

2021

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MENSTON  
PARISH CHURCH  
St John the Divine



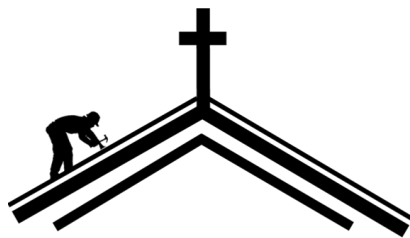
60p

*St John the Divine*  
*28 April 1871*

# ROOF APPEAL ~ What's happening!

Our target ~ £102,000

Income to 19/3/2021



*The appeal has currently raised from:*

Congregational giving	£43,453.04
Fundraising activities	£4,682.03
Menston community	£5,292.88
Gift Aid claimed	£10,001.06
<b>TOTAL</b>	<b>£63,429.01 (with Gift Aid)</b>

We are still short of our fundraising target so it is not too late to donate either by

- BACS to: Menston PCC 40-22-28 A/C 40572640  
*Reference* (most imp) : Roof + surname
- or cheque payable to Menston PCC. Send to the Treasurer, Hillcrest, Kelcliffe Lane, Guiseley, Leeds LS20 9DE or post through the Parish Office letterbox. If you are a taxpayer please consider Gift Aid. A gift aid declaration form is available from the Treasurer if he does not already hold your details.

## **FUNDRAISING**

Some fundraising events are currently being planned for later in the year and we hope that these will go ahead. Any changes to these events will be notified in good time via the Parish Notes, website and magazine.



# From the Editor



As you will see from the front cover, this is a special edition marking 150 years since the consecration of St John the Divine. Check out the centre pages to see some of the ways we plan to celebrate this very special year. Something for everyone!

Please give your consideration to standing for the PCC at the Annual Parochial Meeting on 18 April *see page 9*.

I would like to thank our advertisers who have all renewed their support for St John's. Please support their varied services when you can and let them know where you saw their advert. Thank you also to all the magazine deliverers who have been willing to deliver the magazine when that was possible, to Charmian and Roger for their organisational input and to Glenys who has printed the magazines. Subscriptions are now due for the coming year. Back copies of the magazine are still available in the Magazine section of the church website.

*Jan Alexander*



	<b>This month</b>	P14 150 Years!!
P6	A View from the Pews	P17 PCC
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P9	Annual Parochial Meeting	p20 Crossword

Copy for the MAY magazine is due by **Sunday 11 April**. Please email copy to both editor and Parish Office ([office@stjohnmenston.org.uk](mailto:office@stjohnmenston.org.uk)) or leave copy for typing with the office.

## Dear Friends

We are 'History in the making'. It was a long-standing northern truth, as I was growing up, that this week's headlines are next weeks fish and chip papers. This is now historical as the health and safety people prevented chips being wrapped in newsprint years ago, but the sentiment remains. Much of history fades with the memories. This is also why remembering is so very important.

Our faith is a historical faith, built on historical facts. The Old Testament serves as historical preparation for all that we find then in the New Testament. Secular Roman historians have provided evidence that a man called Jesus of Nazareth *was* crucified, and that his body *was indeed* reported as missing.

The story of the Christian Church grew from that point onwards, to today as you are sitting reading this magazine. You are part of this amazing story of the disciples of Jesus. The Christian Church has gone through many turns and tumbles in its life over the last 2 millennia. It is fair to say that those early followers of Jesus did not expect the story to grow as it has. There are now followers of Jesus around the globe, every nation has heard the Easter story of His sacrificial death and glorious resurrection. Here in Menston we are playing our part in the continuing story, and more significantly *you* are part of this on-going story.

On Saturday 30 July 1870 at 4pm there was a choir procession from Derry Hill to the site of the soon to be built Parish Church, singing 'Onward, Christian Soldiers'. This was the historic day when the foundation stone was laid to the Glory of God here in our village. Nine months later the local press published this exciting news:

*'The Lord Bishop of the Diocese has arranged to consecrate this church and churchyard on Friday April 28<sup>th</sup> (1871), at 10.30am. The Holy Communion will be administered; the Bishop preaching and celebrating. The Bishop will be the guest of R.J. Hudson, Esq. Moorville, who has invited a large number of Subscribers and Parishioners of Menstone to meet the Bishop at Luncheon, at Moorville after the consecration.'*

That morning there were 170 people crowded into the newly opened church, and 110 returned later for an Evening service.

This year the on-going historical story has encountered some unfamiliar challenges, just as previous generations have faced difficult times. For the first time since the Puritans were in power, the front doors of our church were temporarily locked for worship, as we were asked to follow government guidelines in dealing with the COVID-19 pandemic.

Earlier last year we launched our *New Roof Appeal* hoping and praying that in the same generous way that members of the local community gave money to build this church in 1871, something similar would happen to replace the roof, which after 150 years of faithful service is in serious need of replacement. We have yet still to reach our target of £102,000.

During this lock-down we have lost a significant number of faithful friends, family, and supporters, hardly any to Covid-19, but because of the situation we have been unable to give them the kind of thanksgiving and farewell that we would have liked. Now, at last, with the roll out of a vaccine we can see life slowly re-emerging, but no doubt transformed from how it was before.

Further on in this magazine, you will find a special section setting out how we are hoping to celebrate our 150<sup>th</sup> Anniversary year. We are trusting that these different activities will be able to take place and that you will feel able to join in and celebrate being a significant part of St Johns family. As followers of Jesus, we are people who believe in Resurrection. We will celebrate it this Easter and we will live it as we continue in the on-going witness of this Church Community. So, let us wish one another a Happy Easter and a very happy 150<sup>th</sup> Birthday.

God Bless

*Andrew*

Associate Priest.

## A View from The Pews by Dominic Hall

A big question for you this month – what is faith? I am no theologian so I will look at faith in a secular way.

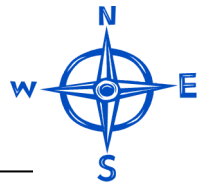
The dictionary says faith is the existence of trust or belief without proof. In my work as a prison educator, faith manifests itself clearly in the belief that the work I do will lead my learners to make better and more law-abiding life choices. The number of those men who come back to prison might seem to dent that faith but that is the extraordinary thing. My faith is indeed dented but in over twenty years it has never once been broken. I rejoice in the number of men who leave the prison system and go on to get jobs, care for their families and put their lives back on track.

In a more prosaic way, I have faith that my football team, West Ham United, will one day win the title. They have failed to do so in the 125 years of their existence but that is no reason for me not to retain the faith that one day they will do it. As the dictionary reminds me, faith is belief without proof! This is also apparent in many other walks of life. Those of you familiar with the comedy show ‘Only Fools And Horses’ will recall the number of times that Del Boy turned to his brother and declared with absolute certainty, ‘This time next year, Rodney, we’ll be millionaires.’ His total faith in his ability, in opportunity and in the world around him might seem misplaced but it does a very important thing. It keeps driving him forward.

Where faith falls short, we can see the turmoil that is unleashed. In politics we all have a faith that the outcome of an election in this country is the right one – even if we disagree with it – and we respect the result and accept the leaders who have been elected. We have seen in the USA that where faith in the system is absent it can lead to a frightening breakdown in civility. The storming of the Capitol in January shows how fragile our world is when faith is no longer present. Faith is the glue that binds us together. It is the parent of hope and that hope in turn leads us to the kindness of charity.

In short, whether your faith is placed in God, the people around you, a team or person you admire or a combination of all – without faith we are nothing.

# Prayer Points



Easter has always been a celebration of new life. We celebrate the new life we see in gardens and in the fields around our beautiful village, but most of all we celebrate and thank God for the new life given to us through the death and resurrection of Jesus.

We thank God for the hope we now have of a new, post-COVID world, where we can enjoy being with one another and worshipping together again properly. We pray for wisdom, patience and protection as we take our first steps on this journey back to normality.

We also pray for teachers and children who are once again having to get used to being back at school with full classes. We pray that children will adjust quickly and that teachers would have the energy and wisdom to deal with the issues they face.

And finally, we pray that God would guide and help us as we fundraise for the new church roof. We give thanks for our wonderful church building, which was consecrated on the 28 of April, 150 years ago, and pray that God would bless this next chapter of our church life.

Finally, despite a year of so much loss and suffering, we remember the hope we have in Christ Jesus, a hope that can never be taken from us:

*God of mercy,  
you wash away our sins in water,  
you give us a new birth in the Spirit,  
and redeem us in the blood of Christ.  
As we celebrate Christ's resurrection,  
increase our awareness of these blessings,  
and renew your gift of life within us.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.  
Amen*

*With thanks to Elaine Proudlove for this month's Prayer Points*

## EATING IN THE 50s

For those of us old enough to remember and for the younger - a history lesson. How times have changed!

- Pasta had not been invented.
- Curry was a surname.
- A pizza was something to do with a leaning tower.
- Rice was a milk pudding and never part of a main course.
- A takeaway was a mathematical problem.
- Only Heinz made beans.
- Fish didn't have fingers in those days!
- None of us had ever heard of yogurt.
- Surprisingly muesli was available. It was called cattle feed.
- People who didn't peel potatoes were regarded as lazy.
- Healthy food consisted of anything edible.
- Cooking outside was called camping.
- Pineapple came in chunks in a tin; we'd only seen pictures of a real one.
- The one thing we never had on our tables in the fifties ... was elbows!



**Ribston Pippin**  
property agent

If you are thinking of moving, please call us on **01943 660 494** to arrange a valuation of your property.

It may just be that you want a bit of advice about downsizing or works to complete before selling your property, or are unsure weather to move at all - just ask!

**[www.ribstonpippin.co.uk](http://www.ribstonpippin.co.uk)**  
**[contact@ribstonpippin.co.uk](mailto:contact@ribstonpippin.co.uk)**

***Our aim is to be as helpful as possible, but don't just take our word for it:***

*"Thank you for all your help over the past 18 months! It was worth the wait to find the right house for us!"*

**JO AND LEE**

*"Thanks so much to all at Ribston Pippin for the sale of our property. It was a pleasure to deal with such nice people. All the best for the future."* **PAT AND JOHN**

*"Thank you for being so easy to deal with and for making our house purchase very straightforward. Thank you also for your words of wisdom during times of stress"* **JESSICA R**



# ANNUAL PAROCHIAL MEETING

## Sunday 18 April ~ 11am

To be held in church within a Service of the Word with additional seating in the Parish Room.

### AGENDA

- Election of 2 Churchwardens
- Election of PCC members:
  - 4 to serve for 3 years*
  - 1 to serve for 2 years*
  - 1 to serve for 1 year*
- Treasurer's Report

Please think and pray about nominations and whether you are prepared to stand for any of the vacancies.

**Please notify the Vicar by 11 April, by email or in writing, of any questions you may wish to raise at the meeting.**

Copies of the Annual Report and Accounts will be available on **Sunday 11 April**. Please take one per household and bring with you to the meeting.

Due to Covid-19 restrictions on many of our activities, there will be no printed reports from church groups (A Year in the Life) this year.

## Lessons of Lockdown

*This past year may have altered our perspective on life. Perhaps some of the following statements may strike a chord ...*

Life is precarious.

A nurse is worth more than a professional footballer.

Spare time isn't a waste of time.

A smile is precious.

Being alone isn't the same as loneliness.

Hard work doesn't guarantee employment.

Shopping needn't be addictive.

I'm spending more on food and drink and less on church and charity.

Silence opens us to creative ideas.

Social media are a mixed blessing.

Driving less and walking more is good for humanity.

Isolation teaches us we need each other to generate energy.

Getting back to 'normal' isn't God's plan for the human race.

When everything else is shut, God is open.

*Parish Pump News Service*

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### All in the month of APRIL

**90 years ago**, on 14 April 1931 the first edition of the Highway Code was published in the UK.

**70 years ago**, on 17 April 1951 the Peak District National Park was established. It was Britain's first national park.

**20 years ago**, on 7 April 2001 NASA launched its Mars Odyssey spacecraft to search for evidence of life and volcanic activity on Mars. It went into orbit around Mars and remains operational (though it will run out of propellant in 2025). It is the longest surviving continually active spacecraft orbiting another planet.

# CHOCOLATE - IT'S NOT ALL THE SAME!

Lent has come to an end and Easter Day with all its joys is here. One of the secular delights, of course, is the wonderful array of Easter eggs available to purchase from our supermarkets. If you love chocolate and you want your choices to actually make a difference for farmers, here's what buying Fairtrade chocolate can mean.

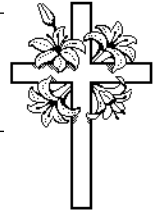


- ◆ **Farmer-owned co-operatives are central to Fairtrade.** When small farmers join together and organise themselves democratically, they have more resources and more power in trade relationships, ultimately resulting in higher incomes.
- ◆ **Fairtrade guarantees farmers a safety net** even when global prices decrease.
- ◆ **Fairtrade co-operatives earn a premium** which they control 100%. The farmers themselves decide how they wish to invest the premium eg installing hydraulic water pumps and building new classrooms for their communities.
- ◆ **Women cocoa farmers are growing in number as business leaders and growers.** Fairtrade Standards require equal treatment of women and men, and encourage formation of things like Women's Committees within co-ops to raise up and address the issues that women farmers are facing.
- ◆ **Fairtrade farmers can make progress towards living incomes.**
- ◆ **There's a lot of deliciousness to choose from!** Whether you're looking for baking chocolate, cocoa power, or specialty origins, the more than 320,000 cocoa farmers represented in the Fairtrade system have you covered.

Chocolate is delicious – but fair and sustainable chocolate tastes so much better. So grab your favourite Fairtrade chocolate today and enjoy!

*Outreach Group*

# Worship this month



**4 Apr EASTER DAY**

**Readings: Acts 10: 34-43; John 20: 1-8**

11.00am Service of the Word followed by optional Eucharist

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**11 Apr The Second Sunday of EASTER**

**Readings: Acts 4: 32-35; John 20: 9-13**

11.00am Service of the Word followed by optional Eucharist

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**18 Apr The Third Sunday of EASTER ~ APCM**

**Readings: Psalm 4; Luke 24: 36b-48**

11.00am Service of the Word followed by optional Eucharist

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**25 Apr The Fourth Sunday of EASTER**

**Readings: Titus 1; John 10: 11-18**

11.00am Service of the Word followed by optional Eucharist

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**2 May The Second Sunday of EASTER**

**Readings: Titus 2; John 15: 1-8**

11.00am Service of the Word followed by optional Eucharist

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*Due to the national lockdown, the Sunday Zest service will continue to be on-line and Wednesday morning Holy Communion services are postponed until further notice.*

*The church building is open for private prayer on Wednesdays from 10am-4pm, and Sundays after the 11am service, until 4pm.*

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# *EASTER at St JOHN'S*

## **Maundy Thursday**

9.30am On-line YouTube Holy Communion

5.00pm Zoomy-Zest-Eat-Along Last Supper  
Eat together and talk about Easter

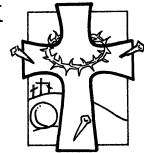
## **Easter Day**

11am Service in church  
Followed by optional Holy Communion

All day Zest Easter Day service on line

## **Plus, online all of Holy Week**

- ◆ Stations of the Cross
- ◆ Good Friday Zest event



On-line events can be viewed on the church website  
[www.stjohnmenston.org.uk](http://www.stjohnmenston.org.uk)

## ***WORSHIP NOTES***

**GOOD FRIDAY PRIVATE PRAYER** The church will be open for prayer on Good Friday from **10am - 4pm**.

**COVID-19 PROTOCOLS**  
Please maintain physical distancing measures when in the

church building. During the 11am service, any overflow will be directed to the Parish Room where the speaker system will be used to enable people there to take part. Normal hygiene measures (sanitiser on entry and exit, etc.) are in place, and a register is kept of those who attend for contact tracing.

**Sunday 19 September**  
**Celebration Service for**  
**150 years led by the**  
**Lord Bishop of Leeds the**  
**Rt Revd Nick Baines,**  
**Bishop of Leeds.**

***Time Team***  
**The Children and**  
**Young People are**  
**planning a *Time***  
***Capsule* to bury in the**  
**churchyard for the**  
**future.**

**2020 -2021 has been**  
**quite a year! What**  
**could they include to**  
**let people know about**  
**life at St Johns this**  
**year?**

**Contact Katherine**  
**Meakin with your**  
**ideas.**

**The Parish Church**  
**Divine, Menston with**  
**dedicated on Friday**

We have so much to  
thanks for, and so this  
ly emerge from our en  
we want to say thank y  
faithful witness and se  
ways. Some events ar  
the planning and prep  
you to help them beco  
still ideas that yo



So many of our usual activities  
the thanks for 150 years, and  
seriously need to address th  
sure that a new roof is the bes  
If you have any ideas, questio  
help please contact Andre  
support as  
Thank you - we can o

h of St John the  
h Woodhead was  
ay 28 April 1871.  
celebrate and give  
year, as we gradual-  
enforced hibernation,  
you for 150 years of  
ervice in a number of  
e well under way in  
aration, others need  
me real, others are  
u might have.



s will have a grateful nod to  
l prayers for the future. We  
ne roof appeal, and make  
st gift we can give this year.  
ons, inspirations or offers of  
w who will give as much  
he can.  
nly do it with **YOU!**

**Friday 17 – Sunday 19 September**  
**Flower Festival**  
**‘Divine Reflections’**  
**Details next month.**

**A Coffee Morning and Afternoon**  
**Teas accompany this event.**

**150 Great Recipes**  
**Share your favourite**  
**dish with us all.**  
**Contact Sue Lee 875393**

**Harvest of Gifts and Talents**  
**A celebration of all the skills we**  
**have been given as well as our**  
**usual Harvest Festival.**

**Nostalgia Night**  
**featuring local band**  
***Time Warp.***  
**Saturday 30 October at**  
**Kirklands.**

## 100 years of the PCC

It's a hundred years since parish churches gained the power to run their own affairs, separately from what we now regard as local government.

The religious affairs of a parish, as well as its secular business had been controlled by a single committee, which met in the church and was known as the 'Vestry'. Then, in 1894, Parish Councils were formed to deal with secular matters; the Vestry continued to oversee church affairs until 1921, when Parochial Church Councils (PCCs) were established. People still get confused by the two.

Churchwardens have been around since the 13th Century and legally 'own' the movable contents of the church. They are meant to maintain order in the church and churchyard, with the assistance of their staves, if necessary. In the event of serious disorder today, a mobile phone might be a safer instrument, with staves reserved for ceremonial occasions! Churchwardens are now chosen by parishioners.

Today, anyone on the Electoral Roll of the church (the secular Electoral Roll is entirely separate) can attend the Annual Parochial Church Meeting, which elects the PCC. The Incumbent is an *ex*

*officio* member, as are other licensed clergy and churchwardens, members of the Deanery Synod, plus any member of the Diocesan Synod and General Synod who lives in the parish or is on the Roll. The Incumbent chairs the PCC, which elects a Vice-Chair and appoints a Standing Committee to transact business between meetings.

The purpose of a PCC, which must meet at least four times a year, is to consult together with the Incumbent on *matters of general concern and importance to the parish, which includes the whole mission of the Church.*

Inevitably, money and building maintenance take up a lot of room on the Agenda, though we all know they are less important than mission. It's a real challenge for every PCC member to pray for non-churchgoing parishioners and to find imaginative ways of introducing them to Christ and His Church.

So, Happy 100<sup>th</sup> Birthday to all our PCC members!

*Parish Pump News Service*

*You could become part of this ancient body by standing for election to the PCC at the Annual Meeting on 18 April.*



## PCC Notes

This PCC meeting was one with a number of items that were far from routine. The shape of our church post-pandemic; 150<sup>th</sup> anniversary, the roof renewal and appeal are all demanding topics.

After listening to a peaceful Lent reflection and prayer, the first of the substantial matters was the state of the roof and the appeal for funds. Colin Alexander, as treasurer, advised us that the fund now stands at over £62,000 towards our target of £100,000. It is a tremendous effort and expression of support for the importance of the church to the congregation and the village.

We are now at the stage where decisions need to be taken about the timing of each element of the works. The wardens reported that they had met with the church architect for advice in preparing detailed specifications for firm tenders from builders. These would be needed to support grant applications and for a faculty from the diocese to permit the work to go ahead. The architect is being pressed for clear advice on the stages for carrying out the works.

The finial on the church is in very poor shape and Hilary Feathers reported that she had met with an artisan blacksmith for advice. He had said that repairs would cost

about £750 but the finial's condition is so poor that the repairs would not be long-lasting. The alternative would be a new copy of the original costing £1,850. These costs are not included in the cost of the roof repairs.

The celebrations for 150 years of worship in our church are proceeding well. Rev Andrew told us that a small committee of himself, Catherine Meakin and Sue Lee were coordinating events and he gave details of the work so far. Fuller details of the celebration are set out elsewhere in the magazine.

A summary of the church's environmental policy and progress in implementing it were reported. The Vicar indicated that a fuller discussion would be organised with the intention that the PCC would adopt a small number of actions on which to make real progress during the next twelve months.

The discussion of 'Why Church?' was facilitated by the PCC breaking into three groups for a deeper consideration than was possible in the larger group. A full explanation by the Vicar of this very important discussion to shape the work of our church after the pandemic is over is to follow.

*Peter Wilbraham*

# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Matthew 26: 20-25, 31-35, Mark 14: 17-21, 27-31  
Luke 22: 22, 31-34, John 13: 21-30, 36-38

The Jewish leaders wanted to kill Jesus.  
One of Jesus' disciples, Judas, had  
accepted money from them to betray him.

As Jesus and his disciples ate the  
Passover meal, Jesus said



John was sitting  
next to Jesus, so  
Peter said



So John asked Jesus



It is the person I give  
this piece of bread to.



Jesus dipped a piece  
of bread in sauce, and  
gave it to Judas.



What you are about to do  
you must do quickly.



Why has Judas gone out?



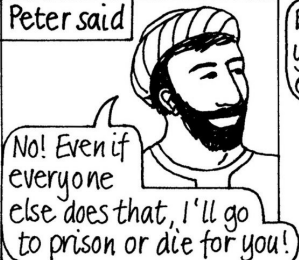
They continued  
the Passover meal.



Jesus then told the rest of the  
disciples



Peter said



Before tomorrow morning  
you will have denied you  
even know me 3 times.



Even if I have to die, I  
will never disown you!



## **Mothers' Union and the UK prison system**

Crime hurts many people – including the families of prisoners who have ended up in the UK prison system. They are often the forgotten victims, but not by the Mothers' Union (MU).

Instead, the MU's prison work across Britain is extensive, with the aim of keeping hurting families together.

MU members provide support to prison visitors by holding short courses so that visitors can get the most out of their time with the prison residents. MU also holds workshops to introduce many of the services that work with prisoners' families.

MU helps support the Family Days held at one prison, and also provides presents for children of prisoners at Christmas time. MU provides tea and a chat with the inmates of one women's prison, as well going-home packs of essential items for when they leave.

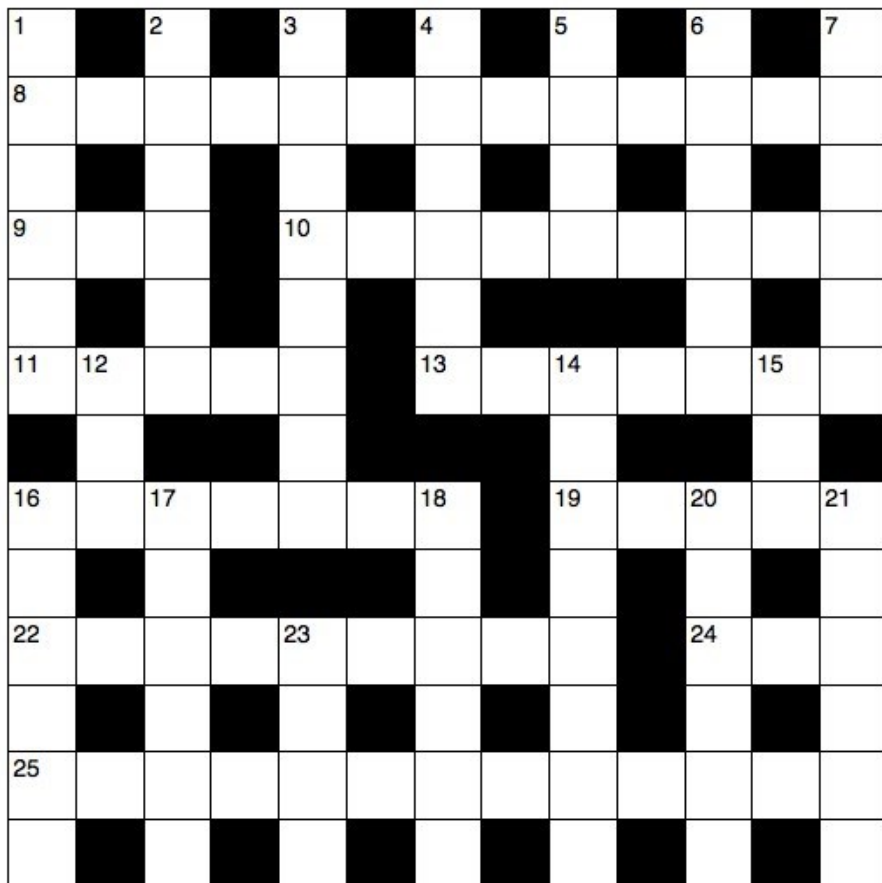
MU also supports prison officers, who as key workers have found the last few months particularly challenging. MU's Thank You Key Workers appeal wants to raise funds to provide families of key workers with short breaks or experience days. If you would like to help, please go to: <https://www.mothersunion.org/thank-you-keyworker-appeal>

*Parish Pump News Service*

## *In praise of mothers ...*

Life doesn't come with a manual. It comes with a mother. *Anon*

A mother's hug lasts long after she lets go. *Anon*



The crossword uses the NIV edition of the Bible.

**ACROSS**

8 'He poured out his life unto death, and was numbered with the — (Isaiah 53:12) (13)

9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)

10 Comes between Galatians and Philipppians (9)

11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)

13 Muslim holy month (7)

16 Ten ears (anag.) (7)

19 Under (poetic abbrev.) (5)

22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)

24 'Go to the — , you sluggard' (Proverbs 6:6) (3)

25 Debar from receiving Communion (13)

## **DOWN**

1 My — for His Highest (Oswald Chambers' best-known book) (6)

2 Festival of the resurrection (6)

3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)

4 'Let not the — string his bow' (Jeremiah 51:3) (6)

5 Name of the River Thames in and around Oxford (4)

6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)

7 'But Christ is faithful — — — over God's house' (Hebrews 3:6) (2,1,3)

12 Long-handled implement used to till the soil (Isaiah 7:25) (3)

14 Order to which monks and nuns devote themselves (8)

15 Appropriate (Proverbs 15:23) (3)

16 I, uncle (anag.) (6)

17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)

18 'Weren't there three men that we — — and threw into the fire?' (Daniel 3:24) (4,2)

20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)

21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)

23 Prominent architectural feature of large cathedrals eg St Paul's (4)

*Answers page 19.*

*Parish Pump News Service*



**Accredited by the  
College of Podiatry**

## **Welcome to our Guiseley Clinic.**

### **Traditional Podiatry for treatment of**

Nails, hard skin, corns, ingrowing toenails, verrucae, etc

### **Biomechanical Assessments treating**

Sports injuries, running/walking injuries, general foot pain, heel pain, lower back and hip pain, knee pain, children's foot pain, etc.

Tendon, muscle and ligament rehabilitation.

Gait retraining for both walkers and runners.

### **Fascial Manipulation**

Fascial Manipulation is used to restore normal, pain free movement and flexibility of joints, muscles, tendons, nerves, etc. Used in the treatment of sciatica, general hip pain, knee problems, ankle and foot problems and many other conditions. This is not a pain free treatment but the effects can be immediate.

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# NOTICE BOARD

**PARCEVALL HALL - JULIAN DAY** Regrettably this has been cancelled due to ongoing Covid restrictions. Joyce Simpson understands that this event will be held later in the year. Look out for details in due course.

**ERRATUM** Sincere apologies from Heather Greig for an error in the instructions for her Biblical Numbers quiz in last month's magazine. The instructions should have read; *The answers to Questions 1-7 are all numbers. Add these together and subtract 100 from the total.*

*Take the cube root of your answer to give you the answer to Q8.*

**150th ANNIVERSARY RECIPE BOOK** Contributions of your favourite recipes welcomed for a recipe book, part of the celebrations for St John's 150th anniversary. Contact Sue Lee 875393.

**HAMPERS FOR THE HOMELESS** St John's regularly supports Hampers for the Homeless. Vicky Taylor would be thrilled to receive any tinned foods in boxes under the arch at her house - 1 Church View.

## Light Up St John's – Floodlight Sponsorship

22 April For my husband, remembered with love every day  
A very special way to mark an anniversary or simply to give thanks.  
The cost is £5 per evening which helps to cover the costs of floodlighting the church from dusk until 10.30pm.  
Contact [office@stjohnmenston.org.uk](mailto:office@stjohnmenston.org.uk) to make arrangements.

## ALTAR FLOWERS - 2021 FLOWER ROTA

The new rota for altar flowers is now in the church porch.  
Please sign up for your preferred date(s).

## CROSSWORD ANSWERS

**ACROSS:** 8, Transgressors. 9, Out. 10, Ephesians. 11, Throb. 13, Ramadan. 16, Nearest. 19, Neath. 22, Childless. 24, Ant. 25, Excom-  
municate. **DOWN:** 1, Utmost. 2, Easter. 3, Assemble. 4, Archer. 5, Isis. 6, To hand. 7, As a son. 12, Hoe. 14, Monastic. 15, Apt. 16, Nuclei. 17, A piece. 18, Tied up. 20, Ararat. 21, Hatred. 23, Dome.

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