



ADEL BELLS

Parish Magazine 70p

JULY 2026



A tribute to our talented flower arrangers

**The earliest monks lived alone · It was amazing!
A time to experience something special together
Do join us on occasional Saturday afternoons
We must take time to smell the roses · New bench
Appreciating the green spaces on our doorstep**

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The Parish Church of St John the Baptist, Adel

Enquiries including Home Communions, Baptisms, Confirmation,
Weddings, Funerals, please look at the church website
www.adelparishchurch.org.uk

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Adel PCC Members 2026–2027

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Church Open for Visitors

Monday and Saturday 1.45pm to 3.45pm

Parish Registers

Funerals

26th May

Betty Kilbride

10th June

Stephen Boocock

11th June

Heather Berg



Festivals & Feasts

3rd July

Thomas the Apostle

22nd July

Mary Magdalene

25th July

James the Apostle



Prayers for today

*For gifts given and received,
for love shared in abundance,
I offer my thanks today.
Amen*

*You call me, loving God,
because you believe in me.
Help me to play my part well.
Amen*

*Gather us in, Lord –
the lost, and the lonely,
and the vulnerable.
Amen*

Original reflections © Tom Gordon



Association for Church Editors



From the Editor

Last month we celebrated volunteers in all walks of life. Through the medium of Facebook we thanked the large number of people who keep our church and churchyard running. However, slightly late though this is, we should like to thank all people in our community who generously give their time to support all manner of causes. Our community is enriched by this spirit of volunteering.

I have read that church magazines are the shop window for the church, a chance to reach out to the wider community. This is certainly my aim for Adel Bells. The aim is not only to advertise events, both in church and further afield, but it is also about people. We all like to read interesting things about people and this month we have two good examples: one is a member of our community who has done good service for the place he loves living in and the other is an active member of our church who

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

has been happy to share with us aspects of her daily life and her hopes for the future. You can read about these people on pages 12 and 20.

I promised you news about recent PCC decisions this month, but I was sadly unable to attend the latest meeting so have not been able to write fully about it. I have learned a few facts and have given a very brief summary of these on page 10, I hope to have a fuller report of the July meeting later in the year.

Each month I am highlighting one of our regular church services. Reading about what people enjoy about them might encourage those of you who are not sure if they are for you to come and see. This month I have brought attention to the 8.30am service on a Sunday morning, an early start to the day which does not suit everyone but for some it is the ideal opportunity to be part of the church community in a peaceful and satisfying way. You can read about this on page 14.

Marjorie

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RECTOR ALISON'S LETTER

Dear Friends

I recently had the joy of walking the Dales Way with my brother and sister. The company was good, the weather mixed, the scenery stunning. One feature of the Dales Way is walking beside the rivers Wharfe, Dee, Rawthey, Lune, Mint, Sprint and Kent.

I love spending time by rivers because of the wildlife and the way changes in water levels can affect their character so dramatically. We were treated to both of these on our walk. Over the six days we saw heron, goosander, sandpipers, pied and grey wagtails, dippers and even had brief glimpses of a kingfisher and an otter.

When we set out, the Wharfe had a good flow of water. After a night and morning of heavy rain it became a torrent. Between Kettlewell and Buckden we had to walk along the road because the way was impassible.

The Dee, in contrast, is one of those rivers which disappears underground

at times, leaving a dry riverbed; later coming gushing out from between rocks.

There is something very purposeful about a river. We may follow them for a few miles, but they carry on their way to join a larger river, or empty into the sea. In a way, they see all of life as they travel from tiny beginnings as streams, through villages, towns and cities to the sea. As a child I loved Robert Louis Stevenson's poem 'Where go the boats?' He describes the river on which he sails his paper boats, ending, 'Away down the river, a hundred miles or more, other little children shall bring my boats ashore.' I had this picture of the river flowing into an unknown, exciting future.

It is no surprise that rivers are often used as a metaphor for life. They flow in one direction, unable to retrace their path. They encounter obstacles, man-made and natural. They mould their surroundings, cutting away earth, flooding neighbouring areas. Each waterway is joined to many others as side

streams and tributaries join. In the end, they all join as they find their way to the oceans of the world.

In the same way we cannot return to the past, so although we might enjoy remembering days gone by, we should always try to live the days we have now. To some extent, like a well-worn river bed, our future is predictable; and yet new obstacles can suddenly arise. Perhaps then we might remember how the river always finds a way through.

Like rivers and streams we are connected to one another, we need each other to feed and sustain us... and others need us. Finally, we are all part of something bigger. In our church family, we recognise that something as God. Our lives flow from God and back to God, in the path shown by Jesus, accompanied by the Holy Spirit. Like the river, we have a purpose and a direction, which in these challenging times can be a great comfort.

Anyone is welcome to join us as we navigate the river of life in the company of one another and God. With love and prayers

Alison



Join us in the churchyard on **Saturday 11th July at 9.30am** for fresh air and simple gardening tasks. We are a friendly bunch. So do pop by and give a hand.

Also in July

Every Wednesday at 10am

In church or at home, prayers for wedding and funeral vergers, Adel Bells team, and musicians

Bible Study

9th & 23rd July, 10.30am in the Old Stables

Dates for your diary

Saturday 26th September

2pm, a talk by Joyce Hill

Sunday 18th October

Harvest Lunch

Saturday 28th November

10.30am Christmas Coffee Morning

Sunday 13th December

3pm Concert by Leeds Guild of Singers

Sunday 20th December

6.30pm Community Carol Service

CHURCH SITTING

An appeal for more helpers

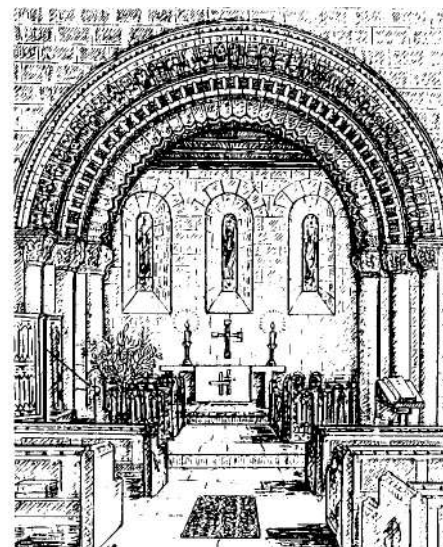
We open Adel church for visitors for a couple of hours each Monday and Saturday afternoon. We are able to do this because of a wonderful band of church sitters.

“Sitting” the church is an amazing experience. We meet all sorts of people; some just happen to be passing and see an open door, some visit for a quiet moment of prayer, some come for the history, and some because, well, “who knows why?” And, we get to enjoy the peace & calm in the rare moments when no one else is there.

And yes of course, we want to carry on keeping the church open, but sadly, two of our most regular sitters have now had to stand down.

So, we need some more help please! We are looking for people who would be happy to come and “sit” the church with us on occasional Saturday afternoons. We always sit in pairs, and “newbies” will always be paired with one of our regular sitters.

And it’s important to say, **church sitters don’t have to be church goers**. You just need to care about the church and its beautiful churchyard.



Please get in touch with me, if you are interested in helping us or if you want more information.

I promise if you come and join us, you won’t regret it!

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REV'D IAN REFLECTS

The challenge of compassion

You have probably heard the phrase 'compassion fatigue'. It is now used in a specific way. A definition from one of the many websites that address the matter: "Compassion fatigue is a state of emotional, physical, and mental exhaustion caused by prolonged exposure to the suffering of others, often experienced by people in caregiving professions." An AI search delivered this important statement: "Compassion fatigue is not a sign of weakness - it's a natural response to caring deeply in a world full of suffering."

Of course compassion is exactly what we as Christians are called to. And the parable of the Good Samaritan reminds us that there is no limit to that compassion. For, as St Maria of Paris put it, "Sin is the refusal to be retouched by the pain of others." She says that not to be touched by the pain of others is to disconnect from God who is ever connected to the suffering of the world.

I do sometimes wonder, though, whether when we preach about the need for compassion, our desire to love all our neighbours, we also acknowledge that bearing such compassion can be hard. Milan Kundera, the Czech author who was a thorn in the side of the occupying

Soviet Authorities in what was then Czechoslovakia, says, "there is nothing heavier than compassion. Not even one's own pain weighs so heavy as the pain one feels with someone, for someone, a pain intensified by the imagination."

The priest, poet and Archdeacon Rachel Mann says, "No one would commit to a compassionate life if it wasn't life's true work."

How to bear all this? The secular advice is to look after oneself and, if need be, to reach out to a mental health professional. We have a different approach. We know that to become more compassionate is to grow into the likeness of Christ, to become more human, more divine, giving greater expression to the light of Christ living in us.

We sustain us in our compassionate lives surely by looking after ourselves, but we also know full well that we cannot manage to maintain the levels of compassion to which we are called in our own power, it's not possible. We rely on and trust in Christ, in whom we find the strength and comfort we need. We call to him in prayer and know that his love surrounds and sustains us.

Ian Johnston

IN BRIEF

Here I am!



I am often seen walking around Adel with my Miniature Schnauzer. I sometimes stop and talk to people I don't know. At some point in the conversation I might mention my name and they nearly always say "So, you're Marjorie Cole?" and go on to say something nice about Adel Bells. Now you all know what I look like, why not stop me and tell me what you'd like to see in this magazine?

Marjorie Cole

100 Club Draw in May

1st T Tang	£80.00
2nd James Moss	£40.00
3rd S Swinson	£30.00

A New Bench

A new bench has been installed on Sir George Martin Drive to make it easier for people to stop and chat. Funded by both the Adel Crag Community Association and Councillor Billy Flynn, the bench is part of an environmental project that also includes spring bulb planting. It provides a comfortable place to stop for anyone needing to rest while walking through our beautiful village of Adel.

Francis Garbutt

Update from the PC

Progress is being made as regards the new kitchen in the Stables. Decisions were taken about electrical appliances, new fire doors and window repairs. The work will take place in August, but we shall keep the Stables free of bookings for the whole month in case of hold-ups.

In the church we are seeking a replacement amplifier in order to improve the quality of the sound. Progress is being made with having repairs to the back wall done. In the churchyard we are inviting Open Country to mow the meadow areas in September.

Marjorie Cole

LETTER FROM LILY

Hi Everyone,

July! Where is this year going? Not that I understand what a year is, but one tries to assume a knowledge in keeping with one's place in life and, thus, from my point of view, I fool all the people all the time!

I hope we will be on holiday when you get my letter this month. I've heard them talking about it. We will be seeing our family in Uphill. I hope we'll have a good journey; I just love it when we get there. They have the very best garden for my zoomies and a beach we can walk to – bit scary as there is so much of it and I can't see the end, but I will be brave. I'm hoping we have some nice weather: not too hot, not too cold but most of all, not too windy! I have the wrong ears for wind – they blow all over the place.

There are lots of steam trains to go on where my family live. I love the smell, have learned not to be scared of the noise and the white stuff which, seemingly, comes out at the front end from every orifice. Thankfully, we sit away from the steamy bit, so all will be well. I hope we can go on at least one.

On the way back we will be going to see my Mum's brother. Not sure what a 'brother' is but think when I

was a tiny puppy there were of lots of mini-me-sized dogs to play with and – some big ones which I don't like to think about. Perhaps Mum's brother is a mini-me, I live in hope!

There's a lot of hoping going on. Thinking about it has made me feel a bit apesnihapnive: not sure how to spell that, so what I mean is 'unsure.' I 'hope' we are going on holiday I 'hope' we have a good journey I 'hope' we have good weather I 'hope' we go on a steam train I 'hope' Mum's brother is a mini-me. That's a lot of 'hoping'. Does hoping mean things can go wrong?

My Mum has just told me not to worry. 'Hoping' is a good thing when we hope for the *right* things, which come from God. Jesus gave us lots of good things to hope for and it is these positive hopes which will give us security, contentment and happiness. We think of what He told us of the hope that God has given us: Jesus' returning to the earth as our Saviour King, forgiveness of sins, eternal life, the kingdom of God, peace, the end of wars, the end of all evil for all eternity. Through our faith in these promises we can look forward with confident hope with our hand safely in Jesus'.
God bless., woofs and licks,
Lily

MY DAY IN CUPS OF COFFEE

I put some questions to Emma, one of our Junior Church leaders, about her daily life and she replied as follows:

How do you like to start your day?

I wish I was the type of person to leap out of bed at 6am and fit in pilates, meditation and solving the world's problems before the day starts, but realistically most days begin with hitting snooze at least once and then scrolling Instagram. I'm definitely not naturally a morning person, so caffeine is essential before I become fully functional!

And where are you waking up?

At home in Meanwood, where I live with my husband Rob. We've lived in Meanwood for more than 10 years now and really love it. Adel, where I grew up, will always feel like home too. My parents still live there and, of course, Adel Church remains a very important part of my life.

Tell me a bit about your work.

I work in communications for Guide Dogs. My job is all about storytelling — sharing the experiences of people with sight loss and helping raise awareness of the charity's work through press coverage and social media. Working in-house for a charity feels especially meaningful and what I was truly meant to do. And the dogs are definitely a bonus!



Kettle's on - what do you fancy?

This may be slightly controversial for someone from Yorkshire, but I'm actually a coffee person and not really a tea drinker! We're self-confessed coffee 'snobs' at home, so it has to be ground coffee rather than instant - black with a splash of oat milk.

Do you like to take a break with a cuppa?

Definitely. Work can be hard to switch off from, so making a cuppa is often my version of pressing reset for five minutes. And as someone who works for a sight loss charity, I'd be remiss not to mention that taking regular breaks from your screen is good for your eye health too!

What is your working day?

No two days are really the same, which is what suits me. One day I might be writing a press release about someone whose guide dog has changed their life, the next organising

media interviews, visiting training centres, planning social media content or trying to coordinate dogs, photographers and journalists at an event!

Who would you like to share a cuppa with more?

Probably friends and family I don't see enough of. Life gets busy very quickly and it's easy to realise months have passed since a proper catch-up.

Tea time, what do you fancy?

Any cake?

During the week it's often something quick to nibble on – my colleagues at Guide Dogs in Leeds are partial to a biscuit or two – I'm a chocoholic but when it comes to cake, I'm happiest with a lemon drizzle or carrot cake.

How do you switch off

I'm not very good at switching off, so I have to make a conscious effort. I sing in a choir, which completely changes my focus for a couple of hours. Exercise is also really important for me, particularly pilates and strength training. I also love planning trips, getting outside in nature or snuggling up on the sofa and watching Grey's Anatomy. I do enjoy a good word search too, and I've recently re-discovered paint by numbers which is very therapeutic!

When do you down tools ?

I try to finish work at a sensible time and I'm lucky that in my job I do

usually finish at 5pm on the dot. I've learned over time that life is too short to spend all of it working and there are more important things, even if you enjoy your job. Work to live, not live to work!

What do the next few months hold for you?

A few lovely things to look forward to — we're going to Green Man Festival in Wales this summer, have some gigs lined up and are hoping to meet our new niece who lives in Australia, which would be very special. You'll often find us with an exciting holiday booked and we're eyeing up South Africa in the autumn!

Tea break - do you have a favourite mug?

At home, I have a huge floral mug that my mum bought me which is usually my go-to. At work, I drink my coffee with pride out of a Leeds United mug!

What are you most looking forward to right now?

Honestly, just enjoying our beautiful garden and making the most of time with family and friends. We've got some lovely things planned over the next few months, but I'm also trying to appreciate the smaller everyday things a bit more too. And I'm still quietly working on convincing my husband that it's time to get a dog...

Emma Hill



The 8.30am service is a said service of Holy Communion, so there is no music. We use the service from the Book of Common Prayer which was written for the new Church of England after the break with Rome. It was put together by Thomas Cranmer and first published in 1549. The final edition was published in 1662 and has been in use ever since. Many of our older church members grew up using this prayer book, so it has remained in use at our early service. The language takes a bit of getting used to, but is quite poetic. There are two bible readings rather than three, and a shorter version of the sermon for the 10am service. **Alison**



I like going to the 8.30am service because it's quiet and concise. As not many people attend, the stillness makes the experience feel peaceful (which is a welcome break in my busy weekends). The early start means my sons (Will and Ben) can join me if they wish before their Sunday football matches. It's a time for us to stop, contemplate and experience something special together, before the busy day ahead. **Paul Hallett**



The “early” Sunday morning service is the communion service that my husband, Laurence, and I attend most frequently. We tend to be early risers, and our routine includes a walk with our dog first thing; sometimes on a Sunday we travel a little further afield, maybe to Bolton Abbey or the Dales, and spending 35 or 40 minutes at this peaceful, early service sets us up for the day. I enjoy the quiet and reflective nature of the service. The language is very traditional and formal, and it suits the meditative style. The text taken from the Book of Common Prayer reminds me of attending my childhood church of St John the Baptist in Preston. I recall being bemused about the phrase “ manifold sins and wickedness” which appears in the Invitation to confession section and asking my father what that meant. I think he found it a challenge to explain this to a child!

Helen Law

“It was around 2013 that I decided to return to the Church of England from the Methodist Church and I decided that my future lay at my local parish church in Adel and I started coming to the 8am service as it was then. I felt, and still do, that this service was just right for me, and I enjoyed the small regular congregation. I felt very honoured to be invited to be a Sidesman. I still try to attend the 8.30 am service as often as I can”.

Gerald Gaunt



“For me the 8:30 service is an almost meditative way of engaging with my faith. I grew up with the BCP as my mother was a regular church goer and very much enjoyed the old prayers which probably reminded her of the catholic school she had attended. I find it a spiritually fulfilling way to start a Sunday and the week ahead. It is a peaceful service without hymns that focusses very much on prayer with a small but friendly and supportive group of parishioners. It’s always lovely to welcome new faces to the 8:30 service whether as a one off visit or a more regular attendee.”
Diana Favre

A TECHNICOLOUR DREAMCOAT

Recently at ‘Ace’ meetings we have looked at the story of Joseph in the Old Testament, so on Weds 27th May we took a group of young people to see a production of ‘Joseph’ in Bradford.

Here are a few reviews of the evening.

On Wednesday 22nd May Ace went on a minibus and taxi to St George’s Hall, Bradford to watch Joseph and the Amazing Technicolour Dreamcoat with the Ace leaders. When we got there we sat down in our seats and waited for the curtains to open. The show was amazing and my favourite part was when Joseph put the golden cup in one of the sacks of food (it was his youngest brother’s!). In the interval we all enjoyed an ice cream that Helen Hallett had very kindly bought us all. I had honeycomb and caramel flavour. After the show we went out of the theatre and waited for our minibus to arrive, and when we got inside the minibus we saw some of the cast and they waved at us and Joseph was eating a packet of Walker’s crisps. It was a late night but we all had a great time. Thank you to everyone who helped organise the trip!

By Grace Holmes

I really enjoyed the show, Joseph and the technicolour dream coat. It was really emotional and the actors and

actresses showed that really well. My favourite part of the show was when his brothers came to Egypt to beg Joseph for food and they realised it was him. I also like the dream coat because it was very vibrant and colourful. The design was very impressive and detailed.

**By Matilda Pygall ,
Adel St John primary school**

I am a member of Ace and I am very excited to tell you about our trip. First we went to the Old Stables and waited for everyone to arrive and the mini-bus to come. We all loaded on and headed off to the theatre. We arrived early so we waited 30 minutes until the speaker said for us to come and take our seats. The show was Joseph and the amazing technicolour dream coat. It was full of singing and there was no proper speaking at all. Then we had half time and we went to get some ice cream in half time. Then the show continued. IT WAS AMAZING! The singing was beautiful and the acting was fantastic! The applause that the actors got at the end could have tumbled the colosseum! Then it was time to go home. We all wanted to stay longer but we couldn’t. Then we headed back. And that is the story of our trip to see the best performance ever!

By Sophia Musto Age 9



Term Time Sundays at 10am*



Fun, stories, crafts and friendship
for children age 3 – 11 years.

Held in the Old Stables Hall next
to church.

Children start in church with their
families and then enjoy age-
appropriate groups with caring
leaders.

New families always welcome.

No booking needed — just come along!

*Except the third Sunday of a month where there's an All-Age Service in church



<https://adelparishchurch.org.uk> Adel Parish Church

WORDS FROM JOYCE HILL

The Benedictine Rule

The entry in the Common Worship calendar for 11 July reads 'Benedict of Nursia, Abbot of Monte Cassino, Father of Western monasticism, c. 550'. Given the importance of monasticism in Christian history, the key part it played in spearheading the conversion of western Europe, its central role in scholarship and manuscript production, and its significance in the development of spiritual practices, it's worth looking at what lies behind this calendar entry.

The earliest monks lived, not in communities, but alone. They were called 'monks' precisely for this reason: the word comes from the Greek for 'alone', 'solitary'. The first person we know of to live in this way was St Antony of Egypt. In c. 269 he gave away his possessions and began to live a life of self-denial. Then, in c. 285, he went a step further, retiring into the desert. Others followed his example. Soon there were colonies or groups of monks in the desert; they sometimes came together for special services, and by degrees they formed more recognisable communities, which of course needed Rules to govern their organisation.

By the fourth century this way of life was being imitated in the western church. At first the Rules used were those brought from the east, or newly written Rules which followed eastern models, but quite quickly western monks began to live out their dedicated lives in much more defined, cohesive and stable communities, which needed a rather different kind of Rule. The norm in this stage of the development of monasticism was for each abbot to devise the Rule for his own monastery. Benedict Biscop, for example, who founded the monasteries of Monkwearmouth and Jarrow, where Bede lived and worked, drew upon the practices of seventeen monasteries that he had visited on his travels to and from Rome. Of these many Rules, only a few survive, with the Rule written by Benedict being one of them. Inevitably they are similar to one another to varying degrees, but Benedict's stands out for its clarity, wisdom, practicality, evident concern for the well-being of the monks and its prudent avoidance of excessive austerity. By the eighth century this had become *the* monastic Rule in Western Christendom, and has remained the dominant Rule ever since.

We know relatively little about

Benedict himself. He was born in Nursia (modern Norcia) in central Italy and then went to Rome to be educated, where the excesses of worldly life prompted him to withdraw to a cave in Subiaco, where he lived as a hermit. A community gradually grew up around him, and he established twelve monasteries, each with twelve monks, ruled by an abbot appointed by Benedict. But in c. 525, when local tensions forced him to leave Subiaco, he and a small band of monks moved to Monte Cassino, where he became abbot of a new community and wrote his Rule.

QE CORNER

In 1983 Steve Jobs replied to a fan letter with 'I'm honored that you'd write, but I'm afraid I don't sign autographs', followed by his signature. In 2021 it sold for over \$400k.

The oldest recorded toothpaste recipe was Ancient Egyptian. It was a powder made of ground salt, mint, dried iris flower and pepper, mixed together with saliva.

In the 1938 film *The Adventures of Robin Hood*, stuntmen were dressed in padding and steel plates and shot with real arrows. They were paid a \$150 bonus per arrow.

Benedict was not ordained and he did not see himself as founding an Order for priests, although it later became increasingly common for professed monks to be ordained. He died, c. 550, at Monte Cassino on 21 March, which at first was his feast-day. But the monks of Fleury-sur-Loire, which was to become a very influential monastery, claimed to have translated (moved) his body to Fleury soon after its founding in 640, an event that they celebrated on the claimed anniversary date of 11 July, a more convenient date liturgically than 21 March, which is always in Lent and, given an early Easter, can even be in Holy Week.

In the 17th century, cucumbers were mostly called cowcumbers.

The man who voiced Tigger in *Winnie the Pooh* also invented the first artificial heart.

In Somerset, 'letty' weather is when it's raining just enough to put you off doing outdoor activities.

In the 30 years since Japan's Kansai Airport opened, it has never lost a single piece of luggage.

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

Trevor Cole

MY ADEL - MY HOME

Part One

Wanting to encourage people living in our area to open up about what they like about Adel, I spoke to Ian Bond. Many of you will remember Ian from his days working with Adel Association and the Adel Neighbourhood Design Forum. With an involvement like that with Adel life he was sure to have a lot to say! In fact I am spreading his article over two months.

We didn't choose to live in Leeds! We were very happy living with our two children in Knaresborough, but when I was offered a post in 1981 in the NSPCC's Leeds Special Unit- one of 14 units being established to address the growing concerns in this country regarding the levels of child abuse (now referred to as safeguarding) I was told that I would have to live within 10 miles of the city centre as this was the extent of the pager range (for younger readers this was before mobile phones were in common use). NSPCC had set up units across England, Wales and Northern Ireland to pioneer new methods of working to protect vulnerable children. One of the unit's responsibilities was for maintaining the local child protection register of children seen to be at risk in Leeds



Ian outside of his house. A piece of his stained glass work can be seen above the door.

and Calderdale; the four child protection officers would take it in turns to be "on call" out of hours.

So we needed a house in Leeds and eventually found our home in Adel. We are fortunate enough to live in one of the oldest houses in the area, a Victorian stone semi built around 1880 - yet it has only been owned by four or five families during that time. The previous owner of our house was born in it 60 years earlier. When it was built it stood amongst

open fields to the south and Glebeland to the north. We really appreciate the greenness of Adel, its trees, its close proximity to Adel Woods and Golden Acre and open countryside.

There is a website that Val Crompton introduced me to called www.britainfromabove.org.uk. Type in EAW013724 Sadler Hall Adel Leeds and there are aerial photographs from 1948 of the site of what is now the Sadler Estate, but was then Sadler Hall, a post graduate hall of residence. In the photographs there are many familiar landmarks: but there were Nissen huts and anti-aircraft gun emplacements standing on what is now Adel St John's Primary School, with farmland beyond.

Ann had been actively involved with the National Childbirth Trust post-natal support group in Knaresborough and decided to set one up in Adel, meeting young mums like her who were looking for friendship and support. They met with their pre-school children weekly in each other's homes as well as organising social activities. Many of these friends formed the nucleus of the friendship group that we still have today.

Our 4 children went to the local schools- in our case Adel St John's, Ralph Thoresby and Notre Dame,

and eventually they grew up, went to university and left home.

The adult friendships continued and as a group of Dads we used to go along to Adel Memorial Sports and Social Club on a Friday night. We played dominoes until somebody suggested we might go to the Lakes and then Scotland to climb a mountain or two. Remarkably these good relations have continued and although we no longer climb mountains we still meet up weekly to reminisce. Whereas the conversations used to be about work, children and holidays they now tend to be about ageing and ailments. We often walk together and appreciate the beauty of the green spaces on our doorstep.

In 2000 I left NSPCC after 19 years to become manager of one of the first Sure Start programmes – an imaginative government initiative to make a difference for pre-school children in deprived communities. We worked closely with midwives, health visitors, early years workers and local parents.

I am not a member of the Church but love the building and its surrounds. I have always appreciated its stained glass and eventually did evening classes to learn how to cut glass, lead it and incorporate it into design. (More next month)
Ian Bond

WALKS AND TALKS

Reports of damage to floral tributes in Churchyard



Wildlife culprit observed

Early one morning - a squirrel near the churchyard gate was scattering petals as he ate fresh funeral flowers - lovely red and white carnations, before seeking other sugar-rich fare, just lying there for him to eat.

Then - with a flick of his tail, the squirrel dashed off - to find more recent spots in Adel Churchyard, beyond the blue *forgetmenots* - where carnation tributes are left behind.

I suppose—
the moral of this story goes -
**Remember your loved ones
with a rose.**

Val Crompton

The I152 Club meets once a month on Tuesdays at 10am - 11.15am, during term-time, at Kirkstall Abbey House Museum. Contact Pat Bourne. or 0113 378 4079 or Val Crompton 0113 225 9142

This is a free, friendly local history group for adults aged 55+,& includes a hot drink.

Also at the Abbey,
Meditation Walks
Every Wednesday
10th—24th July

Meet at the desk in the Visitors Centre, Kirkstall Abbey.
All welcome, no need to book

**WELCOME IN
WELLBEING WALKS**

Thursdays at 10 am,
during term-time, meet at OPAL,
LS16 6DJ
for a one & a half hour
Wellbeing Walk.

Contact Ellen Stoker
at OPAL,
ellen@opal-project.org.uk

IN YOUR GARDEN

“Take time to smell the roses..”
— unknown

There is a lot going on in your garden during July with plenty to enjoy, and of course, a seasonal array of tasks to perform! July is often one of the hottest months and a time to be enjoying your garden at every opportunity, whatever you grow.

I see many gardens and spend a lot of my time engaged in “weed management”. But what is a weed? Everyone seems to have a different view; there is no simple answer.

There are the usual suspects such as dandelion, dock, brambles, nettles and shepherds’ purse that will seemingly try and 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. 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.

There are some intruders which almost everyone will agree are weeds and should be tackled with extreme prejudice! Horsetail, couch grass,

ground elder and creeping buttercup will find few friends or advocates!

However you define them, try to keep on top of the weeding. Mulching 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!

Keep mowing the lawn regularly, except in very dry spells. In hot weather, set the mower at a slightly higher level which will help prevent it drying out. You can apply a liquid summer lawn fertiliser, especially if a spring feed was not given. New areas of grass, sown or turfed in the spring, will need extra watering to keep them going through their first summer.

Keep your plants well-watered if it does turn out to be dry and sunny. They are surprisingly tolerant if you can avoid extremes of either flood or drought. We all like a comfortable life!

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

ENVIRONMENTAL NEWS

EV or not to EV?

Last month I mentioned that we took our EV (electric vehicle) on holiday to France. We’ve had the car for nearly three years now, and this wasn’t our first long trip in it. It has already taken us from the wild edges of Scotland on the Isle of Skye and all the way down to sun-soaked Cornwall.

Before owning an EV, my biggest worry was the range and where to charge it. At home, though, it’s no issue. We don’t have a charger, but Julia can charge for free at work, a huge perk, and one charge to 80% usually gets us through the week.

Our first proper long-distance journey was to Cornwall. We planned our charging stops based on real-world experience rather than the quoted range. We stopped twice on the way to Bristol, where we stayed overnight and charged to full, then once more before reaching Perranporth. Motorway chargers were fast and plentiful, expensive, yes, but no worse than fuel. We can go from roughly 20% to nearly full during a quick break while River stretches his little legs. In England, every charger we’ve used has been hassle-free. No accounts or apps are required; just plug in, tap a card or phone, and off you go. Scotland, however, was a very different story. I

assumed it would be the same, but most chargers were part of the “Charge Scotland” network. There were plenty of them, but at the time you needed an account and an RFID card, which we didn’t have. I spent far too much time worrying about getting stranded on the Isle of Skye and that dampened my mood on holiday a little. Thankfully, things have improved since then.

France was a similar situation, lots of different providers, many requiring accounts. It wasn’t until Julia tried her Octopus Electroverse card that we realised it was accepted at most charging stations. That discovery made the whole trip much smoother and cost less than half the price it does over here.

Anyway, I can’t talk about EVs without talking about the environmental impact, but I’m running out of space and will save it for next Adel Bells.

Overall, owning an EV has been brilliant. For local driving, it’s unbeatable - quiet, clean, and perfect for reducing emissions around Leeds. Long-distance trips still give me anxiety, but with Toyota working on a battery promising a 1,000-mile range and lightning-fast charging, even that might soon be ancient history.

Tang

OPAL ACTIVITIES

All of the team at OPAL hope you are enjoying the wonderful British Summer weather, we certainly are and we have used the good weather to visit the Yorkshire Wildlife Park with some of our members. The red panda and the capybara were a particular hit and our members finished the trip with a quick bite to eat in the on site café. All in all they had a fantastic day out.

All our trips are listed in our bi monthly newsletter that is delivered to all our members; the newsletter is also a great source of information about other services we offer and events coming up at OPAL. We can also send the newsletter by email if our members prefer and that helps reduce our printing and delivery costs, please let us know if you would prefer your newsletter in this format.

OPAL relies on grants and donations to support our members, one of the ways we can collect donations is by placing collection tins in local shops and businesses. This allows people to pop their loose change in and every penny makes a huge difference to our work, if you think you could help us by having a collection tin please contact us and we can arrange to drop one off with you.

You can help by volunteering at one of our activities

Another way people can support us is by volunteering at our activities, we are particularly looking for volunteer drivers to support our Friday social (1.30-3.30pm). This would involve picking up a member from their home and bringing them to OPAL so they can enjoy an afternoon with their friends. If you are interested in this type of volunteering or would like any more information about our volunteering opportunities please call us on 0113 2619103 and we will be happy to talk to you about it.

If you would like further information about OPAL or any of the activities or services we offer please contact us on 0113 261 9103, email admin@opal-project.org.uk or call in to see us at the Welcome In Community Centre (55 Bedford Drive, Leeds, LS16 6DJ).

Shelley Clark (she/her)
Project Worker

LEEDS CIVIC TRUST

Leeds Civic Trust Leeds400 Art competition

84 entries to our Leeds400 Art Competition were received. Our panel of judges have selected twelve winning entries to be exhibited at Leeds Corn Exchange in July, to mark the 400th anniversary date of the Leeds Charter being signed.

Monday 13 July – Friday 17 July,
Leeds Corn Exchange

Six winners were selected from each category: the under 16s category was themed 'How would you like Leeds to be in 400 years?', the 16s and over category was themed 'Prospects of Leeds'.

On **Thursday 16 July**, when Leeds Corn Exchange is open late, we will be hosting an awards ceremony in the evening to give the twelve winning artists their £50 prize and celebrate their work. This event is open to all, come along and meet the artists!

See website for details
leedscivictrust.org.uk



Part of the Leeds 400 Celebrations

Wednesday 15 July.
17:30-18:30

This lecture is in **St John's Church**, 23 New Briggate, Leeds, LS2 8JD, on **Leeds in the English Civil War**. It contains the latest research on the subject.

The lecture will be delivered by local historian **Steven Burt**, who will give his illustrated talk in one of Leeds most historic churches.

Tickets: £6 for
Leeds Civic Trust members,
£9 for non-members.

See website for details -
[www.leedscivictrust.org.uk/
guided-walks-season-2026](http://www.leedscivictrust.org.uk/guided-walks-season-2026)

Val Crompton

YORK GATE UPDATE

Va Va Bloom!

Shouting the arrival of summer, the garden is erupting in a riot of colour, and, yes, white is also a colour! But today I am seeking calm and wanting to commune with Nature: I pause for a while to contemplate the newly designed and planted kitchen garden, before continuing into the meadow which provides a haven of tranquillity and beauty in this increasingly hectic and anxious world.

As always, I climb first to the top of the Mound or Bund, encircled by a boundary hedge, now full of dog daisies, and look out across the meadow. Once a fashion of 18th century landowners, a Bund was a place from which they could spy their estate, look over the adjacent countryside - or ensure that their staff were working not idling!

Looking out across the meadow, a vast circle of cut grass lies before me with mown paths winding around the perimeter to allow visitors to wander at will. My eyes avoid the car park to the left as I survey the surrounding plantation of trees before I gingerly descend from my viewing station. Soon, I am walking along paths immersed in a tapestry of grasses and wild flowers, listening to the sounds of summer birdsong and insects buzzing, lingering for a few moments

when a butterfly landed nearby. At the bottom of the field are the beehives tended by local beekeepers who will collect honey later.

As I head back up towards York Gate, my gaze is drawn to the colourful carpet of wildflowers, golden buttercups and hawkbit, pink orchids and a haze of white pignut. Ahead I can see the working heart of the garden, the plant nursery, and then, surprising me, in the distance, I spy Geoff, the scarecrow, who has retired from the kitchen garden to live with the gardeners now.

At the end of summer, the meadow will be cut back for hay as it is vital that the grass is removed to prevent nitrogen production enriching the soil: wild flowers thrive on impoverished soil.

My day at the garden ends with me sitting a while in the meadow, looking, listening and relishing the contentment of a balmy summer's afternoon. Whilst I always highly recommend a visit to the garden now or at any time of the year, may I urge you to stray into the meadow and find your own little place of calm?

Gillian Smith
Heritage Volunteer.

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WHAT'S ON

Bramhope Flower Club Wednesday 1st July 'A Bit of This and That'

Judy Walker

7.30pm 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



Guided Walks in Lawnswood Cemetery Saturday 18th July Sunday 19th July

"Kindness Remembered" a free walk led by Ann Lightman highlighting those who worked for less privileged sections of society, most of whom are associated with buildings and institutions still in Leeds. Quite a few we visit are near to the Chapels and so the first hour could well suit those preferring a fairly short walk. Meet in front of the chapels at 2.00. Allow 60 minutes for the short walk, 90 for the full walk. There is parking nearby as well as in the car park opposite the main entrance and buses 24 and X84 pass the entrance. Please book with c.lightman@sky.com, as the walk will not go ahead in high winds, heavy rains or if the leader is unwell.

ADEL

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adelhort.chessck.co.uk

RECIPE OF THE MONTH

Last month I told you about my trip to America and being offered a light and fluffy apple cake, recipe provided by 'Once upon a Chef' (onceuponachef.com) I have made it, but I don't remember putting rum in it. Do let me know if you have a go. She always seems to use plain flour, but I suppose you can use SR flour instead.

French Apple Cake

Ingredients

140g plain flour
1 tsp baking powder
1/4 tsp salt
112g unsalted butter
150g granulated sugar, plus 1 tblsp
2 large eggs
1 tsp vanilla extract
3 tblsp dark rum
2 dessert apples, peeled, cored and cut into 1/2 inch cubes
Icing sugar for decoration



Method

Preheat the oven to 180° (160° Fan). Spray a 9" cake tin with cooking spray. (I usually use baking parchment)
In a small bowl whisk together the flour, baking powder and salt.
Using a mixer cream the butter and sugar until light and fluffy, about 3 minutes. Add the eggs, one at a time, beating well and scraping down the sides of the bowl after each addition. Beat in the vanilla and rum. Don't worry if the batter looks grainy. Add the flour mixture and mix on low speed until just combined. Using a rubber spatula, fold in the chopped apples. Pour the batter into the prepared tin and sprinkle evenly with 1 tblsp of granulated sugar. Bake for about 40 minutes or until the cake is lightly golden and a toothpick inserted in the centre comes out clean. Allow the cake to cool until just warm. Remove the cake and using a fine sieve dust with icing sugar.
The cake can be served warm or at room temperature, with or without lightly sweetened whipped cream or vanilla ice cream.

Marjorie Cole

PUZZLES

Cryptic Clues

Across

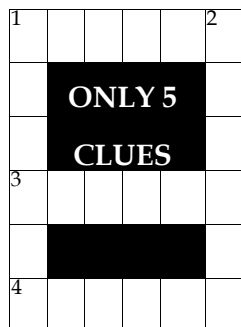
1. Little bag, scarlet, that one can't touch
3. Untruth maintained by Capone's associates
4. Consume as a joke, reportedly

Down

1. Rascal's given one seafood
2. Tyrant from regimental HQ around the South



General Knowledge Clues



Across

1. Eg, wheat or rye
3. Staring with one's mouth wide open
4. Style of music from Jamaica

Down

1. North American puma
2. Association of sports clubs

Up or Down?

This is a new type of puzzle. Look at the following confusing words. Study each letter in turn and move it one up or one down in the alphabet until you have a word that makes sense. For example QNMX (an animal) would be replaced by PONY. Now have a go at these three words.

C	B	D	P	M
---	---	---	---	---

Food

G	N	D	L	F	X
---	---	---	---	---	---

A Sport

I	H	R	U	N	S	Z
---	---	---	---	---	---	---

A School Subject

Puzzles compiled by Marjorie Cole, Answers on p. 34

FROM OUR COUNCILLORS

Hi everyone,

Well, we are now well into summer and hopefully the good weather will continue. A little bit of science. It seems that El Nino is reoccurring this year. El Nino is a natural climate phenomenon that occurs in the Pacific every few years and results in major weather changes right across the world. Although the more extreme effects are felt in America and the more exotic locations it can have a fairly dramatic effect here in the UK too with heatwaves followed by heavy downpours and all exacerbated by our old friend climate change. Fingers crossed we do not suffer too severe weather episodes here.

Footpaths and church paths

Two parishioners have been in touch with us about separate issues concerning paths leading to the church. First the one from Ashling House and The Stables. Billy managed to have some improvement work done on this path last year and has since been asked if a handrail can be fitted to assist the less able and perhaps a bench to rest weary legs. We are making enquiries but much will depend on who owns the land. We also had a report that youngsters on electric bikes or similar have started using the path through the

churchyard as a short cut which is potentially dangerous because they are virtually silent and walkers cannot hear them coming. The improved path from the A660 to Church Lane brings them out near to the church and cutting through the churchyard is clearly a temptation. I have asked the police to keep an eye on the location, but the chances are they will not be able to attend regularly enough to apprehend any offenders.

Road humps, bumps and speed indication devices

If you are a driver, you will be very familiar with the road humps along Church Lane from Back Church Lane to the junction with Adel Lane and may well have left some of your car on the higher ones. Their success in reducing speed has had made the Speed Indication Device on Church Lane virtually redundant so we are considering moving it elsewhere in the ward.

Changes on Sir George Martin Drive and funding available for local projects

A No Entry sign has been erected at the northernmost exit to the bus turnaround island. This is a welcome addition because enforcement action can now be taken against drivers who contravene the notice. Previously,

the signage on the road was advisory but now all vehicular traffic is prohibited from entering from that direction.

You may have noticed that a brand new bench has appeared on the grassy area opposite Adel Wood Stores and very comfortable it is too. This was a combined project with the funding provided jointly by the Adel Crag Community Association and Billy Flynn. I know other members of the public have expressed interest in benches in other locations but they can usually only be placed on council land. This is probably a good time to remind readers that ward councillors have access to funding for local projects. There are criteria that have to be met but they are not onerous and funding can only be made to organisations via their bank accounts. Please do get in touch if you would like further information on how to apply.

Leeds City Council news Keeping cool.

As you have seen above, we may be looking at some extremely hot weather this year. Leeds Council is piloting a Cool Spaces project to help residents stay safe and well during periods of hot weather. Over the summer months a number of locations in the city will be made available in Community Hubs, Libraries and Leisure Centres for

residents to rest, cool down and stay well during warmer weather.

Volunteers wanted!

Gate keepers of Leeds' 800 kilometres (500 miles in old money) of footpaths are looking for more volunteers to help keep paths in good order.

Tour de France Femmes 2027 is visiting Leeds again.

Do you want to be a part of one of 2027's biggest sporting events? Leeds is hosting stage one of the Grand Départ of the Tour de France Femmes avec Zwift on Friday 30 July 2027, and the race's organisers are looking for volunteers to help bring the event to life. Interested?

**If you would like further
information on the items above
or have questions about
anything else in the ward, please
do contact any of the ward
councillors.**

**Billy Flynn on
billy.flynn@leeds.gov.uk.**

**Lee Farmer on
Lee.Farmer@leeds.gov.uk**

**David Stoddart-Scott on
David.StoddartScott@leeds.gov.uk**

Only 5 Clues

Cryptic

Across

1. SACRED
3. ALLIES
4. INGEST

Down

1. SCAMPI
2. DESPOT

Only 5 Clues

General Knowledge

Across

1. CEREAL
3. GAPING
4. REGGAE

Down

1. COUGAR
2. LEAGUE

Up or down?

BACON, HOCKEY, HISTORY

Whose job is it?

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

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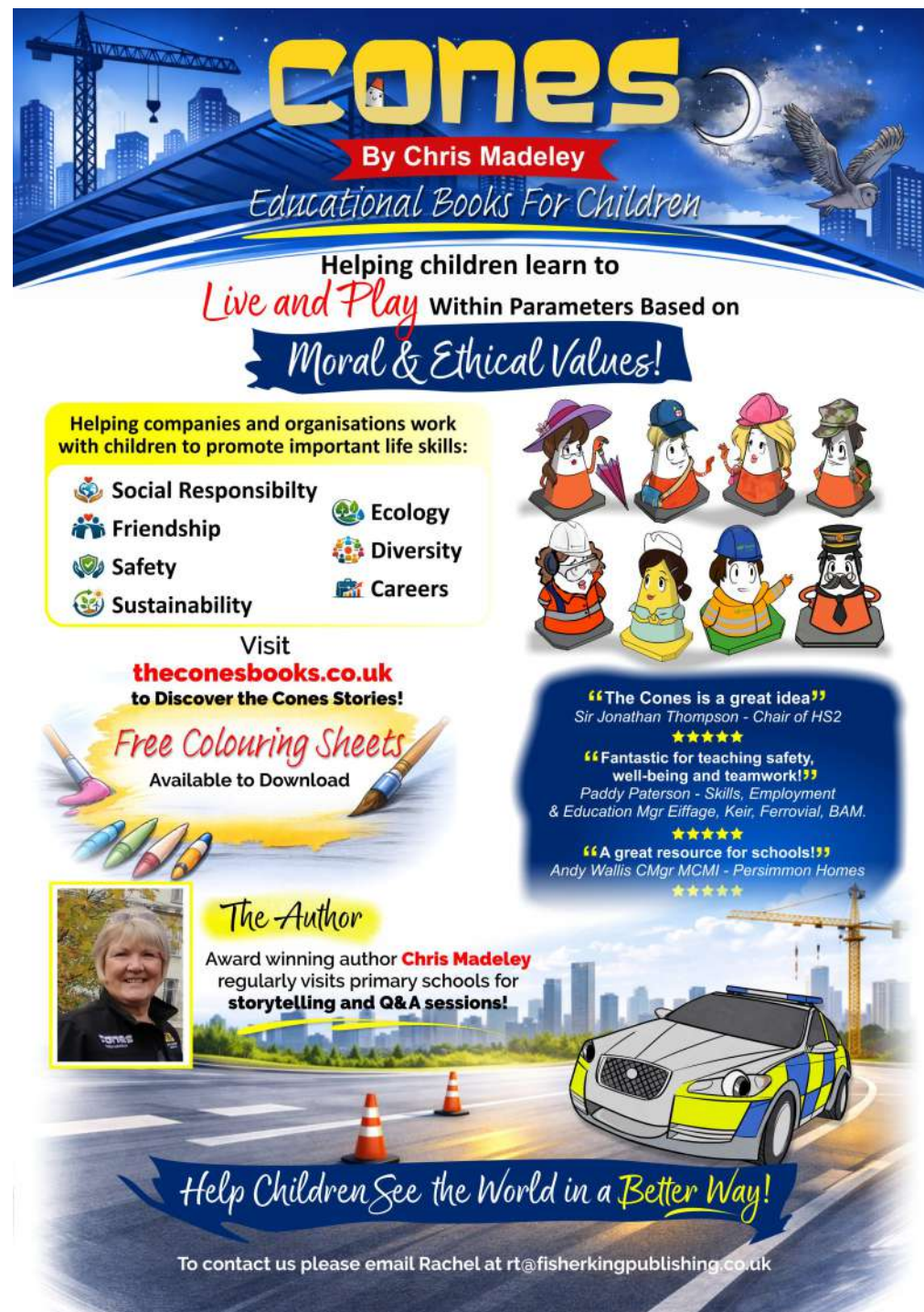
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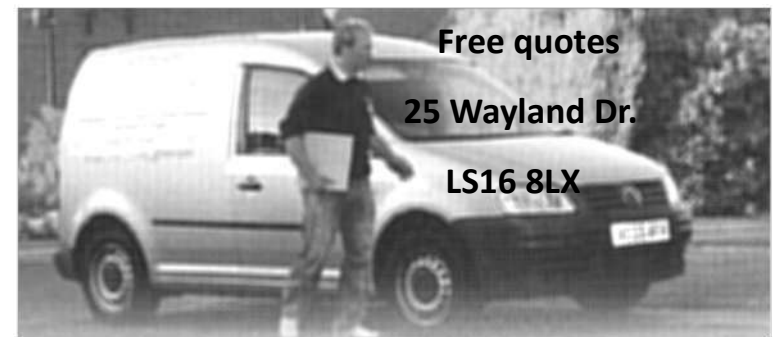
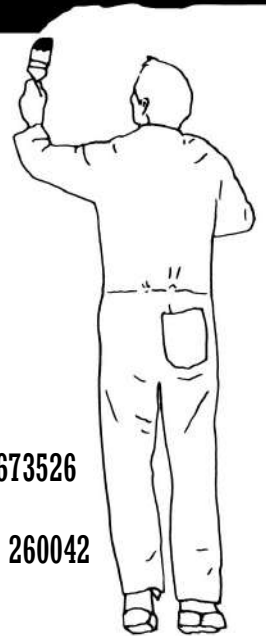
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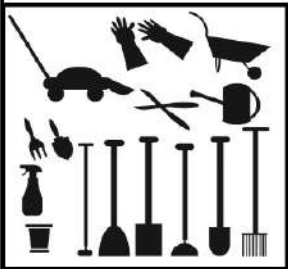
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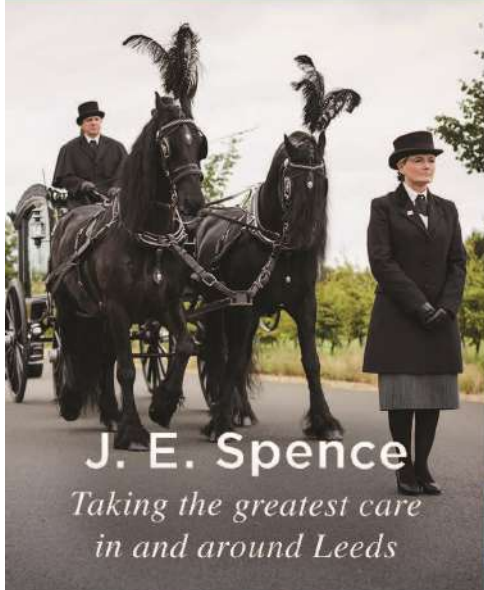
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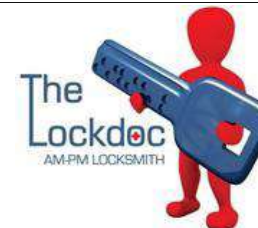
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Church Services in July

Wed 1st	11am	Holy Communion followed by coffee & biscuits
Sunday 5th	Fifth Sunday after Trinity	
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
	6.30pm	Evensong
Wed 8th	11am	Holy Communion
Fri 10th	1.30pm	J Js (for the under sixes)
Sunday 12th	Sixth Sunday after Trinity	
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
Wed 15th	11am	Holy Communion
Thurs 16th	3.15pm	Holy Communion in the Stables, with tea & coffee
Sunday 19th	Seventh Sunday after Trinity	
	8.30am	Holy Communion (BCP)
	10am	All Age Service with Communion
	6.30pm	Choral Evensong followed by refreshments
Wed 22nd	11am	Holy Communion
Sunday 26th	Eighth Sunday after Trinity	
	8.30am	Holy Communion (BCP)
	10am	Parish Communion
Wed 29th	11am	Holy Communion
Junior Church is held during term time, but not on the 3rd Sunday when there is a 10am All Age service, with communion, and children are welcome for the whole of the service in church.		
ACE is a group for school year 4 and above. We meet in the Stables in term time to discuss our faith and play silly games. Ace+ starts at 6pm on 2nd Sunday of the month in church (at the Ace communion) and 6.15pm on 4th Sunday of the month in the Stables.		