mrs Jean Money

Tel 01924 468714

Church Coffee Morning In the Old Stables Saturday 15th July 10.30am to 12 noon

Home-made cakes and scones



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SUN 9TH JULY
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2PM - 4.30PM

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Bring & Buy Cake Stall, etc

(Parking on the street is limited - please be considerate)



QE Corner

Here it is again..... QE (Quite Enlightening) Corner.

Banned techniques in athletics events include somersaulting in the long jump, spinning into a javelin throw, and cartwheeling while putting the shot.

A.D. (anno domini) was introduced in the 6th century by a man called Dennis the Small.

The Merchant of Venice is the only Shakespeare play to mention Mexico.

The Devon village of Westward Ho! is named after a novel, rather than the other way around.

In 1986, Donald Miller disappeared. He was declared dead in 1994. In 2005, a very much alive Miller - who had simply left his wife and children - tried to obtain a driving license. He appealed his death, but the Ohio state courts denied him.

The winner of the 1977 National Coal Queen beauty contest won her weight in Babycham.

The King's Royal Hussars regiment owns the looted silver chamber pot of Joseph Bonaparte, Napoleon's brother, and their officers regularly drink champagne from it.

According to physics, your tea will stay hotter if you add the milk as soon as

possible after making it, rather than waiting.

Greenland is situated farther to the east, west, north, and south than Iceland.



In 1986, Donald Miller disappeared. He was declared dead in 1994. In 2005, a very much alive Miller - who had simply left his wife and children - tried to obtain a driving license. He appealed his death, but the Ohio state courts denied him.

There are 28,000 orchid species in the world. That is more than twice the number of bird species and more than four times the number of mammal species.

Please note these "Facts(?)" are all from the internet, so don't blame me if they are not correct!

Trevor Cole

Barry Anderson

Changes to the online planning system

The Council are going to cease publishing public representations on the Planning Public Access website from 6 June 2023, initially for a six month trial period. They advise that there is no statutory requirement to publish public comments on applications. They say there has been an increase in vociferous comments being posted online, GDPR issues and the staff resource needed is too intensive. What this means in practice is that you will still be able to make comments online through the portal but they will no longer be visible to anyone who is researching a planning application.

They are also going to cease accepting comments on applications for works on trees protected by a Tree Preservation Order from 6 June 2023. Again, there is no legal requirement to accept and consider third party comments. The Chief Planning Officer has said *“We encourage the public to contact us where unauthorised works to trees is taking place. Customers will still be able to view details of works to protected trees and proposed works to trees in conservation areas on Public Access.”*

I am not in favour of these changes as it could put people off making comments if they cannot see anything

and gives the wrong impression of the planning system.

Double yellow lines proposed for various locations in Adel

The Highways Engineer is proposing consultation on a Traffic Regulation Order for different parts of Adel. The proposed are: Church Lane to prevent parking around the access points to the AWMA Club and private premises just to the south; Adel Lane to prevent parking around the access points to the Bedquilts car park at both entrances and the Adel Lane/St. Helens Lane junction overall; Adel Wood Close to protect parking around the junction; Mulberry View to protect parking around the junction and to protect access to private parking and finally, Long Causeway to protect parking around the dropped crossings and the narrow section of Long Causeway between the old surgery and the school.

Next round of tree planting

The Parks Department are now looking at sites for tree planting for the next planting season as part of the Woodland Creation Scheme. I have been asked to suggest sites and would be pleased to receive any suggestions you have. Unfortunately, some suggested sites in the past were unsuitable because of the array of underground services that exist but if

you have any suggestions where trees could be planted on Council land in this Ward I will pass these on.

Changes to Leeds train station and City Square

There are changes for pedestrians using the station - the northern section of New Station Street from the main entrance towards City Square, will close. Pedestrians will be able to walk towards Boar Lane from the station's main pedestrian entrance by travelling along the other side of New Station Street. To access City Square, Infirmary Street, Park Row and Wellington Street, pedestrians are advised to use the station's northern entrance (opposite the Majestic building) which remains open. Pedestrians walking to the south bank area of the city can do so by following New Station Street onto Boar Lane and looping back onto Mill Hill, or by using the station's southern entrance (open between 6am and 10pm).

There are changes for taxis too. Taxis moved in May, from their current location on New Station Street to Princes Square (off Aire Street) in the short-stay car park, next to Wetherspoons.

Short-stay car parking at the station has moved to the multi-storey car park.

Footpath through field – Church Lane to Otley Road

Residents have been asking when the footpath between Otley Road and

Church Lane will be reopened. The latest update from Barratt David Wilson Homes is: “The works to the Public Right of Way (PROW), these are ongoing at the moment. We are anticipating the bridge being delivered and installed the week commencing 26th June. In addition to this, one of our delays has been around the works to the connection points at Church Lane and Otley Road due to the proximity of the existing trees. We currently have an application submitted by our Arboriculture consultant to gain consent for the works to be undertaken. Unfortunately this is on an 8 week application which we require determination on prior to proceeding with any further works at each connection location. Once the application has been determined to enable us to proceed it will take approximately 4 weeks for the works to the path to be completed to enable its reopening to the public.”

Thanks

Cllr. Barry Anderson
Adel & Wharfedale Ward
Direct Dial 0113 3367742
www.barryanderson.org.uk
Twitter @barryanderson19

Billy Flynn

Hi everyone,

Summer's here at last with some lovely sunny weather. Let's hope it continues.

More roadworks in Adel, but welcome this time

You may recall about two years ago I reported in Adel Bells that highways had agreed with my request to make the entrance and exit from East Moor Lane, the turnaround point for the 28 bus, a one-way system as part of the highways work for the new development. We've finally had confirmation that the works will take place and a new "humped" zebra crossing will be constructed between the Adel Wood Store and the grassy area opposite. This will prevent the daily dice with death of parents and children trying to cross the road at school times in the face of speeding traffic.

Road Maintenance & Street lighting improvements in Adel

The ward schedule for this work over the next nine months has been published. Road resurfacing will take place in Adel Wood Close, Drive, Gardens, Grove, Place and Rd, Tile Lane, Wayland Close, Court and Drive, Oaklands Drive. New Adel Lane and Sir George Martin Drive as above. Street lighting improvements are planned for Church Lane, Farrar Lane, Kenworthy Close, St Helen's Lane,

Holtdale Approach, all of the Oaklands estate and Chestnut Way.

On the subject of road maintenance, you will all know that after a number of complaints the humps on Church Lane have been allegedly flattened slightly. I must say that if they have been flattened, I certainly haven't noticed. Anybody driving over the humps at more than 10mph risks leaving their exhaust behind.

Harewood Bridge on the A61

Less welcome news is that Harewood Bridge on the A61 just past the junction with Otley Rd, the continuation of Arthington Lane through Pool and Arthington. The closure, in both directions, is from 26 July to 24 August. The only realistic diversion is via Pool which will make the village centre even more congested than normal. Bus routes are also being diverted.

Leeds 2023 - Year of Culture – Events in Adel

With reference to the article on p 26, you will be interested to know that the legacy glass art piece will be unveiled by the Lord Mayor of Leeds at 2pm on 23 July at Golden Acre Park.

If you would like further information please do get in touch. Telephone 0113 4694785, 07810640282 or email billy.flynn@leeds.gov.uk



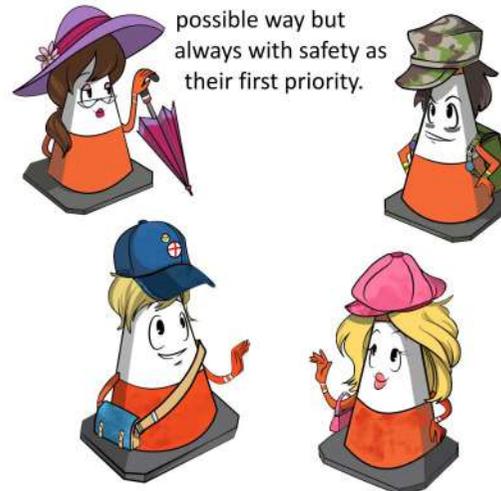
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www.fisherkingpublishing.co.uk

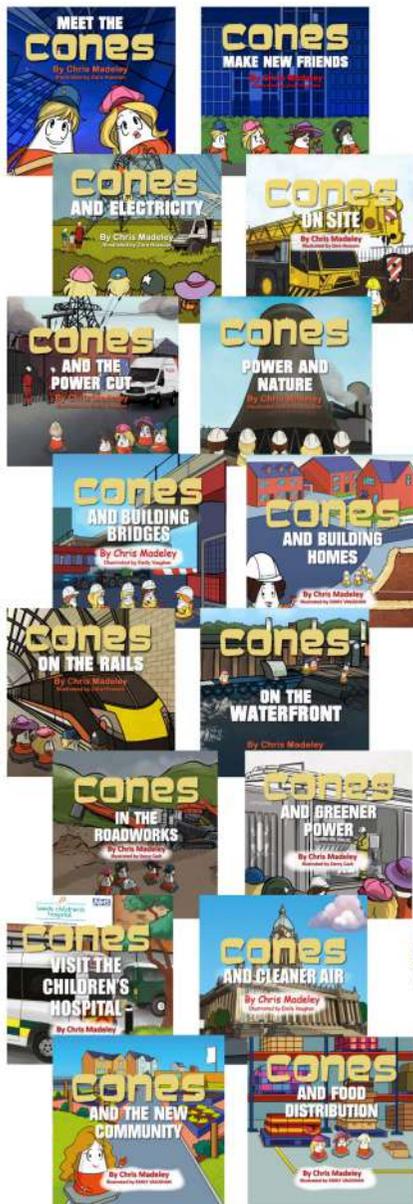
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- Biz Vision
- Bradford College
- BV-TV
- Caddick Construction
- CityFibre
- Colas Ltd
- CSR Accreditation
- Curveblock
- Drax Power Group
- EKFB
- Enjoy Digital
- Environment Agency
- ENGIE
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cont'd



Highways Today
 Jaguar Cars
 Kamec UK
 Kier Group
 Leeds Cares
 Leeds Children's Hospital
 Leeds City College
 Leeds City Council
 Leeds Trinity University
 Mole Valley Asset Management
 Northern Powergrid
 NSPPC
 Persimmon Homes
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 Ringway
 Sevensun Agency
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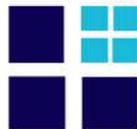
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5. CHOIR
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7. HEATER

Down

1. SECRET
2. ISOLATE
3. LARGEST
4. IMPAIR

Final Answer

REPTILES

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Across

1. BONSAI
3. BOBBIN
4. NIMBLE

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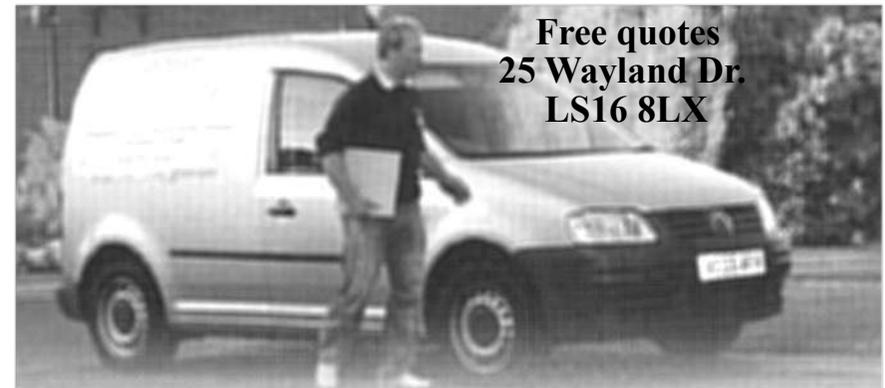
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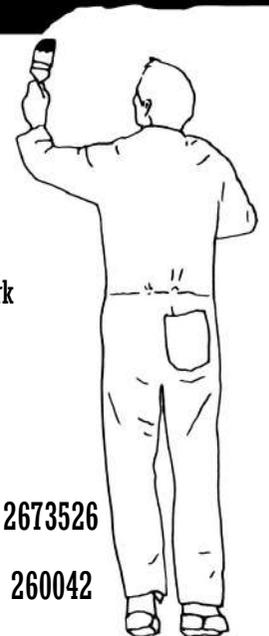
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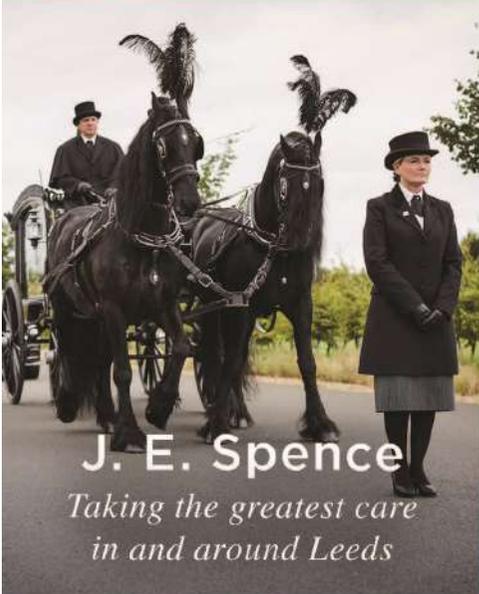
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Church Services July

Sunday 2nd		Fourth Sunday after Trinity
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
	6.30pm	Evensong (BCP)
Wed 5th	11am	Holy Communion
Fri 7th	1.30pm	JJs (for the under sixes)
Sunday 9th		Fifth Sunday after Trinity
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
Wed 12th	11am	Holy Communion
Sunday 16th		Sixth Sunday after Trinity
	8.30am	Holy Communion (BCP)
	10am	All Age Service with Communion
	6.30pm	Evensong (BCP)
Wed 19th	11am	Holy Communion
Thurs 20th	3.15pm	Holy Communion in the Stables, with tea & coffee
Sunday 23rd		Seventh Sunday after Trinity
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
Wed 26th	11am	Holy Communion
Sunday 30th		Eighth Sunday after Trinity
	8.30am	Holy Communion (BCP)
	10am	Parish Communion

Junior Church is held during term time. The children start in Church at the 10am service with their families, they then leave with the leaders and, after their own input in the Stables, re-join the congregation for communion and the last part of the service

On the **3rd Sunday** there is a 10am All Age service, with communion, and children are welcome for the whole of the service in church.