

E:48 24 .bog was and my God. Ps 84:3





May 2022

Parish magazine serving the communities around the churches of The Sibsey and Carrington Group and The Brothertoft Group

Serving Sibsey, Frithville, Carrington. New Bolingbroke, Westville, Sibsey Northlands, Wildmore, New York, Brothertoft, Langrick, Kirton Holme, Hubbert's Bridge, Amber Hill, Holland Fen, Gipsey Bridge, Langriville, Anton's Gowt and those with connections to the area.



50p

Parish Directory

Vicar	Reverend Clive	Rest day: Friday			
	Email: vicar.clive@gmail.com	01205 750595			
READER Parish Safeguarding Officer	Nicola Bradbury (contact until 5pm) Ms A. Sykes	01205 480064 01205 870794			
METHODIST CIRCUIT MINISTERS Superintendent Minister	Rev'd Julie Doddrell (Rest day Friday)	01205 316524			
Circuit Office (Mon-Fri am)	Email: centenarymeth@gmail.com	01205 355543			
Churchwardens					
Brothertoft Holland Fen	Mr M. Harrison Mrs K. Moss Ms J. Orford	01205 290575 01205 280404 01205 280202			
Kirton Holme	Mrs T. Fountain Mr M. Harrison	01205 290747 01205 290575			
Langrick	Mrs A. Bowhen Mrs M. Casey	07800862190 01526 342039			
Sibsey with Carrington Group (includes Frithville & New Bolingbroke)	Mr S. Spens	01205 750319			
Wildmore	Mrs J.M. Casey Keyholder: Mrs W. Appleyard	01526 342039 01205 280716			
The Bridge – Sales and Distribution enquiries	Mrs M. Everard Mrs J. Orford	01205 750622 01205 280202			
Secretary to the PCC Sibsey & Carrington Group	Mrs A. Saxton saxton233@btinternet.com	01205 750988			
Brothertoft Group	Ms J. Orford june.orford@mypostoffice.co.uk	01205 280202			
All material for The Bridge – editorial, adverts, pictures, volunteer enquiries, etc	thebridgemag@outlook.com				
Websites	Twitter				
www.achurchnearyou.co.uk www.kirtonholmechurch.co.uk	@TheBrid05277267	urch Editors			
		ber editor 2022			
The Sibsey Group of	of Churches can be found or	Facebook.			

Search for 'Sibseygroupofchurches'.

Welcome to May edition of The Bridge

This edition contains details of forthcoming Jubilee weekend events as well as other Summer events coming up.

It feels warm outside and our gardens can be planted out now the risk of frost has passed. The Summer season is almost upon us. Whatever you do for the Jubilee keep safe and enjoy it with your families, friends and neighbours. Our heartfelt congratulations and Thanks to Her Majesty The Queen on her dedicated 70 years of service. The Editor

Special Dates in May

I May: May pole dancing, Morris dancing, and crowning the May Queen

I – 8 May: Time for Cuppa in aid of Dementia UK

2 May: International Dawn Chorus Day

2-6 May: Dying Matters Week

3-8 May: Deaf Awareness Week 4 May: Firefighters Memorial Day 4 May: International Star Wars Day 4-11 May: International Red Cross Week 5 May: International Day of the Midwife 7-15 May: National Doughnut Week 8 May: World Fair Trade Day 8 May: World Donkey Day 10-22 May: Foster Care Fortnight 12 May: National Limerick Day 12 May: World Topiary Day 16 May: National Children's Day 17-22: May Dementia Awareness Week 17-22 May: Water Saving Week 23 May: World Turtle Day 26 May: Ascension Day



What's on Locally?

Regeneration Sibsey Village Hall 10.30am-11.30am Amwes Archery Club Carrington Vill Hall 6pm-7.30pm.Samantha & Alan. Phone: 07551 968962 Community Coffee Morning Kirton Holme Churchroom 10.00am – 11.30am Coffee Morning 10am Sibsey Northlands Hall Tel 01205 750197. Indoor Bowling Sibsey Village Hall 2-4pm

Fit4Life Sibsey Village Hall 7-9pm **Indoor Bowls** New York Village Hall 2-4pm Contact Ron 07951 313782 **Coffee Morning** Carrington Village Hall 10am-12noon

Coffee Morning Holland Fen Hall 10.30am-12noon **Country Roads Quilters** Sibsey Northlands Hall 9.30am - 4.30pm **Coffee Morning** Carrington Village Hall 10am-12noon

Pilates Sibsey Village Hall 10-11am

Slimming World Sibsey Village Hall 5.30-7.30pm

Auctions Carrington Village Hall

Indoor Bowls New York Village Hall 2pm-4pm Contact Ron 07951 313782

Sibsey WI Sibsey Northlands Hall 7.15pm

Friendship Group/Coffee Afternoon Sibsey Village Hall 2-4pm

Indoor Bowling Sibsey Village Hall 6-8pm

Cinema@The Beonna, Benington 7pm

Quiz@The Beonna, Benington 7pm - 11pm

Bike Night/Social Night New York Village Hall 5pm-8pm **Archery** New York Village Hall 7-8pm Steve 07896 534578. All ages and abilities welcome. **Craft Afternoon** 1.30pm-4.30pm Holland Fen Vill.Hall

Craft Afternoon Holland Fen Hall 1.30pm-4.00pm

Cash Bingo Sibsey Village Hall (see local adverts for times)

Dog Training New York Village Hall 10am-12noon

Dog Training New York Village Hall 10am-12noon

Every Monday

Every Monday

2nd Monday

3rd Monday

Every Tuesday

Every Tuesday

Every Tuesday

1st Tuesday

2nd Tuesday

3rd Tuesday

1st Tuesday Every Wednesday Every Wednesday Every Wednesday 2nd Wednesday

2nd Thursday

Every Thursday

2nd Thursday

1st Thursday

1st Thursday

Every Friday

Every Friday

2nd Friday Last Friday of the month Every Saturday

Every Sunday

Jubilee events

Celebrations are taking place around the UK and Commonwealth as part of Her Majesty Queen Elizabeth II's Platinum Jubilee year. In the UK many will take place over the extended Bank Holiday weekend $2^{nd} - 5^{th}$ June 2022.

Looking for a few local events to visit then have a look on East Lindsey District Council Jubilee webpage either to enter details of your own event or to find out what is going on. Here are a few ideas.

- International Bomber Command Jubilee Events 2-5th June - tickets required.
- Boston Market Jubilee Concert Sunday 5th june
- P New Bolingbroke Platinum Jubilee Picnic 2-5pm 5th June
- 10th Boston (North Rural) Scout Group Fun Day and Beacon Lighting BBQ at The Beonna - 2nd June
- Jubilee Park, Woodhall Spa bring a picnic and listen to music from the banstand 3rd and 4th June.
- Alford Craft Market 2nd June
- Kirton Parish Council Jubilee Picnic in the Park - 4th June
- Mareham le Fen Community Centre Fun Day and evening Family Disco - 5th June.
- New York Vintage Road Run, Bike Night, Texas Tornadoes, food and Beacon Lighting 2nd June from 5pm until 11pm.
- Sleaford 1940's Day 4th June 11am - 4pm
- Please check ahead as times and dates may change.

More than 70,000 'Big Lunches' and events planned across the country

Activities for children released including Colour a Corgi

Big screens will be set up outdoors in London, Edinburgh and Cardiff so thousands of people can come together to celebrate Her Majesty The Queen's Platinum Jubilee.

Screens broadcasting the events will be placed in The Mall in London, Edinburgh's Princes Street Gardens and in Cardiff's Bute Park.

From street parties and 'Big Jubilee Lunches' happening across the UK, to London's Trooping the Colour, Service of Thanksgiving, concert and pageant, the nation and commonwealth will come together over four days to mark The Queen's 70-year reign.



Thank you to all our contributors and advertisers. If you have any material to go into the next edition please send it to thebridgemag@outlook.com as early as you can. Deadlines are 17th of

it to the bridge mag@outlook.com as early as you can. Deadlines are 17^{th} of the month before publication for the printed edition and 25^{th} of the month for the online edition.

The Ascension

This month at Ascension Day, we remember Jesus ascending to 'God's right hand' (1 Peter 3:22). It's a somewhat neglected Christian festival, taking place on a Thursday, 40 days after Easter. However, this phrase is used in three different contexts in the New Testament.

Sitting at God's right hand

Jesus occupies a position of power and authority at the centre of the universe, 'exalted to the right hand of God' (Acts 2:33). This position was secured by His death and resurrection, enabling us to experience the life of heaven, including eternal life, forgiveness, healing and the power to transform lives and communities. Is this our expectation and experience?

Standing at God's right hand Our experience of heaven is only partial because of the presence of suffering and disappointment in our lives. Stephen, the first Christian martyr, saw Jesus 'standing at the right hand of God' (Acts 7:56), when being stoned to death. Do we see that Jesus is on the throne and has a purpose for our lives, even when we are going through setbacks and difficulties? As a result of Stephen's death, the church grew and the apostle Paul was impacted. Where do we see the fruit of the suffering in our lives?

Praying at God's right hand Finally, we are told that Jesus is 'interceding for us' at God's right hand (Romans 8:34 & Hebrews 7:25). Jesus is on our side at the heart of the universe and fully knows our needs when praying for us. He is for us, even when we feel defeated by the wrong

things in our lives. How does this help us now?

So where has Jesus gone? Because He is in heaven, the Ascension opens up the possibility that we can experience the life of heaven, both now and in eternity. *Canon Paul Hardingham*

There, but for the grace of God, go I

This saying is attributed to John Bradford (1510-1555), who was one of the Protestant Reformers. When he saw criminals on their way to execution, Bradford would utter, "But for the grace of God, there goes John Bradford." It was his way of acknowledging that he depended every day on the mercy of God, despite his sins, which he considered were on a par with those of rogues.

Sadly, Bradford's freedom was to last only a short time, for he was convicted as a heretic, incarcerated, and finally burned at the stake, during the reign of Queen Mary. Renowned for his prayer life and preaching, Bradford had continued to proclaim the Gospel in prison. One of his biographers wrote, "He lived a long life in a short space of time."

Ven John Barton

Should you insure your stall at the fete?

It is a lovely sunny day for the village fete, and you have booked a stall to raise funds. Just as you are unloading, one of the organisers comes over and asks if you have your own insurance for the fete, and then gives you a list of things that cannot be sold. You wonder about packing up and going home!

Village fetes are a great way to build communities, have fun and raise money. However, accidents do happen, and insurance can give you peace of mind. You can even insure against cancellation because of bad weather.

The organisers of the fete should have their own insurance to cover public liability. This means the organisers are covered against legal claims for compensation from people who are injured. It may not cover loss from theft or other damage. Some fete organisers will insist each stall holder has their own insurance. It is possible to buy insurance of this type and the cost will depend on what type of things you are selling.

If the stallholder is a representative of a charity or a church, that organisation may have insurance that will cover a stall. For example, a church's insurance policy usually covers events organised and run by the church. However, there is a difference between the church organising something and someone doing their own thing and giving profits to the church.

If you are selling items, even secondhand, take care. Be careful with homemade goods and make sure ingredients are safely labelled. Even if the ingredients do not include anything that causes allergies, they can easily become contaminated if prepared in an environment that has allergens.

Electrical goods should not be sold second-hand, unless they have been tested to make sure they are safe (not to check they work).

As always this is a light-hearted introduction to a complex subject. Always check insurance cover before the event not after and get confirmation from the insurer in writing. Always get professional advice. David Pickup, a solicitor

Packed lunches are back in style

With food prices soaring, who needs a bought sandwich or salad? They can cost nearly £8 a day from LEON or Pret or other food outlets. Instead, it seems we are investing in plastic food containers (John Lewis reports sales are up 64 per cent on last year) and taking our own lunches to work.

As one cookery blogger explains, "You can't reduce your council tax, but you can make little savings on everyday meals, which add up to a significant difference."

"It's 'cool' these days to take a packed lunch to the office," says Suzanne Mulholland, author of *The Batch Lady: Shop Once. Cook Once. Eat Well All Week.* "Being organised and prepared is seen as a good thing."

As for coffee, consider this: buying a $\pounds 3$ cappuccino every day adds up to $\pounds 1,095$ a year. Far cheaper to fill a flask at home.

Letter from the Vicarage



Notice of intention to Retire!

Dear Friends

It was with great delight that I accepted the position as your Vicar back in December 2019 and was then to be duly licenced on March 17th, 2020. Sadly, of course unknown to us all at that time was the impending crisis of a Global Pandemic which resulted in the first lockdown a few days later. Starting a new ministry in such difficult circumstances was to be a challenge but I believe that I have served you as best as I could during the difficult two years which have now passed since I came to be your Vicar.

It is unfortunate that now that we have begun opening our communal lives once again that the Diocese now finds itself in serious financial difficulty resulting in the fresh approach to ministry under the Resourcing Sustainable Church Initiative. Because of the requirement for Local Mission Partnerships to be able to fund directly ministerial costs from Covenant Pledges it is clear, that many Deanery Partnerships will find themselves unable to fund all existing Clergy resulting in the redeployment of some to areas which can meet the costs or are in the greatest need of ministerial support to enable future growth and development. Bearing that in mind I find myself having to make a difficult decision.

As I would only have a few years of active ministry still ahead of me, after much prayer and careful reflection I have decided that I do not wish to be part of a team of clergy supporting a wider area as that was not what attracted me to take up my current post. I also feel that although I am sure that the Diocese would have been very happy to offer me a new post elsewhere, that I believe the time is right for Carolyne and myself to enter that new phase of life called "Retirement".

To that effect I will be retiring later this year with my final Sunday Service being at Sibsey on 9th October 2022. That will be a Benefice Service and Sibsey's Harvest Festival, so I would be delighted to see as many of you as possible on that day, not only to mark the end of my Ministerial Career but also to celebrate the Harvest and to look positively ahead as the Church engages with its new approach.

I will of course in the few months remaining seek to support you as much as I can, especially through the difficult decisions which will need to be considered as to how the churches in the wider benefice can be best served to enable future growth and development.

With my prayers and best wishes to you all.

Reverend Clive

May from birth to adulthood

Judging by the number of special days and weeks this month, May is certainly the time when we are prompted to remember, and act on, the health and wellbeing of those we love, those we have special concerns for, those who help us, others in times of need, and ourselves. It is a month of awareness that looks at life from beginning to end while thanking some of the people who help us along the way.

Traditionally in the UK. May begins with maypole celebrations that date back 2,000 years to about the time that Christianity began in the Middle East. Roman soldiers occupying the UK celebrated the change from the cold dark days of winter to the coming spring and summer, a type of climate they were probably more familiar with. Their response was to dance around decorated trees to thank Flora, the Roman goddess of flowering plants. However, sadly, today, in some parts of our world, May Day celebrations are by the military with parades and displays of their tools of war, rather than the gifts of God.

One of the greatest of God's gifts is our own birth and this is remembered in the International Day of the Midwife on 5 May. Sponsored by the World Health Organisation, this year's theme is: 'Midwives with women: celebrate, demonstrate, mobilize, unite.' The aim, says WHO, is to emphasize the importance of mobilizing communities and maintaining provision of essential health services, particularly as countries continue to respond to the Covid pandemic.

Coupled with this is Maternal Mental Health Awareness (2-8 May) Week,

which is dedicated to talking about mental health problems during and after pregnancy. Its aim is to raise public and professional awareness of perinatal mental health problems, advocating for women affected by it, changing attitudes, and helping families access the information, care, and support they need to recover.

Our minds are then focussed on the needs of children and their wellbeing with Foster Care Fortnight[™] from 9-22 May, in the middle of which is the National Children's Day on 16 May.

Foster Care Fortnight[™] is said to be UK's biggest foster care awareness raising campaign, organised by the Fostering Network. The campaign began in 1977 to 'showcase the commitment, passion and dedication of foster carers.' It also supports fostering services to highlight the need for more foster carers. Thousands of new families are needed every year to care for children, with the greatest need being for foster carers for older children. sibling groups, disabled children and unaccompanied asylum seeking children. The reports we have been receiving from the Ukraine war suggest that this demand could be substantially increased.

May is also the month when awareness of issues that can not only affect the young, but people of all ages. For example, The Stroke Association has designated May as its annual stroke awareness month, which is being promoted with the headline 'Make May Purple'. The aim is to increase awareness of stroke, stroke prevention and treatment and to raise funds for much needed research into this condition and support for stroke survivors.



Computer Repair for Windows, Mac & Linux Web Development

Computer cleaning Computer fan replacement Hard drive replacement or SSD upgrade Data transfer or backup Reinstall of operating system Computer troubleshooting and IT support Custom Built Computers and Gaming Rigs Personal blog, static site or e-commerce website developed to suit your requirements. Web Hosting

Reliable and secure cloud based shared hosting.

Call 07883 283985 | www.gendrot-web-solutions.co.uk



MAINTENANCE Grass Cutting Hedge / Trimming / Shaping Lawn Scarifying / and Season Treatments Planting / Pruning Grounds / Garden Clearances Shed / Fence Painting Tree Work Block Driveways / Patios Pressure Washed & Re-Sanded Artificial Turf Cleaning

LANDSCAPING Water Gardens / Features Fencing / Decking / Gates Outside Dining Areas Turfing / Seeding Authorised Artificial Turf Installers

Garden Lighting Raised Garden Beds

- Landscape Design Service We cover all aspects of Landscaping whether it is a new fence, patio or full scale landscaping project
- a new rence, paint or run scate nanoscaping project
 We can fully support you and manage your landscaping
 All our work is carried out to the highest standard and backed up by a 25 Million Liability Insurance
 We are also members of the Customer Landscaping Cha

GROUNDWORK New Drives / Paths (Block Paving / Gravel / Concrete Suppliers of all Aggregates / Top Soil / Bark Chippings Disability Ramps / Hand Rails Wheelie Bin Areas / Barbecue Areas Caravan Bases with Built In Security Points Shed / Summer House Bases / Stable Blocks Greenhouse Bases / Hot Tub Bases / Sunken Trampoline Areas Locally Known

& Trusted



Birch House, Broadgate, Wrangle, Boston, Lincolnshir Tel: 01205 500 453 Mob: 07944 683 453 **Professionalism, Integrity & Value**

Looking for a spot to advertise your business or service in the local area?

Experienced in

mercial Sector: Schools, Colleges

Farms etc

Try here in *The Bridge* from £30 a year.

Appearing online and in print.

Email: thebridgemag@outlook.com

Continued from previous page... May has also been declared the international measure your blood pressure month, and the international skin cancer awareness month. Led by the International Society of Hypertension this campaign has, in the past 3 years, screened around 4 million people in 100 countries and found over a million people with inadequately treated hypertension. The international skin cancer campaign aims to raise awareness of the dangers of unprotected sun exposure and educate people about the ways to help prevent skin cancer. Also in May is the Big Asthma Bake Sale, so look out for, and support, groups baking and selling cakes to raise money for Asthma and Lung UK, a registered charity that funds vital research into this widespread complaint that affects the lives of over 8 million adults and children, that's about 12% of the population. From 3-8 May it is also deaf awareness week and from 17-22 May, Dementia Awareness week — two further issues

New Bolingbroke Town Hall Markets

Sundays 10am - 1pm

12th June, 10th July, 14th August, 25th September, 23rd October, 20th November, 11th December.

Craft Fairs

24th July. 28th August. 17th September, 12th November that are also widespread, not only among the elderly, but for people of all ades.

May is also about looking after our own health. Yes, May is walking month when we are all encouraged to step outside our cosy homes and enjoy the beauty of the open countryside in spring, which is a gift from God who created it for our health and pleasure! Further information about all the campaigns mentioned in this article, and how to support them, can be found by searching online

My friends at St Margaret's.

Thank you for your kind thoughts, card, flowers and chocolates that you kindly gave on my birthday. It was such a lovely surprise.

I continue to enjoy them.

It was a blessing to share my day, singing praises to our Lord and worshiping with you made it a very special and memorable day.

Love in Christ. Nicola

New York Village Hall

2nd June

5pm-11pm approx.

(First Thursday every month)

Jubilee Bike Night, Vintage Vehicle Road Run. Music. Traditional games, Food and **Beacon Lighting**

Displays, Stalls, Refreshments available. See the Village Hall Facebook page for more details.



Out and about on the roads? Remember the NEW Highway Code

When did you last read the Highway Code? Various 'fundamental' changes were recently made which will surely affect you.

For example, there is a new hierarchy of road users, where drivers now have new responsibilities to watch out for people who are walking, cycling, or riding a horse.

Another example is that cyclists are now advised to cycle in the *centre* of lanes in slower-moving traffic.

Finally, do you even know how best to open your car door? According to the Highway Code, you should use your hand on the opposite side to the door you are opening; for example, use your left hand to open a door on your right-hand side. This will make you turn your head to look over your shoulder. You are then more likely to avoid causing injury to cyclists or motorcyclists passing you on the road, or to people on the pavement.

Read all about the new rules at: https://www.gov.uk/guidance/thehighway-code

Make time for your older relatives

Many of our older people are lonely. They lost touch with their families during the pandemic, and it seems that they have still not caught up again.

A recent survey by Age UK found that as many as 27 percent of people aged 60 and over admit that they speak less to their families now, and 24 per cent of older people say they feel less close to their relatives than before the pandemic.

The survey also found that millions of older people have lost the confidence to go out, and suffer more from memory loss, disturbed sleep, and anxiety.

The charity is urging people to reach out to their older friends and relatives and encourage them. It warns: "The pandemic has had a big impact on everyone and very few of us are emerging from the last two years completely unscathed."

Older mums

Mothers are getting older. More than half of women in the UK are now still childless by the age of 30, according to recent official figures from the Office for National Statistics (ONS). The data provides a picture of changes in our national fertility.

The vice-president of the Royal College of Obstetricians and Gynaecologists says: "Over the last few decades, there has been a trend of women choosing to have babies later than women did a generation ago, and there is a growing trend of women having fewer or no children. This is due to a range of social professional and financial reasons."

Looking again at Mary Whitehouse

Is it time to look again at the legacy of anti-obscenity campaigner Mary Whitehouse?

Although many Christians under 40 may not know her name, Mary Whitehouse was a high-profile figure from the mid-sixties until she retired in 1994. To many people, she was a figure of fun, often parodied and mocked in the media for her campaigns against obscenity on TV, in print and on the stage.

A recent BBC radio profile, 'Disgusted, Mary Whitehouse' based on 30 years of newly available diaries and letters, has led some to a reassessment of her impact.

Programme presenter Samira Ahmed raises a key question: "Mary Whitehouse's name became shorthand for anti-liberal prudery and censorship, but more than 20 years after her death, do her diaries reveal a woman who was ahead of her time in warning about the corrosive impact of internet pornography on society?"

The documentary reviews Mary Whitehouse's years of protests and records how she persistently lobbied MPs and ministers to draft legislation.

Her successes included laws criminalising the making of indecent images of children and controlling sex shops and the displays of pornographic material in newsagents, and laws that regulated the sale of extreme content (so-called 'video nasties'). She warned about technology getting out of control, long before the internet was born. As a teenager, I interviewed Mary Whitehouse in the 1970s, and asked about her faith and how this motivated her. She told me, "It's basic. I can't say any more than that. I couldn't have stood up to what I have if I didn't have a sense of commitment that God wanted me to do this work."



Many people saw Mary Whitehouse as a campaigner seeking to return Britain to 'Victorian values.' In fact, in many ways, she was warning about the increased sexualisation of society that the internet – then many years in the future – would bring.

As journalist Samira Ahmed concludes: "Although some of Mary Whitehouse's religious beliefs were very out of step with modern Britain, she would see the impact of internet pornography on the young as exactly what she'd been warning against and support the current efforts to finally get it under control." *Revd Peter Crumpler*

Serving in the heat and squalor of a refugee camp

Interserve is a global Christian agency working among the peoples of Asia and the Arab World. Here is a story from their migrant ministry in the Middle East.

As the days shorten and the summer heat begins to lessen, Interserve Partner Tom arrives at his new clinic in the heart of the refugee camp where he serves. Tom is a family medicine doctor and has been working in the Middle East for five years alongside his wife Ruth, who is also a doctor.

The clinic consists of two containerrooms that have been fixed up with AC and a generator, to meet some of the needs of a camp population of around 30,000. The demand on the clinic is high and the needs are great and varied, but they do see some trends in patients. Many 'present' with diabetes and hypertension caused by obesity. This may seem strange given the extreme poverty, but sedentary lifestyles and high carbohydrate diets lead to these complications.

Chronic illnesses are escalated by stress and anxiety as well as inconsistent care. Challenging cases are often made worse by poor patient education and a lack of medical records from previous care – would you think to grab your medical records whilst fleeing for your life? Difficulty accessing specialist care, combined with poverty is a continual challenge.

Ruth provides care for women's health issues. One frequent problem is new mothers abandoning breastfeeding very early on, and supplementing with formula because they believe their own milk supply to be inadequate due to the stresses and hardships of camp life. Thus begins a downward spiral of declining milk supply, abandonment of breastfeeding, no money for formula and threatened infant health.

Tom and his wife are seeking partners to share the new facility and are in discussions with an expat dentist who may be interested in the space. They have recently been joined by a midwife who provides prenatal care and hopes to expand to birthing preparation classes. They would also love to provide more classes such as nutrition, exercise and back care.

There are ideas for many potential projects, but they have limited people resources. There are many obstacles to the work they can do – resources, finances, specialist care – but each day they do what they can, one case at a time, to make a difference to the people living on the camp.

Do you have medical experience? Would you consider having a story like Tom's in the future?

For more about Interserve and the role you might play, go to <u>www.interserve.org.uk</u>

Some Sayings...

- You don't stop laughing when you grow old; you grow old when you stop laughing.
- There are two parts to wisdom: knowing what to say and knowing when not to say it.
- If you must talk before a service, make sure you include the Lord in the conversation.
- I prefer the most unfair peace to the most righteous war. (*Cicero, 106-43 BC*)

Join us in Carrington Village Hall

Carrington with New Bolingbroke

ANNUAL PARISH^I MEETING

Tuesday 24 May 2022 Starting at 6pm



Will start the evening off with a demonstration

Meet your Parish Councillors and Clerk

Hear what the Parish Council have been doing for the area since the 2020 lock down

Receive a copy of the 2021 - 2021 accounts

Let everyone know your ideas and what you would like to see within the Villages

If you run a club, society or charity in or around the local area, come along & share your leaflets

Hear about how and why to become a Parish Councillor

Find us on 🛐 Face Book: @Carrington with New Bolingbroke Parish Council

See our new website: https://carrington-new-bolingbroke.parish.lincolnshire.gov.uk

email us: carringtonnewbolingbroke@clerk.com

Write to the Clerk: Mrs Victoria Clark, 2 Frith Bank, Boston, PE22 7BA

We look forward to greeting and meeting you

¹ The Annual Parish meeting must be held between March 1st and June 1st

Remembering Bertrand Russell

It was 150 years ago, on 18th May 1872, that Bertrand Russell, the Welsh philosopher, mathematician, historian, and writer, was born. He won the 1950 Nobel Prize in Literature for championing "humanitarian ideals and freedom of thought".

A member of a prominent aristocratic family, the 3rd Earl Russell was a very public figure who lived to an advanced age. He was a social critic and freethinker who took what were at times extreme positions which he attempted to justify through his academic expertise in logic.

An enthusiast for world government, he was also a pacifist, up to a point. He went to prison for his devotion to pacifism during the First World War, but decided that the war against Nazi Germany was a necessary evil. He supported nuclear disarmament.

His grandmother, the Countess Russell, came from a conservative Scottish Presbyterian family but held progressive views in many areas, including Darwinism. She was big influence on the young Russell, who was brought up in an atmosphere of frequent prayer and religious formality.

This did have an effect, though probably not the one intended. In 1927 Russell gave a lecture in London entitled 'Why I am not a Christian', which has since been widely circulated throughout the world. It contained logical objections to Christianity which were less than convincing to Christians but enjoyed much support from atheists. Russell's conviction under the Defence of the Realm Act for his pacifist activities during the First World War cost him his position at Trinity College and a fine of £100 (equivalent to roughly £5,700 today). He refused to pay in the hope of being sent to prison, but his books were sold to friends at auction to raise the money. He was later proud of his copy of the King James Bible stamped 'Confiscated by Cambridge Police'.

Tim Lenton

Nature threatened by dog poo

These days, it is unthinkable to leave your dog's waste on the pavement when in town. But in the countryside, too many of us still think it is okay to let our pets foul an area of natural countryside. Now a recent study has found that this can be especially harmful to nature reserves.

The problem is that dog waste contains high levels of nitrogen and phosphorus, which can damage many species of plants. As one scientist explains: "In many nature reserves, the management is specifically directed towards lowering soil nutrients levels, to enhance plant and animal biodiversity. Our findings suggest that the currently neglected inputs of dogs in nature reserves could delay restoration goals." The findings were published in the journal *Ecological Solutions and Evidence.*



Sibsey WI

We were delighted to be joined by five visitors and one new member at our April meeting when the speaker for the evening was Stuart Bull. He presented the History of Blackfriars, our local theatre which was originally a Dominican Friary dating from the thirteenth century, making it the oldest building in Boston. We learnt about orders of friars, goods exported and imported through Boston in the 14th century, fires, rebuilding, former uses of the building such as a granary, a baptist meeting house, a wine store and a warehouse through to damage from an incendiary bomb in 1941 followed by restoration leading to reopening in 1966. Further difficulties led to it being closed in 2008 but it was reopened again after to hard work by the trustees who remain in place today. Blackfriars is still a community project which provides a good variety of productions but continues to rely on community support.

The Coffee Morning we held in March was a huge success thanks to everyone who supported it in any way and it was great to see some former members again. On the day, a gentleman visitor told us he is able to take pharmaceutical blister packs to Superdrug in Spalding for recycling.

A splendid meal at Boston Spice had been enjoyed by several members and guests when committee members appreciated having the time to socialise, something which is not always easy during a busy meeting!

Our Annual Meeting takes place next month so members nominated those they would like to serve on the new Committee. Members will be able to apply for the Institute Bursary and another feature of the evening will be a presentation and discussion of the Resolution chosen for the National AGM in June. This concerns identifying girls and women with autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD) and the need for subsequent provision for them. There will be something more light-hearted too! Paula Caunt provided us all with a small flower pot together with some sunflower seeds for a growing competition which will be judged by height in September. In celebration of Easter, she had made some Chocolate Bird's nests using the recipe in our WI Life magazine for us to enjoy with our drinks. Yum, yum!

The person to contact for any further information is Sally Grant on 01205 750486. If you like the sound of Sibsey Women's Institute and would like to see if it is for you, visitors are always welcome at the hall at Sibsey Northlands PE22 0UA on the second Wednesday of each month at 7.15pm. Femella Haward



lots of foreign coins!"

Church Services and Events

Sunday 22nd May

9.00am Sibsey 10.45am Kirton Holme

Sunday 29th May

10.30am Sibsey

Holy Communion

Holy Communion

Holy Communion

Holy Communion

Holy Communion

Holy Communion

Morning Worship

Holy Communion

Sunday 5th June

10.30am Sibsey 10.45am Langrick

Sunday 12th June

9.00am New Bolingbroke10.30am Sibsey10.45am Wildmore

Sunday 19th June

10.30amSibsey10.45amBrothertoft3.00pmCarrington

Holy Communion with Archdeacon Morning Worship Evening Prayer

All services will be conducted to be Covid-safe. Face coverings optional but welcome. Hand sanitiser will be available. Refreshments may be served if volunteers available. Anyone not taking communion may receive a blessing from the priest. From the Registers

Baptism: 15th May at Sibsey Oscar David Cropley

Weddings: None notified

Funerals: None notified this month

Annual Meetings for The Sibsey and Carrington Group PCC

Tuesday 17th May 2022 6.30pm St Margaret's Church, Sibsey



Raymond Albans

Prayer Requests

If you would like prayers said in church for you at a time of illness or upheaval this can be arranged. If the request is for another person the prayers will not be said in public for confidentiality reasons. Contact the clergy or lay ministers listed inside the front cover.





Boston Community Transport are a small charity based in Boston who provide a transport alternative to the residents of the Borough.

Volunteering opportunities available!Wewould love to hear from you!

Volunteer Driver - Do you have a little or a lot of sparetime? a full, clean, driving licence and your own car? Our volunteer drivers take our customers wherever they need to get to. You will receive45p per mile for your expenses. Hoursto suit you. A good opportunity to meet new people and give back to your community -DBScarried out by us FOC.

Fundraisers-To assist with fundraising events and promoting our charity. A good opportunity to meet new people and raise money for our charity. Hours to suit.

Trustees- serve on our Board, which meets six times a year. They oversee the charities governance, strategy and decision making. The positions are ideal for businessprofessionals who have limited time available and wish to carry out a valuable role in the community, but anyone is welcome to apply.

Formore information contact our friendly team in the office.

Tel: 01205 360183 www.bostonct.org.uk Email: office@bostonct.org.ukor admin@bostonct.org.uk Office hours: 9am-2pm Monday - Friday or leave a message anytime





- Wood Varnishing

Call Now: 07951841371 or 01526351496

Amber Hill WI

25 members and WI advisor Liz McIntosh attended the May Annual General Meeting of Amber Hill WI. The meeting began with the singing of Jerusalem. The treasurers and secretary's reports were read. The president then read her report. Members were asked if they wanted to join the committee, as there were no new volunteers the committee remains the same as last year. There was a vote for president and June Orford is to stay on for another year. The food for the Jubilee Party was discussed and there will be a committee meeting to finalise the details. After the raffle, tea and coffee was served, this was followed by a plant auction. Competition results were Flower of the month 1st Kate Richardson 2nd Sheila Priestly 3rd Freda Stephens. A small decorated flower pot 1st Kate Richardson 2nd Joyce Barker 3rd Thelma Fountain. The next meeting is the Platinum Jubilee Celebration on June 9th with entertainment provided by singer Jennifer Louise

JUBILEE CONCERT BY THE BANOVALLUM SINGERS

ST. MARGARET'S CHURCH. SIBSEY FRIDAY, 10th JUNE, 7.30pm

TICKET £6, inc. light refreshment PLEASE RING 01205 750067 Raffle £1 per strip Relaxing music for a Summer evening! and the competition is a Coronation Souvenir. Claire Golding





Friday 28 January Saturday 26 February Friday 25 March Friday 29 April Friday 27 May Friday 24 June Friday 29 July Friday 26 August Friday 30 September Friday 28 October Friday 25 November

All proceeds go to **Adults only** Sibsey Village Hall

No under 18s

Serendípíty Salon Traditional Beauty & Holistic Treatments By Amanda Amanda Aspinall Mobile: 07414 201 255 Email: sparklesinsunshine@gmail.com Fox Hollow, Holme Road, Kirton Holme, Boston PE20 15Y	DENTURE REPAIRS Denture Repair Service available by qualified technician Old Leake Dental Service Meadow Way, Old Leake PE22 9JT 1 hr service available 01205 629913 Oldleakedental@hotmail.co.uk www.oldleakedentalservices.co.uk				
MIDWAY GARAGE R. Leggate Calor Gas. Shop. Snacks. Hot & cold drinks. Boston Road Sibsey Boston 01205 750273	The John Woulds Charity If you are a resident of the parish of Sibsey and you are in real need of something you cannot afford we may be able to help you. Write to us explaining your present need, with as much information as possible. The trustees are here to help if they can! Contact Mr. John Wigner, 'The Gables', Frithvile Road, Sibsey. PE22 oSY. Tel. 01205 751318.				
Computer Hound Computer repair and computer education service We offer a friendly, local-based service to help home computer users repair, maintain and use their computer equipment.	PAUL THORNHILL PAINTER & DECORATOR Interior and Exterior Quotes given				

<u>HOLY WEEK</u>

at ST. MARGARET'S, SIBSEY

- A Service was held on **Maundy Thursday** to commemorate the institution of
- the Lord's Supper, now called Holy Communion.

We remembered how Jesus ate with his disciples before his arrest, how he blesssed and shared the bread and wine, and gave them a special way of remembering and being with him, which has lasted through the centuries. St. John wrote that before supper Jesus washed the disciples' feet, to give them an example of service. He also gave them a new commandment - "love one another just as I have loved you." Paul reminded the Corinthians to treat the communion with due reverence and respect, and to share it together in mutual love and humility.



After we had received Holy Communion, there was opportunity to continue remembrance by moving to a 'garden of repose' - which had been lovingly prepared by Clive at the back of the church. This replicated the garden of Gethsemane where Jesus prayed, before his arrest. It was an area of beauty and stillness (especially when the candles were lit).

Clive read several passages and we remembered the sadness and distress

of Jesus as he prayed to be spared, and then his complete acceptance of God's will.

Remembrance continued on **Good Friday** with a period of meditation. Rev. Clive had prepared 'The Stations of the Cross' down the centre aisle, with candles to denote a change of scene or emphasis.

As he passed each one, he reminded us of Jesus' journey to the cross, his crucifixion and death.

After each stage, we sang a verse of 'When I survey the wondrous cross', and Clive read a series of poems written by Joyce Huggett in her book 'The Smile of Love'.

Holy Communion was celebrated on **Easter Day**, when several new faces joined with the usual congregation. It was an enjoyable, sung service and Rev. Clive reminded us that as 'Easter People' we have hope and trust in the Risen Christ, whatever befalls us, and that Christ died and rose again to shed love on the whole world.

50 years ago,

On 28th May 1972 Prince Edward, Duke of Windsor, died. He was formerly Edward VIII, until his abdication in December 1936.

40 years ago,

27th-28th May 1982 that the Battle of Goose Green took place during the Falklands War. British victory.

In aid of Brothertoft Village Hall
Open gardens on Punchbowl Lane, Sunday May 29th, 1-5pm
£5 to enter three gardens plus a ticket for entry into the raffle
Cream teas will be served plus tombola and games.

07743 931111

www.computerhound.co.uk

War in Ukraine: Appeal for more Bibles

Bible Society is appealing for funds to send more Bibles to Ukraine. It says that Christians in the UK "can speak hope" into the crisis by providing Ukrainian pastors and churches with more Bibles with which to share "the love and power of God's Word."

Oleksandr, who leads the Bible Society team in Ukraine, tells the story: "A few days ago, a pastor visited our office, asking for Bibles. When he heard that we had none left, he pleaded for Bibles that were damaged or even copies with pages missing. He said, 'These Bibles would be of immense value to my congregation and the community!' It was heart-breaking.

"God's Word can help bring comfort, peace, and reconciliation to our nation. We long for more Bibles."

Details at: <u>https://</u> www.biblesociety.org.uk/get-involved/ donate/

Charity urges people in energy crisis to seek free debt help

The national debt help charity, Christians Against Poverty (CAP), is busy responding to people hit by the recent energy price cap rise, which will see households paying around 50% more for their energy bills

Low-income households, says CAP, "are already struggling to afford the basics they need to live with dignity."

In just the first two months of this year, the charity saw requests for

emergency fuel vouchers double, compared to the first two months of 2021. The charity has also delivered over £23,000 worth of crisis support, which includes emergency fuel vouchers, food shops and essential items.

CAP is in regular contact with suppliers, Ofgem and the Government to help them understand the impact these increases are having on the people it supports.

It is also wants to hear from people in need: "With the expected increases in energy costs running into October and beyond, it's more important than ever that people who are struggling don't wait until their debts get out of hand."

If you are struggling with debt and need free help, get in contact with CAP today on 0800 328 0006 or visit capuk.org.

The Conservation Foundation celebrates 40 years

Remember the Millennium, and thousands of churches getting involved in planting 'Yews for the Millennium'? Then you will have encountered the Conservation Foundation.

It is turning 40 this year, and the 'Millennium Yews' project was only one of many for which the Church of England has worked with the Foundation, in an effort to preserve our natural environment.

When David Shreeve and David Bellamy formed the Conservation Foundation back in 1982, they wanted to inspire and enable positive environmental action wherever they could. Looking back, David Shreeve says: "40 years ago, it was acid rain and population concern, today it's climate change, net zero, health and wellbeing. 40 years ago, we were concerned about polluting our rivers and streams, we needed more trees, we wanted more people to get on their bikes.

"40 years ago, lots of people cared, but now you could argue that more people care more because some of the issues we face seem to be even more pressing. We like to think of the Foundation having been an environmental incubator, helping fledgling ideas, projects and organisations get off the ground.

To find out more, visit: <u>https://</u> conservationfoundation.co.uk

With grateful thanks for royal support for the UK's church buildings

As the Queen's Platinum Jubilee celebrations approach, The National Churches Trust has issued a 'Royal Proclamation' to thank her for her patronage of the Trust for nearly 70 years.

Her Majesty, Queen Elizabeth has been the Patron of the National Churches Trust since 1953, when the Historic Churches Preservation Trust, its predecessor charity was founded. In that time, it has supported over 12,000 churches with grants and loans, in excess of £100 million.

To mark Queen Elizabeth's support for its work, the Trust has now produced a special Royal Proclamation which thanks her for her patronage. Luke March, Chairman on the National Churches Trust said: "As one of the first charities to be honoured with the Patronage of Queen Elizabeth, we are very grateful to have had her support continuously throughout her reign.

"Our origins date back to the early 1950's when the condition of parish churches was in a perilous state, due to the almost total cessation of maintenance and repair during the Second World War.

"After almost 70 years of our work, challenges still remain but we are determined to ensure that churches continue to be at the heart of communities throughout the UK and that their magnificent heritage is safeguarded for future generations. Since 1953 we have helped keep many thousands of churches open, being used and in good repair confident in the steadfast support of Queen Elizabeth."

In a message to mark the Trust's 60th anniversary in 2013, Queen Elizabeth wrote: "Since the foundation of the Historic Churches Preservation Trust in 1953, I have seen the excellent work you have undertaken to support historic church buildings in this country."

More details about the work of The National Churches Trust and the range of support it provides can be found at <u>www.nationalchurchestrust.org</u>

The National Churches Trust's Royal Proclamation is also available to download on the National Churches Trust's website. [www.nationalchurchestrust.o rg/TheQueen]



Coventry Cathedral – 60 years on

Sixty years ago, on 25th May 1962, the new Coventry Cathedral was consecrated. The previous one had been destroyed by German bombing during World War Two. The Queen had laid the foundation stone in 1956, and she was present for the consecration.

On the night of 14th November 1940, the old Cathedral – together with much of the centre of Coventry – was devastated by incendiary bombs, but the decision to rebuild it was taken the next morning. The Provost, Richard Howard, wanted to do so as a sign of faith, trust and hope, rather than as an act of defiance.

This rejection of bitterness and hatred led to the Cathedral's Ministry of Peace and Reconciliation, which continues to give spiritual and practical support in areas of conflict. It is symbolised now by the Cross of Nails, made from three nails found in the roof truss of the old cathedral and set in the centre of the altar cross.

The place now called Coventry Cathedral, on the site of a Benedictine monastery, is in fact two buildings – a joining of the old and the new. The older building, still hallowed ground, was originally a parish church, and then given cathedral status in 1918. Its 295ft (90m) spire, containing 181 stone steps, is the third highest in England, behind Salisbury and Norwich.

The 'new' Cathedral was an inspiration to many celebrated artists, most of them yet to become famous.

Among those commissioned by the architect, Sir Basil Spence, were Graham Sutherland (iconic Christ in Glory tapestry), John Piper (baptistry window), Ralph Beyer, John Hutton, Elisabeth Frink and Jacob Epstein, who created the striking sculpture of St Michael defeating Lucifer.

The famous Charred Cross was created when the cathedral stonemason, Jock Forbes, saw two wooden beams lying in the shape of a cross after the bombing and tied them together.

Tim Lenton

Knit a corgi for the Queen's Platinum Jubilee

Thousands of people across the country are buying in light brown and white wool just now, in order to knit up a corgi in honour of the Queen's Platinum Jubilee. It is a fun way in which anyone with knitting needles can get involved in the coming celebrations.

If you google 'knitting patterns for corgis', you will find a wide variety of free patterns on offer. Knitted corgis could help decorate house windows, local shops and churches as the big day approaches.



Recipe of the month: Chick Peas Italienne for Ascension Day, Thursday 26 May

Ascension Day traditions in some parts of the world include eating organic, healthy, and nutritious food, and avoiding processed foods, white sugar, and white flour. It often means eating vegetarian and simple fruit dishes, although poultry is the preferred food in some places. Our recipe this month is published with this in mind. It can be served hot or cold.

Ingredients

- -1 can of chick peas
- 1 large onion, chopped
- 1 clove garlic, crushed
- 3 tablespoons of olive oil
- $-\frac{1}{2}$ tablespoon tomato paste
- 1 can of chopped tomatoes
- 1 teaspoon of brown sugar
- a good pinch of cinnamon

 $-\frac{1}{2}$ teaspoon of dried oregano or basil

— salt and pepper

— 2 tablespoons of chopped parsley

Method: Drain and rinse the chick peas. Sauté the onion and garlic in the oil until soft and translucent. Stir in the tomato paste and chopped tomato, sugar, spices, and herbs. Bring to the boil and cook until the sauce reduces and thickens. Season to taste and mix with the chick peas. Sprinkle with parsley to serve.

A Sonnet for Ascension Day by Malcolm Guite

We saw his light break through the cloud of glory Whilst we were rooted still in time and place As earth became a part of Heaven's storv And heaven opened to his human face. We saw him go and yet we were not parted He took us with him to the heart of things The heart that broke for all the brokenhearted Is whole and Heaven-centred now, and sings, Sings in the strength that rises out of weakness. Sings through the clouds that veil him from our sight, Whilst we ourselves become his clouds of witness And sing the waning darkness into liaht. His light in us, and ours in him concealed. Which all creation waits to see revealed.

by Malcolm Guite

This sonnet is drawn from his collection 'Sounding Seasons', published by Canterbury Press.

Educating to save the treasures of our world; World Turtle Day® 23 May

Throughout my life, writes Bob Peters, I have collected and kept things that I thought at the time might one day be useful, or because they were unusual or interesting — well, a least to me! One of my 'treasures' is a large shell that was once home for a turtle. Such 'trophies' were made illegal in 1977 by the Convention on International Trade in Endangered Species of Wild Fauna and Flora. Even so, turtles continue to be harvested illegally for human consumption and trade of their parts. Some are also killed for medicine and supposedly 'religious' ceremonies.

The shell, which measures 24 x 18 inches, came into my possession about 50 years ago, but it had been in my first wife's family for, it was said, more than 100 years previously. My first wife died of cancer, as did most of her closest family, so the actual history of the turtle shell has been lost in time. The story goes that one of the Victorian family members was a seafarer who travelled the world and brought it home with him. It was thought that he picked it up in the Caribbean.

The shell had been mounted on a wooden easel and it stood in several family homes as an ornament before my wife's great aunt gave it to us. I used it to attract the attention of schoolchildren when leading assemblies and family service talks about God's amazing creation; it always worked!

The shell came to mind when I read that there is a special awareness day for turtles on 23 May. I also learnt that there are more about 356 species of turtles living in salt and fresh water in all continents except Antarctica.

The turtle is thought to be one of the most ancient of creatures and the word 'turtle' is mentioned in the Bible, which should not surprise us because today there are thousands of sea turtles in the waters around the Middle East. The turtle is mentioned in the King James version of the Old Testament book of Leviticus 15:29 as an offering that a woman could make to be cleansed after aiving birth, provided she could not afford a lamb: 'And if she be not able to bring a lamb, then she shall bring two turtles, or two young pigeons; the one for the burnt offering, and the other for a sin offering: and the priest shall make an atonement for her. and she shall be clean'.

Later translations of the Bible changed this to 'two turtle doves', a bird named after the 'tu tu' sound that it makes, although another theory is that the name came from a distinctive black band on the bird's neck that makes it look like its head can be retracted into its body, just as a turtle does. We will never know the truth about the 'turtle' in the Bible, although it is certainly possible that it's the sea creature because the Israelites lived off the produce of both the land and the sea — turtle meat and eggs are still a source of food and income for many people around the world — but I like to think that the Bible referred to sea turtles because it gives me a good reason for keeping the shell among my collection of artefacts!

World Turtle Day® celebrates these gentle animals that have survived 200 million years, yet they are rapidly disappearing because of smuggling, habitat destruction, climate change, the cruel pet trade, and live exotic food markets. The organisers of World Turtle Day® say that about 61% of turtles worldwide are threatened or already extinct. According to their experts, they are the most threatened of the major groups of vertebrates, more so than birds, mammals, and fish. It is why they say: 'Education is so important in every country globally so that turtles can be treasured, not eliminated'. To learn more about World Turtle Day® visit: <u>https://www.worldturtleday.org</u>/

Bob Peters

Feeding the Future

An exciting new study that YOU can be part of!

Researchers at the University of Oxford are looking for as many volunteers as possible to complete an online survey to improve future research on the health impacts of different diets.

How can we know which foods are good for us, and which ones aren't? To investigate this, researchers use largescale observational studies which track people over time to see if certain diets appear to be linked to a higher risk of developing disease. But because UK diets have changed so much over recent years – for instance, with the rise of new plant-based milk and meat alternatives - we have very limited information about what modern diets contain. This makes it very difficult to understand why certain diets may be associated with different disease risks.

Dr Keren Papier, a nutritional epidemiologist at the University of Oxford, explained: 'Studies have shown, for instance, that plant-based diets are associated with a lower risk of heart disease. But these diets can be interpreted very differently in real life; some vegetarians and vegans may eat many nutritious foods such as wholegrains, fruits, vegetables, and pulses, while others may solely eat white pasta, tomato sauce, white bread with margarine, and crisps.'

To address this, Dr Papier and her colleagues have launched a new study called Feeding the Future (FEED), which aims to generate an up-to date picture of what UK adults following different diets are actually eating. The researchers are looking for as many UK residents as possible to complete a short, one-off survey about the foods they eat, and why. They hope the results will increase our understanding of how disease risks may vary for different diets, and that it will inform future research and dietary recommendations.

'Whether you are a carnivore, vegan, vegetarian, pescatarian or flexitarian*, we would really like to hear from you. By taking the survey, you can help contribute to important research, without even leaving your home' added Dr Papier.

The survey is open to all UK adults over 18 years old and can be found at: <u>https://oxford.onlinesurveys.ac.uk/</u> <u>feeding-the-future-study-feed</u> You can find out more about the Feeding the Future study at: https:// www.ceu.ox.ac.uk/research/feedingthe-future-study-feed

*If you had to look up what a flexitarian is - it's a person who has a primarily vegetarian diet but occasionally eats meat or fish

Sudoko Challenge

Enter numbers into the blank spaces so that each row. column and 3x3 box contains the numbers 1 to 9 without repeats.

Wordsearch

Find the words hidden in this wordsearch puzzle. Clues can be found in this article. There are 25.

A prayer for Ukraine

Lord, we pray for Ukraine, a nation in which 70% of the population call themselves Christian. You, Lord, make wars cease to the end of the earth; you break bows, shatter spears, and burn shields with fire [Psalm 46:9]. And so, we ask you now to save the lives of many people in Ukraine. De-escalate this crisis. We hear of wars and rumours of wars (Matt. 24:6], but you Lord are our rock, our fortress and our deliverer. Our hope is in you. And so we address the nations now. In the name of Jesus we say: "Be still and know God! He is exalted among the nations; He shall be exalted in the earth [Psalm 46:10]. Kyrie eleison – Lord have mercy.



SKADN

()

Δ

DWF

Ρ

0.5

S

D

R

AHSCR

B

R

F

VAB

EHLS

NK

Maze Find your way from the centre to the

bottom.





Solutions for April edition

F B P N O L A M N O D W F F I H W S S V N C A P	2	7	9	4	8	6	1	5	3		
E E L HWSSVNCAP E VGOSPELORLN	4	8	1	3	7	5	6	2	9		
TORJOULRGSPF	6	3	5	2	1	9	4	8	7		
DLAELDPYVVDE	7	6	4	5	2	3	8	9	1		
DMCSVDIPWIED DNAMMOCAEACR	3	1	8	7	9	4	2	6	5		
DEMROFSNARTE	9	5	2	1	6	8	3	7	4		
ALLUSHISLSLB	8	9	3	6	4	7	5	1	2		
ETALIWDIAROO	5	2	7	8	3	1	9	4	6		
R M S N I S P L R P R D B C G R R K M A U N D Y	1	4	6	9	5	2	7	3	8		
	-										

Ν

S

ς

R

()

F

()

R

F

ς

Ρ

S

RF

Ν

Δ

RE

Т

ASB

R

()

F

Δ

S E

U

S

SΜ

V

M

ADVANTAGE FLAT ROOFING

Glass Fibre Flat Roofing

We Specialise In

- > Fibreglass Flat Roofing
- Design & installation
- > Roof Repairs
- > Fascia, Soffit & Guttering
- Pond & Water Features Domestic & Commercial
- > Conservatory Roof Renewal
- > No job too big or too small
- call Gary **01205 367224** or **07772 597450**

www.advantageflatroofing.co.uk

Proud members of Checkatrade.com Where reputation matters



Checka

trade

WARNER **E** YOUR HOME YOUR FUTURE. With over 20 years of experience Family run business • All works fully guaranteed Specialists in Damp Plastering

Wood Worm

Drv & Wet Rot

 Specialising in mould control / Decorate areas to the highest standard with specialist paint with quarantee.

We created Warner DPM to bring a unique brand of attention to detail, an obsession with high quality workmanship and unrivalled service standards to our growing portfolio of extremely satisfied clients

Call now to speak to the team 0800 622 6424 E: warnerdpm@gmail.com www.warnerdpm.co.uk

Time for a Smile

Sorting out books for the local fete, a parishioner came across some wellworn and dusty illustrated encyclopaedias, treasured from his childhood. Unwilling to part with them. he put them on a shelf in the garage where his small grandchildren found them and spent many happy hours looking at the pictures. These books, however, caused him great embarrassment the day the minister came to visit. One of his grandchildren suddenly said: "Grandad, can we go look at those dirty books you keep in the Bloodhound + Labrador = Blabador: a garage?"

What did your teachers say about your progress at school?

~ One of my French reports simply said: 'Sheila attended the lessons'. - Sheila Blow, Surrey

~ My housemaster wrote: 'He has an overdeveloped unawareness.' - Ian Jones, Wirral

~ A friend's son's report said: 'By the time he has mastered French, he will be too old to cross the Channel.' – M Knaggs, Dorset

~ My teacher observed: 'The improvement in his handwriting has revealed his inability to spell.' - Colin Sutherland, Switzerland

~ My teacher was a realist: 'I am sorry to have to tell you that he is doing his best.' Stan Proctor, Surrey

New dog breeds

With all the new crossbreeds appearing would you fancy one of the following? Collie + Lhasa Apso = Collapso: a dog that folds up for easy transport Spitz + Chow Chow = Spitz-Chow: a dog that throws up a lot Pointer + Setter = Poinsetter: a traditional Christmas pet

Great Pyrenees + Dachshund = Pyradachs: a puzzling breed Pekingnese + Lhasa Apso = Peekasso: an abstract dog Labrador Retriever + Curly Coated Retriever = Lab Coat Retriever: the choice of research scientists Newfoundland + Basset Hound = Newfound Asset Hound: a dog for financial advisors Terrier + Bulldog = Terribull: a dog that makes awful mistakes dog that barks incessantly Malamute + Pointer = Moot Point: owned by...oh, well, it doesn't matter anvwav Collie + Malamute = Commute: a dog that travels to work Deerhound + Terrier = Derriere: a dog that's true to the end

Angus was driving down the street worried because he had an important meeting and couldn't find a parking place. So, looking up toward heaven, he said "Lord, take pity on me. If you find me a parking place I will go to church every Sunday for the rest of my life and give up whisky." A moment later, miraculously, a parking place appeared. Angus looked up again and said, "Never mind. I found one."

Grandmas are mums with lots of frosting

What bargains grandchildren are! I give them my loose change, and they give me a million pounds worth of pleasure. -Gene Perret

Baker's trade bread recipes on a kneadto-know basis.

Car service: 'If it ain't broke, we'll break it.'

St James the Least of All

The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'... The Rectory St James the Least of All



On the perils of the church picnic

My dear Nephew Darren

A Spring parish picnic is always a good idea – although you must bear some details in mind. First, whatever date you choose will turn out be the wettest of the year. English picnics are invariably eaten under umbrellas while wearing Wellingtons and the sort of determinedly cheerful look that defies anyone to admit they would rather be home in front of the fire.

Second, no matter how early in the year, wasps will emerge from hibernation in huge numbers, and terrorise Mrs Hornby with the picnic baskets. And thirdly, someone will bring along their (hungry) dog. Last time Colonel Psmith's spaniel outdid herself: she leapt up, head butted a piece of Madeira cake out of Mrs Horngirdle's hand - and ate the lot – before even a crumb could touch the ground. A good piece of field work, that.

Half-way through the afternoon, some over-excited member of the party will decide to arrange a game of rounders. (Mr Poppinjay tried this one year, as in his youth he had been athletic. Fortunately, the ambulance got there quickly, and the ankle healed well.) Then the mothers who join in will completely ignore the ball sailing past them, while they discuss some burning topic of Mother's Union gossip.

In the meantime, the young choir members, who were the reason for arranging the game in the first place, will have drifted off to the lake to throw stones at the ducks while no one is looking.

For our annual picnic, I use my own car, making sure it is so full of clerical robes and church magazines that no one else can fit in. Throughout the day, I keep returning to it to make sure no one has broken in to steal the Communion wine – and taking the opportunity to catch up on the cricket scores. By the middle of the afternoon, I usually remember that some urgent duty, such as blessing a traction engine, demands my departure.

The rest of the party, by now soaked, cold and knowing the coach to take them home is still several hours off, only wish they had such demanding work to tear them away.

Your loving uncle, Eastace



The venue is ideal for special events and celebrations such as weddings, christenings, birthday parties and many other events using our facilities. Also ideal for Conferences, Training Days and many other business events.

FOR BOOKINGS CONTACT Tel. 07976628218 (for Alison)

East Lincs Blinds (Solutions) When Quality and Service Matter

Verticals, Rollers, Venetians, Pleats - (Free-hang and Perfect-fit) Romans & Curtains, Wood Venetians, Vision Blinds Conservatory Specialists, Polycarbonate Solar Protective Roof Inserts Various Motorised/ Remote Control Blinds Insect Screens & Insect Screen Doors - Commercial & Domestic Traditional Dutch Canopies & Fully Cassetted (Motorised) Awnings Wooden & UPVC Shutters

Call Stephen on 01205 751486 or 07930 947527



Charming one bedroomed self-catering cottage sleeps 2 – 3 near New Bolingbroke.

Enclosed gardens makes it ideal for those with dogs. Maximum 2.

Log burning stove and fully equipped kitchen.

Flexible start days with minimum of 3 night stay.

See website for available dates www.barnowl-cottage.co.uk Enquiries and bookings phone 01205 480185