

Church News

for the Parishes of
Bromham, Oakley and Stagsden



November 2023



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Assistant Priest: Revd Di Harpham 918691
Curate: Revd Petra Yates - curate@bromhambenefice.org 07504 118405

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organisation..}
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	Mrs F Bulmer	602718
PCC Secretary	Mrs Vivien Butler	407351
PCC Treasurer	Mrs Sarah Smale	07957 126145

	Mrs F Bulmer	602718
Altar Guild	Mrs M Parrott	824402

Who's Who in Bromham cont....

Children & Young	}Carol Jones	823307
People's work	}Rene Farquhar	307996
Electoral Roll	Mrs Rene Farquhar	307996
Ringers	Mr Robert Jones	881741
Thursday Prayer Gp	Mrs C Wisson	306833
Friends of St Owen's	www.friendsof stowens.org	
Secretary:	Mr David Butler	407351
	 facebook Friends of St Owens	

Who's Who in Oakley

Church Officers

Churchwardens	Mr G Palmer	07710 462535
	Mrs H Worley	262166
PCC Secretary	Mrs C Ord	823477
PCC Treasurer	Mrs S Ball	823133
Organist & Choirmaster - contact Jenny Sudworth		822859
Messy Church for pre-school children (birth - 4yrs) & their carers	Revd Catherine Wilson	825665
Flowers	Mrs A Rolph	824849
St Mary's Ringers	Mr Bill Sellars	823473

Who's Who in Stagsden

Church Officers

Churchwarden	} Post holders names not published	
PCC Treasurer	} please contact thru Revd Di Harpham	918691
PCC Secretary	Caroline Heaton	
Ringers	Mr Richard Brown	823289
Flowers Team	please contact thru Revd Di Harpham	918691

If you know of further details for this page, or have information or articles to publish please send all material to the Editor by post or (preferably) by email - see details on page 3.

The Editor thanks Contributors and Advertisers for their material with acknowledgements to the "Parish Pump" website. Nevertheless, views expressed, and goods and services advertised are not endorsed by the PCC. **Please send material for publication to the Editor by the 22nd of the month.**



Principal Services in the Benefice

<u>5th November</u>	<u>All Saints Day</u>
9.00am	Holy Communion (Oakley)
10.30am	Holy Communion (Bromham)
<u>12th November</u>	<u>Remembrance Sunday</u>
9.30am	Remembrance Service (Oakley)
10.30am	Remembrance Service (Bromham)
10.45am	Act of Remembrance at War Memorial (Stagsden)
11.00am	Act of Remembrance at War Memorial (Oakley)
6.00pm	Evensong (Bromham)
<u>19th November</u>	<u>2nd Sunday before Advent</u>
9.00am	Holy Communion (Stagsden)
10.30am	Holy Communion (Bromham)
4.30pm	Wild Church (Bromham Scout Site)
<u>26th November</u>	<u>Christ the King</u>
9.00am	Holy Communion (Bromham)
10.30am	Holy Communion (Oakley)
6.00pm	Evensong via Zoom

Weekday Services

Mondays

11.30am Messy Church (Bromham)

Tuesdays (1st and 3rd of the month)

11.30am Holy Communion (Bromham
Fellowship Room)

Thursdays

10.00am Messy Church (Oakley)

NB 10.30 church services are streamed via Zoom for those who find it difficult to attend in person (details on website www.bromhambenefice.org)



This sudden cold snap has reminded me that we really are in Autumn after weeks of late summer sunshine and warmth. Out walking my less than enthusiastic dog, (who protests if there is a hint that the temperature will drop below that of T shirt wearing!), is a delight with the abundance of rich autumnal hues and tones, and the rustle of leaves underfoot. Although the beauty of the natural world has a trade-off in the mistier mornings, darker evenings and maybe the nagging worry of the cost of switching on the central heating or lighting the fire. Many will draw back at the thought of such seasonal changes, keen to hold onto the light and warmth of earlier months, with the ease in which we can connect and meet up: windows are open; neighbours busy in adjacent gardens, and passers-by out for a walk and the chance of a chat.

Light seems to be more valuable and symbolic as the evening light fades during November. Seasonal fireworks and bonfires for Guy Fawkes, or Bonfire Night, may be noted on our calendars, or perhaps these are memories of past years? Thinking back perhaps you had a favourite firework? Mine was the sparkler, (typical of a child of the 60s/70s), with its effervescent fizz but minus the screeching and whizz bangs of more dynamic choices. Add to this Apple Bobbing and

Toffee Apples and you had a feast, one that now happily seems to include anything from soup to a barbecue, widening the menu is never a bad thing! Fireworks, whether on November 5th, New Year's Eve, Diwali or Eid, act as reminders of significant events or stories, when the fleetest glimmers of light can transform the dark through the intensity, brilliance and radiance of their display.

Moving through November towards early December, with Advent Sunday, we are reminded of 'a light that shines in the darkness' from John's Gospel, and this sets the scene as we will be moving steadily through Advent towards Christmas and Jesus' birth. A 1965 film, directed by George Stevens, captures this message with the words of the film's title: 'The Greatest Story Ever Told'. Whether we delight in the cosy evenings by the fire, or if we mourn the loss of summer warmth, we can be secure that each day, or night, light or dark, brings us closer to the Nativity and Jesus' birth.

In the meantime, let's think how we can radiate light in our communities, reaching out to each other as the days darken: picking up the phone, making a cuppa, checking in on our neighbours. It may not be summer but we can bring the warmth of friendship and community. (By the way mine is a decaf Yorkshire with a splash of milk...)

Petra Yates

We can make up our minds whether our lives in this world shall wound like thorns and nettles, or be beautiful and fragrant like the lilies of the field. - Fr Andrew SDC 1869-1946
a British Anglican clergyman and Friar who co-founded the Society of Divine Compassion to work with the poor in the East End of London



Next meeting - **Thursday 9th November**

at St Owen's Fellowship Room
for a session of Christmas Crafts

And Also

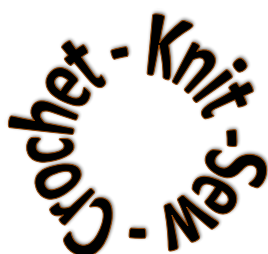
Book now for our **Christmas Buffet**

at "The Fox", Carlton

Thursday 7th December at 12.30pm

Contact Tessa Woodcock

01234 340089



Sewing Group

1st and 3rd Wednesday afternoons
2pm to 4pm in the Fellowship Room at
St Owen's Church.

Further information from Frances on
07470 032296

First Friday Coffee Mornings

Next coffee morning on Fri 3rd November

11am- 1pm

in St Owen's Fellowship Room, Bromham.

Collection in support of Pancreatic Cancer
Research



Please contact Frances for more information
(602718 or francesbulmer@btinternet.com)

St Owen's Bazaar

Saturday 25th November 2023

12 noon to 4pm



Star Prizes Raffle



Stalls; refreshments of light lunch of ploughman's
and tea, cake etc.

Thank you

My thanks to all those who attended the Coffee Morning at St Owen's on 6th October and who contributed to

Pancreatic Cancer UK

I was able to send them £140 as a donation and a further £102.92 for Christmas Cards in the same cause. Therefore a total of £242.92 was raised for this worthwhile Fund.

Anne Rushbrook

From the Registers

Funerals:

5th October	Doreen Hindle (Stagsden)
27th October	Michael Brennan (Bromham)

Burial/Burial of Ashes:

26th October	Dereck Cornwell (Oakley)
26th October	Stephen Holder (Bromham)

Crematorium Service:

30 th October	Daya Ram (Bromham)
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**Grief in
Israel
and
Gaza**



*Rt Revd Dr Alan Smith
Bishop of St Albans*

In his Presidential Address at the recent Diocesan Synod, the Bishop of St Albans said:

We are all aware that fighting has again broken out in the Middle East between Hamas and Israeli forces. Many people have been killed on both sides, even more have been injured and a significant number of Jewish hostages are still being held and used as bargaining chips.

It is important at this time that we speak out against all violence and urge everyone to do everything they can to stop the fighting and instead work for peace. In particular it is important, not least against a backdrop of rising antisemitism in the country, that we attend to our local communities and ensure that all Palestinians and all Jews who live in our midst are protected. The scenes which are being played out in Gaza should not spill over into our communities here in the diocese. Please ensure that we pray for God's peace whenever we gather for worship.

In the words of Archbishop Hosam (the Anglican Archbishop in Jerusalem) with people around the world, we pray:

O God of all justice and peace
we cry out to you in the midst of the pain and trauma
of violence and fear which prevails in the Holy Land.

Be with those who need you in these days of suffering;
we pray for people of all faiths – Jews, Muslims and
Christians and for all people of the land.
While we pray to you, O Lord, for an end to violence and
the establishment of peace,
we also call for you to bring justice and equity to the
peoples.
Guide us into your kingdom
where all people are treated with dignity and honour as
your children
for, to all of us, you are our Heavenly Father.
In Jesus' name we pray. **Amen.**

If you are able, you may wish to support the JMECA*
appeal for the Ahli Arab Hospital (the one recently hit by a
stray rocket) to continue providing life-saving medical care.

* The Jerusalem and the Middle East Church Association at
Jemeca.org.uk

**Stick with Love - Rejoicing in Every Tongue, Every Tribe,
Every Nation** by Arun Arora, SPCK, £10.99

The Archbishop of York's Advent Book 2023

Martin Luther King famously declared that 'I have decided to
stick with love... Hate is too great a burden to bear'. In these
luminous daily readings, Arun Arora helps us consider the
biblical picture of the Church as the people of God, drawn
from every tribe, every tongue, and every nation.

Themes of racial justice, hospitality and welcome are
explored alongside the stories of saints from across the globe.
Beginning with reflections from Isaiah and Revelation, the
meditations lead us on to consider the missionaries, martyrs
and mystics who light our Advent way.



Harvest Appeal

As well as our contributions to the display pictured at Oakley Methodist Church, the sum of £313.50 was raised and donated to Bedford Foodbank.

Messy Church Plus!

The first day of October half-term – what is there to do with the children?

Bring them along to Messy Church Plus! On Monday 23rd 29 children aged 0 – 10, with their parents and carers, came to St Owen's to enjoy a variety of crafts and activities, share a snack lunch together, hear the story of Noah's Ark and do some singing. From the smiles on the faces as they left, a good time was had by all!

Messy Church Plus is our way of welcoming families to church: keeping in touch with those who have been part of term-time Messy Church and now started at school, and getting to know some new faces. Watch out for more details of the next one in February, and our other events for children and families!

Rev'd Catherine

Editor: This moving account of forgiveness comes from the Church of Scotland's website at: <https://www.churchofscotland.org.uk/news-and-events/news/2023/articles/ten-years-on-minister-reflects-on-terror-attack-that-killed-his-mother>

Ten years on - minister reflects on terror attack that killed his mother

A minister whose mother and 19 relatives were murdered by terrorists a decade ago has told how he has resisted feelings of revenge and hatred.

The Revd Aftab Gohar said he found peace through the teachings of Jesus Christ, following a double suicide bomber attack at All Saints Church in Peshawar, Pakistan on 22nd September, 2013.

Worshippers had just left the building to join the fellowship meal on the lawn when two explosions ripped through the crowd, killing 122 people and injuring more than 250. Among them was Mr Gohar's 79-year-old mother, his nieces, nephews, cousins, uncles, aunts and friends.

The minister of Eddlestone, Peebles Old Parish, and Stobo and Drumelzier churches in the Scottish Borders, said they "died for their faith" and that surviving family members still miss them terribly.

Founded in 1947, Pakistan's constitution gives every citizen 'the right to profess, practice, and propagate his religion'. However, the official religion is Islam, and religious minorities are frequently attacked, with Pakistan's blasphemy laws being used to discriminate against non-Muslims.

Mr Gohar believes that the controversial law is used to justify attacks, such as a recent spate of church and house burnings in Jaranwala near Faisalabad. Early this autumn, he and

other campaigners handed over a petition to Syed Zahid Raza, Consul General of Pakistan for Scotland and Northern Ireland, at the Consulate of Pakistan in Glasgow. It called on the government of Pakistan to improve safety for religious minorities and use the blasphemy law to punish those who desecrate Bibles and burn down churches and homes.

It was on 22nd September, 2013, when Mr Gohar was preparing to lead a church service, that he received a text message to say there had been a bombing in Pakistan and his mother and other relatives had died.

"It was hard for me to forgive those responsible, but with the strength of God I did so and freed myself from the extra burden of hatred and revenge.

"On the cross, Jesus prayed for those who were crucifying Him: 'Forgive them Father, they don't know what they are doing.'

"Jesus said 'Love your enemies and pray for those who persecute you' – a lesson that some people find impossible to follow."

Mr Gohar was inspired by the words of Corrie Ten Boom, a Dutch watchmaker who helped Jewish people escape the Nazis during the Holocaust. "She said 'forgiveness is the key that unlocks the door of resentment and the handcuff of hatred,' added the minister. "It is a power that breaks chains of bitterness and the shackles of selfishness."

Mr Gohar grew up in Peshawar and was ordained into the Church of Pakistan in 1995. After studying in Edinburgh he served at Abbotsgrange Parish Church in Grangemouth until his move to the Scottish Borders last year. Mr Gohar and his wife Samina and their two grown up sons, Shahan, and Zeeshan, are now British citizens.



Singing together in Bromham

WINTER with UNISONG

Saturday 2nd December

2:00pm

**at St. Owen's Church,
Bromham**

**An afternoon of Winter Songs &
Christmas Carols**

Tickets at the door

(reservations recommended- Tel 01234 826551)

Tickets £10 adults, £5 U14s

Drinks & seasonal refreshments

Raffle

Proceeds to St. Owen's and BECHAR*

****Bedford concern for the Homeless & Rootless***

www.unisong.weebly.com

God and the Arts

Editor: Michael Burgess continues his look at great works of art. You can see more images on line by searching for 'wall paintings of Pompeii'.

'He gave us eyes to see them': Wall painting of Pompeii

We have explored how art celebrates the wonder of our world – the seasons, the elements, animals and fish, flowers and fruit. They manifest the glory of God the creator. Irenaeus, the 2nd century theologian, went further and wrote that 'the glory of God is a living person.' He was echoing Psalm 8: 'What are human beings that you are mindful of them...you have crowned them and put all things under their feet.' Yes, the universe teaches of God the creator, but in becoming one of us, the Son of God has put human beings above all Creation.

The nobility of that vision is captured in this 1st century wall painting from Pompeii showing Neo and his wife. They lived at a time when St Paul was preaching and the gospels were being written. We don't know if those events made an impact on their lives. But we do know that St Paul was executed around AD67, and just twelve years later this couple were victims of the eruption of Mount Vesuvius.



*Naples National
Archaeological Museum*

Their almond-shaped eyes are like windows into their souls. We sense the beauty, but also the fragility. They tell us that life is a gift to be cherished precisely because it is so easily

taken from us. Neo's intense eyes look at us, while his wife looks beyond into the distance. She has the eyes of hopes and dreams that were cruelly shattered by the volcano.

Living men and women, like this couple, are tokens of the wonder of creation, but they also tell us of the transience of that very gift of life. 'Where can we place our hope?' we ask ourselves. The feasts of All Saints and All Souls tell us that the end of life here is a door opening into a greater glory and a brighter light. There is wonder and beauty in life here, and with the eyes of faith we can look beyond to glimpse the wonder of eternity.

Remembering the National Service – 60 years on

This year marks 60 years since the end of National Service. The Royal British Legion and the nation will be celebrating all that a generation of young men did for this country during those years, when conscription became just a part of growing up.

National Service drew in a staggering number of young men – more than two million of them were conscripted between the end of the Second World War and May 1963, when the last serviceman was demobbed.

Conscription had come about following the war, when there was a huge demand for military resources in Britain. Young service men were badly needed to retain the Empire, and to contribute to the occupation of Germany and Japan. Yet low birth rates in Britain in the 1930s meant there were fewer young men available for military service.

And so the 1947 National Service Act was brought in as a solution. It meant that young men aged 18 – 26 were required to serve in the Armed Forces for 18 months. They were sent to posts in the UK and to British garrisons around the world.

Some fought on the front lines, and some worked as clerks. Some taught in the Education Corps, and some were on sentry duty.

For many of them, it would have been the first time they lived away from their family, let alone left the country. So, National Service made great demands on them – and left them with a wide range of experiences.

An extract from the website of the Royal British Legion.

Alpha Continues

this month

Monday evenings 6.30 - 8.30pm

at St Owen's Fellowship Room

You are welcome to join in

whether or not you missed the beginning.

Enjoy a meal followed by a video and discussion

Just let Revd Catherine know you are coming

vicar@bromhambenefice.org



'Messy Church for All'

at Oakley Methodist Church

on 3rd Tuesday in the month

3.30 till 5.30pm

Contact 824504 or
mcarr49@hotmail.com

Editor: what does Whitby mean to you? Home of Capt James Cook (1728-1779)? Or arrival point in England of Count Dracula? Then there is something you have missed, read on.....

Hilda - Abbess of Whitby

Hilda played a key role in the early English Christian church, and she may even have been the first to encourage the writing of Christian poetry. She is remembered on 19th November.

She was born a princess, into the Deiran (Northumbrian) dynasty, and her sister became Queen of the East Angles, with whom the Deiran had connections.

In those days East Anglia had close ties with the Gallic Church, and because of her sister, Hilda came under that influence. She was actually on her way to take her monastic vows near Paris when the Bishop of Lindisfarne, Aidan, called her back to Northumbria.

Back home, she went into seclusion for a time, before being sent to be abbess of a religious house in Hartlepool in 649.

Eight years later, Hilda felt moved to establish a religious community at Streasnaeshalch (later renamed Whitby). Her community was a royal establishment, a double monastery (both men and women) and became famous for its learning, with even five bishops trained there.

Whitby was also the venue for the famous Synod of Whitby in 664. With Hilda acting as hostess, the Synod met to decide upon the date of Easter. The issue at stake was greater than that, though, for the decision would sway the Church in Britain to adapt either the Celtic or Roman traditions. Although Hilda defended the Celtic church customs, she accepted with grace the decision of the Synod to accept the Roman date for Easter, and she then worked to unite the Church throughout the land. *Parish Pump website*

Editor: We continue our occasional series on how some of the famous hymns came to be written.

The Story Behind the Hymn: O God our Help in Ages Past

O God, our Help in ages past,
our Hope for years to come,
our Shelter from the stormy blast,
and our eternal Home.

Source: Psalms & Hymns to the Living God

O God our Help in Ages Past is considered one of the grandest hymns in the English hymnody. It is sung at the annual Remembrance Sunday Service at the Cenotaph in London, and it was also sung at the funeral of former prime minister Winston Churchill in St Paul's Cathedral.

The hymn was written by Isaac Watts in 1719, as a paraphrase of Psalm 90. It is a psalm of Moses, and carries a strong message of hope and faith in God's loving care.

Isaac Watts was born in Southampton in 1674, the eldest of nine children. His father, an educated deacon in a dissenting Congregational church, was in prison for his non-conformist beliefs at the time of Isaac's birth.

Watts had an outstanding aptitude for language. By the time he was 13 he had learned Latin, Greek, French, and Hebrew. He had also begun to write in verse, even speaking in rhyme in ordinary conversation – much to the irritation of some of his family!

By the time Isaac was 18, he had a particular bugbear – the deplorable state of congregational singing. It was mostly metrical psalms, which were heavy going and ponderous.

But many non-conformists thought that if congregations sang anything other than the actual words of Scripture, it would be an insult to God.

Isaac was complaining about this one Sunday when his father suddenly challenged him: 'Why don't you give us something better to sing, then?'

Isaac accepted the challenge. The next Sunday he produced his first hymn, and the congregation loved it. Isaac then wrote new hymn texts for his church - every Sunday for the next two years. By 1719, Watts had published a hymnal: *The Psalms of David in the Language of the New Testament*. He had paraphrased nearly the entire Psalter.

In all, Watts wrote more than 600 hymns. Other favourites include: *When I Survey the Wondrous Cross*, *I Sing the Mighty Power of God*, and the famous Christmas carol *Joy to the World*.

At the time, some people felt Watts's hymns were "too worldly" as they were not based solely on the Psalms. Yet Watts argued that the Christian church should sing of Christ. He explained his approach this way:

"Where the Psalmist describes religion by the fear of God, I have often joined faith and love to it. Where he speaks of the pardon of sin through the mercies of God, I rather choose to mention the sacrifice of Christ, the Lamb of God. Where He promises abundance of wealth, honour, and long life, I have changed some of these typical blessings for grace, glory and life eternal, which are brought to light by the gospel, and promised in the New Testament."

Watts died in 1748, having been a much-loved hymn-writer, scholar, pastor and preacher.

Parish Pump website



Prayer for November 2023

Father God, November is not many people's favourite month, unless there is a birthday or a delight in bonfires. Short days, sometimes dismal weather can lower our mood. The days of springtime optimism and summer sunshine seem a long way away, whether we look back or forward.

Help us Lord, whatever the month, whatever our circumstances, whatever our mood, to know the reality of Your presence and peace; to treasure each new day and know it is transformed by You into the most precious and beautiful gift. Help us not to waste a single one of them, Lord. Thank You so much for November days. In Jesus' name, Amen.

By Daphne Kitching



FRIENDS OF ST OWEN'S 100 CLUB PRIZE WINNERS

OCTOBER 2023

First Prize: Flora Dawson

Second Prize: Binny Cryer

Third Prize: David Butler

Fourth Prize: John Rigney

Fifth Prize: Deirdre Rigney



Next event

Saturday 11th Nov 5-6.30pm

at The Fellowship Centre

Clapham

MK41 6ER

For more information see sharnbrookdeanery.co.uk

or contact us at ourvoicetoo@gmail.com

Two observations on the Christian life

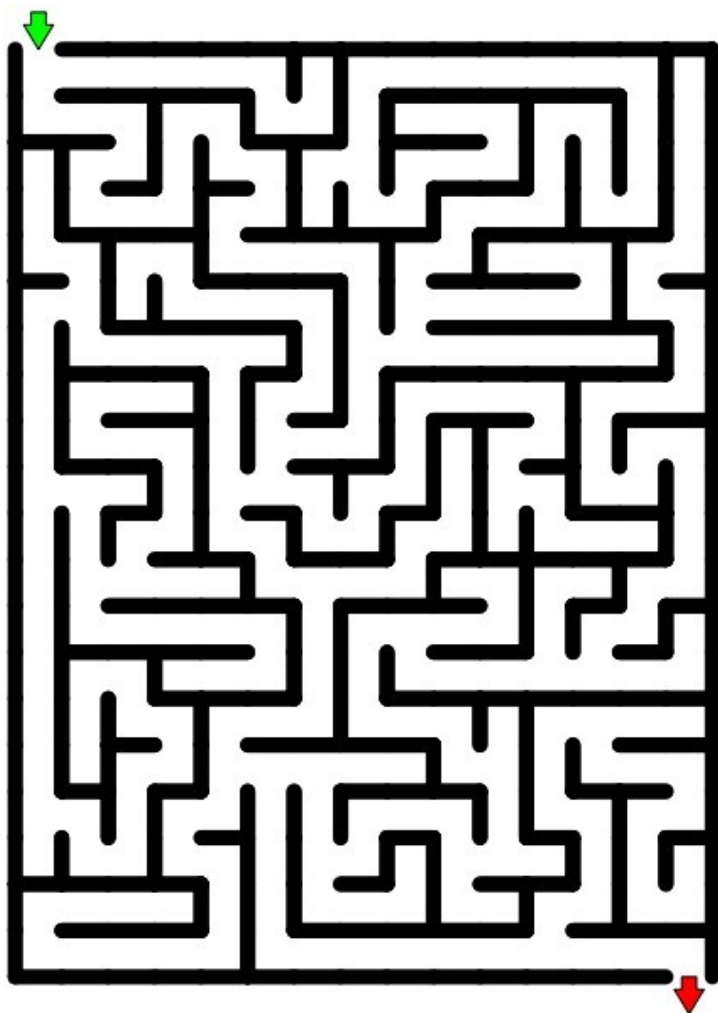
Dwight L. Moody is quoted as saying that out of 100 people, one will read the Bible and the other 99 will read the Christian.

The Bible tells us to love our neighbours, and also to love our enemies; probably because they are generally the same people. - *GK Chesterton*

Church carpark sign...

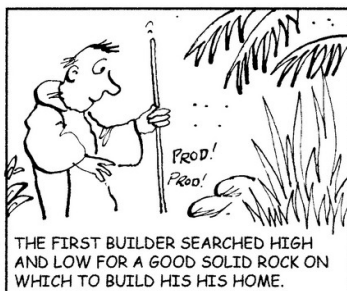
FOR MEMBERS ONLY. Trespassers will be baptised.

Can you find your way from top to bottom?

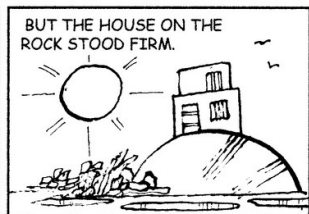
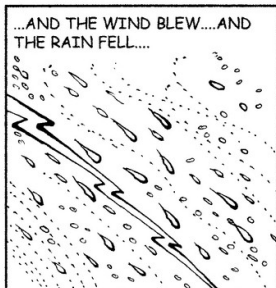
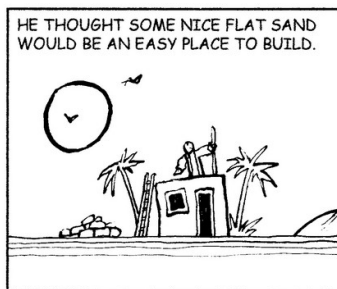
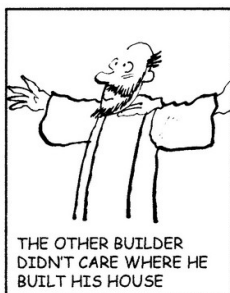


A small boy was fascinated by the red Sanctuary lamp during a rather long sermon. Finally, he whispered: 'Mum, when the light changes to green, can we go?'

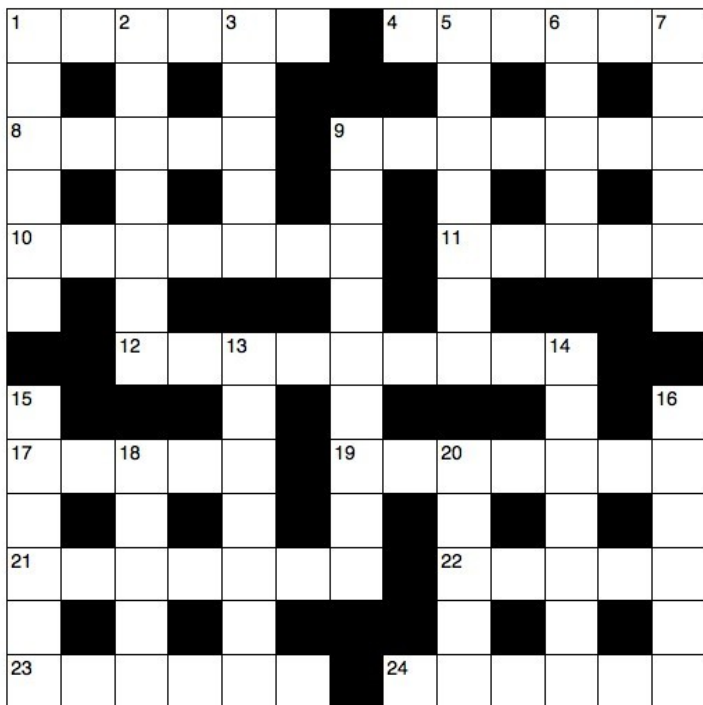
For younger readers.....



AT LONG, LONG LAST HE
FOUND THE IDEAL SPOT.



**JESUS EXPLAINED -
IT'S IMPORTANT OUR LIVES HAVE
A FIRM FOUNDATION.**



Across

1 'The Lord Jesus... took bread, and when he had given — , he broke it' (1 Corinthians 11:24) (6)

4 'He has taken me to the banquet hall, and his — over me is love' (Song of Songs 2:4) (6)

8 Surrey town that hosts the National Christian Resources Exhibition (5)

9 Also known as Abednego (Daniel 1:7) (7)

10 Liken (Isaiah 40:18) (7)

11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)

12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)

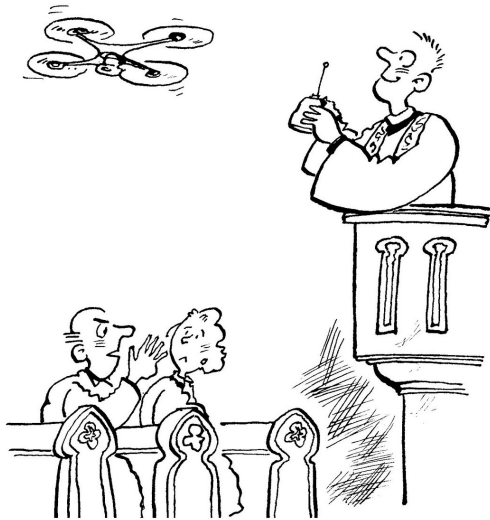
17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)

- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses' basket (Exodus 2:3) (7)
- 22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)
- 23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)
- 2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

Solution on page 31



*...his constant droning from the pulpit
is really getting on my nerves!*

Sudoku -
medium

Solution on
page 31

6						2		4
			3				6	
	1			4				
		9				7	8	
		2	1		5	6		
	8	4				1		
				2			1	
	5				7			
4		8						3

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All in the month of November - It was:

100 years ago: on 8th Nov 1923 that Christian Barnard, South African cardiac surgeon was born. He carried out the first successful human heart transplant in 1967. (Died 2001.)

Also 100 years ago, on 11th Nov 1923 that the eternal flame at the Tomb of the Unknown Soldier under the Arc de Triomphe in Paris was lit. It was the first modern-day eternal flame in Europe.

75 years ago, on 14th Nov 1948 that Charles, King of England, was born.

60 years ago, on 22nd Nov 1963 that US President John F Kennedy was assassinated in Dallas by suspected gunman Lee Harvey Oswald.

Also 60 years ago, on 23rd Nov 1963 that the first episode of the science fiction television series Doctor Who was broadcast in the UK. It is the longest-running and most successful science fiction TV series in the world.

50 years ago, on 13th Nov 1973 that Britain declared a state of emergency as a strike by coal miners caused supplies to dwindle. A 3-Day Week was introduced to conserve supplies.

40 years ago, on 14th Nov 1983 that the first American Cruise missiles had arrived at Greenham Common airbase.

30 years ago, on 1st Nov 1993 that the Maastricht Treaty came into effect, establishing the European Union. (EU).

20 years ago, on 22nd Nov 2003 that England won the Rugby World Cup for the first time.

15 years ago, on 14th – 15th Nov 2008 that the first G20 Summit was held in Washington DC.



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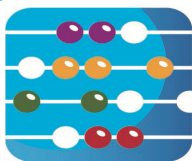
Email: oakleyruraldaycentre@yahoo.com

Solution to puzzle
on page 28

6	9	3	7	1	8	2	5	4
2	4	7	3	5	9	8	6	1
8	1	5	6	4	2	3	9	7
1	6	9	2	3	4	7	8	5
7	3	2	1	8	5	6	4	9
5	8	4	9	7	6	1	3	2
9	7	6	4	2	3	5	1	8
3	5	1	8	9	7	4	2	6
4	2	8	5	6	1	9	7	3

Solution to puzzle
on page 26

T	H	A	N	K	S		B	A	N	N	E	R
R		S		A				N		E		E
E	S	H	E	R		A	Z	A	R	I	A	H
N		A		M		R		N		G		E
C	O	M	P	A	R	E		I	S	H	M	A
H		E				O		A				T
			D	O	O	R	P	O	S	T	S	
C					B		A			A		G
O	A	T	H	S			G	A	L	A	T	I
M		A		E		U		O		R		L
P	A	P	Y	R	U	S		F	R	A	I	L
E		E		V				Y		P		O
L	I	S	T	E	N		H	Y	S	S	O	P



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On using Glebe land for allotments

The Rectory

St James the Least of All

My dear Nephew Darren

I hear you have joined the committee which wants to convert the waste land between the abandoned soap factory and canal in your parish into allotments – although I would have thought there were holier sorts of conversions you could have concentrated on. I am sure you will soon be caught up in arguments which make that little disagreement over an apple in the Garden of Eden seem quite trivial.

Some years ago, we similarly decided to let part of our Glebe land become allotments; the outcome was not wholly as may have been anticipated. Colonel Wainwright saw it as an opportunity of re-living his War years and was only just restrained from digging trenches around his plot; no doubt he would have offered to play football with neighbouring allotment holders on Christmas Day.

It caused some surprise when the Earl of Stowe applied for a plot, but it has become something of an attraction to see his daily procession, preceded by his gardener pushing the wheelbarrow, the under-gardener carrying the tools and following him, his butler with the newspaper, a deckchair, and a flask of coffee. He then settles down for a comfortable hour while occasionally supervising the work, once reports on the local hunt have been read.

Miss Simpson managed to unite everyone in communal outrage by using her plot to encourage fluffy bunnies, darling foxes, and sweet squirrels. She seemed to be particularly grateful to everyone else for providing fruit and vegetables for their happiness. Resolution was only achieved when she was

convinced to grow potatoes, helping the Colonel in his War Effort. Fortunately, he did not ask her to arrive equipped with the regulation gas mask.

Our local architect seems to spend most of his time beautifying his garden shed, rather than growing produce. With its gothic arched windows, Norman tower and flying buttresses, I do wonder if he may have spent rather too much of his time renovating ancient churches. Neighbouring plot-holders look forward to the agricultural equivalent of the Dissolution of the Monasteries.

I am sure you will find you have committed yourself to many hours of unnecessary work. Just make sure you get a percentage of their produce for your Harvest Festival.

Your loving uncle, Eustace

The best time to exercise, if you want to lose weight

The two-hour window between 7am and 9am is the best time to go running or ‘work out’, if you want to lose weight.

A recent study by scientists at Franklin Pierce University has found that early morning exercise can help you lose weight more easily, reduce your BMI, and slim down your waist. It is thought that the ‘fasted state’ after you wake up could be the reason for this weight loss edge.

As one assistant professor of exercise physiology explains: “Exercise can burn fat and glucose,” Dr Ma said. “After an overnight fast, the glucose stored in our body is low. Therefore, when we exercise our muscles are likely to burn more fat.” He recommends 40 minutes of aerobic exercise before breakfast, such as running or biking.

The findings have been published in Obesity, The Obesity Society’s (TOS) journal.

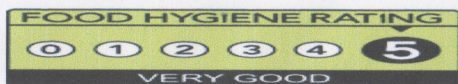


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