

A photograph of a snowy forest path. The path is covered in snow and leads through a dense forest of evergreen trees. The sun is shining brightly from behind the trees, creating a warm, golden glow and long shadows on the snow. The overall atmosphere is peaceful and serene.

trio

Abbeydale and Millhouses Parish Magazine
Christmas and Winter 2022

Special events page 14 Who are you Father Christmas? page 6
Children's crafts page 25 Christmas in Nigeria page 5

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Usual SUNDAY Services *(Maybe occasional changes!)*

8.00am Holy Communion

1st & 3rd Sundays at St. John's 2nd & 4th at Holy Trinity

10.00 am Parish Communion with music

at BOTH churches on 1st, 3rd and 5th Sundays

JOINT SERVICES on 2nd (H.T) and 4th (St. J's)

SEE PAGE 12/13 (centre pages) and website for dates and venues of all services and church events

The 10am service can be followed on 'Zoom'

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Meeting ID: 674 532 3083 Passcode: AMCHURCH

For Baptisms, Weddings and Funerals, plus bookings for church buildings, halls and the Parish centre, please contact the church office

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From the clergy....

Dear Friends,



As I write this on a dark and murky November night I can see out of the window of my rather chilly study a thick mist gathering in the beams of the streetlights on the Manchester Road. It's a scene of light in the darkness.

I'll be honest with you: I'm not great at adjusting to this particular change of season. The sun is becoming an increasingly short-lived presence in the sky and when the storm clouds gather, as they inevitably will, it's hard to believe that the sun will ever shine again. This is a season when light seems scarce and shadows and darkness reign. We recognise their presence and come face to face with them throughout our world and in our personal lives too. The world's shadows - political uncertainty, stark financial challenges, ongoing environmental instability - can weigh heavy on our minds and add to any personal difficulties with which we may be struggling.

In all of this, especially in the season of Advent, there's a risk that we might find ourselves being drawn towards sentimentality - finding ourselves looking towards our 'traditions'; our tried and tested ways of blocking out the cold and closing the curtains on the world so that we can find a warm safe place. But the darkness is still there. We're just not willing to engage with it.

For me, the season of winter is best approached in the way that the Christian faith encourages us to spend Advent: with hearts in expectation. Waiting, yes, but waiting with our eyes open looking for light.

I happened upon this poem in an anthology about winter and it's quickly become a new favourite of mine. It's called 'Blackbird in Fulham' by P J Kavanagh.

***A John the Baptist bird which comes before
The light, chooses an aerial
Toothed like a garden rake, puts a prong at each
shoulder,
Opens its beak and becomes a thurifer
Blessing dark above dank holes between the houses,
Sleek patios or rag-and-weed-choked messes.***

***Too aboriginal to notice these,
Its concentration is on resonance
Which excavates in sleepers memories
Long overgrown or expensively paved-over,
Of innocence unmawkish, love robust.
Its sole belief, that light will come at last.***

***The point is proved and, casual, it flies elsewhere
To sing more distantly, as though its tune
Is left behind imprinted on the air,
Still legible, though this the second carbon.
And puzzled wakers lie and listen hard
To something moving in their minds' backyard.***

For me, this poem encapsulates the notion that it is light that is the place of life, energy and hope. I love the way the poet encourages us to think about what state the 'backyard' of our mind might be in. I wonder the extent to which mine is long overgrown or perhaps the landscapers have paved it over completely! What might we need to do before we can hear clearly that bird's song - before we can allow it to herald a dawning light in our lives this wintertime?

Towards the end of my time teaching, the secondary school I was working at acquired a chaplain. In one end-of-term assembly just before the children burst out of the hall to begin their Christmas holiday, Rev Colin offered a suggestion as to something the children might consider as they entered into the festive season. He used such an old-fashioned turn of phrase that I've remembered it clearly all this time later. He said simply this:

'Many of you will have an elderly neighbour who may not have much to look forward to over these few weeks. Perhaps you could think about calling in on them and offering a glass of sherry wine and some company.'

I'm sure that not many of the 700 or so tinselled-up young people will have remembered this idea, much less acted upon it, but it was nonetheless a lovely moment in which a man who many may have looked upon as a kindly uncle or even grandfather figure offered them an inkling of what it might mean to be a light in someone else's darkness.

After all, the tiniest candle flame can fill a whole room with light. In these dark winter months, let's ask ourselves how we might be a light, however small its flame, in someone else's darkness.

With my prayers and very best wishes for a peaceful, light-filled Christmas, New Year and beyond.

God bless, **Matt**

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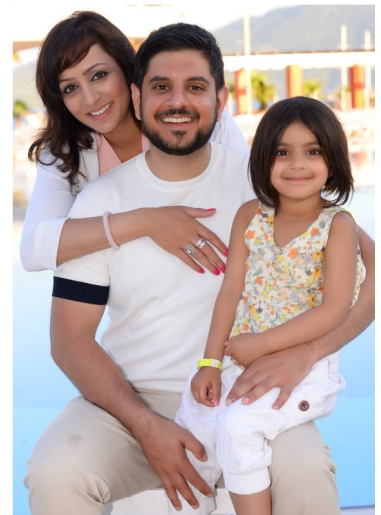
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Christmas in Nigeria



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IBAN, Nigeria's most cultural masquerade, can be seen at Christmas time. It is a cultural dance with beautiful and colourful costumes for both men and women.

Introduction

Nelly Edet has been visiting UK for a number of years and attends both Holy Trinity and St John's churches when in Sheffield.

She is now back in Nigeria for a few months continuing her filming career and enjoying being part of her local church. She sends her good wishes and a Happy Christmas to her friends in Sheffield.

Calabar is a port city in southern Nigeria, near the Cameroon border. It is the capital of Cross River State, the state of Nelly's birth and where her family reside. Also famous for the quality of Calabar's cuisine.

Ekpo founded on the belief in life after death, is regarded as the soul or ghost of ancestors that return to the land of the living in masquerade form to participate with their kinsmen in communal festivals such as farming and rites of passage.



Ekpo is mostly performed at Christmas so you will not see it in Nigerian states—most have their own festival masquerade or play.

Nigeria, a country of over 215 million people is a very religious country - largely Christian in the south and Muslim in the north, split almost 50/50.



Nelly writes.....

Christmas is the most celebrated season in Nigeria, and apart from the obvious differences in our weather in December, many things we love to do here, are very similar to the customs there. Churches are a very important part of the cultures and people. They are full and very joyous places all year round, but as in the UK more so at Christmas.

It is the time and season for sharing generously with family and friends. Some people share Christmas cards and some people share food, such as rice and stew (with meat and fish including bones and fish-heads, which are seen as a local delicacy and of course – very spicy) or pounded yam.

Your neighbours could give you a plate of rice and stew after lovingly cooking it, and you might do the same to other neighbours on 25th December, so the whole neighbourhood gets involved, in a very community spirited way.

Most wealthy people give a bag of rice and a chicken to their family and friends, a long - standing Nigerian Christmas tradition to ensure food is available for a prosperous New Year. This sharing and caring tradition is still respected and continued to this day. You will also often see different seasonal jams for sale in the local street markets.

Christmas is time for carnival in Calabar where the world at large comes to celebrate with the most colourful and beautiful costumes you could imagine.

Dress in Nigeria is very important throughout the year, not just Christmas - for church, family and special events.

Design, tailoring and dresses are an important part of the Nigerian culture and very much enjoyed and appreciated.

The men take an equal pride in their appearance.

Who are you Father Christmas?

For many young people no Christmas would be complete without a nocturnal visit from Father Christmas. Those of us of more mature years who have long since ceased to feature on his 'Good List' can no doubt still remember the almost unbearable excitement of going to bed on Christmas Eve, and waking up at a ludicrously early hour to check that the great man had 'been'. Oh the relief on discovering that the much longed for delivery had indeed been made!

But who is this much-loved character who has at some point impacted most of our lives? This was a mystery Trio had to investigate.

Let us first consider the known facts about him. He lives somewhere near the North Pole. He drives a reindeer drawn sleigh that flies silently at approaching the speed of light. Whilst the sleigh appears to lack stealth technology (it is routinely tracked by RAF radar stations), it is invisible. Its mind-boggling capacity for presents and its crew of 'little helpers' makes the TARDIS look positively cramped in comparison. Father Christmas himself is a world class gymnast, negotiating chimneys (or alternative entrances!) with ease. His memory for names, addresses, requests and standards of behaviour rivals a super-computer. His ability to consume industrial quantities of mince pies and sherry with no apparent ill-effects is quite awe-inspiring.

Father Christmas is clearly no ordinary being. It turns out that like every great superhero he has a fascinating back story.

Father Christmas has long been seen as the personification of the festive season, but initially he had no interest in giving presents to deserving children. His focus was encouraging grown-ups to eat, drink and be merry. A carol from the Fifteenth Century has 'Sir Christemas' announcing the birth of Christ and encouraging revellers to celebrate with a 'booze-up'!

Father Christmas's propensity towards mildly disreputable behaviour continued into the Tudor period with him sometimes appearing under the alias 'Captain Christmas' to discharge the duties of the 'Lord of Misrule'.

The latter was a person appointed to supervise the drunkenness and wild partying that characterised Christmases back then (as they still do in Albert Square).

When Cromwell and his killjoy cronies seized power after the Civil War, they took a dim view of all these Yuletide shenanigans. Christmas was banned! 'Old Father Christmas' became a member of the resistance, featuring in Royalist pamphlets as a symbol of the good old days. (Perhaps he was the first person to point out, "You gotta fight for your right to party!").

With the restoration of the Monarchy in 1660, Christmas celebrations returned. A pamphlet of 1678 records that Father Christmas was in fine form:



"His cherry cheeks appeared through his thin milk white locks, like blushing Roses vail'd with snow white Tiffany ... the true Emblem of Joy and Innocence."

Perhaps a combination of Cromwell's laws and some 'constructive criticism' from Mrs Christmas had caused him to clean up his act a bit. In any event, he kept a low profile throughout the following century, and Christmas festivities gradually declined.

By the dawn of the Victorian age, Christmas was desperately in need of a make-over. Enter the two men who were possibly to have the greatest influence over how we celebrate Christmas. No, not Morecambe and Wise. I mean Prince Albert and Charles Dickens. Prince Albert, presumably feeling homesick, decided to import the traditional German Christmas to these shores, indoor tree and all. Christmas became much more family focussed. Children might still be 'seen but not heard' but at least now the lucky ones might receive the odd Christmas present.

Concluded on next page

This change in the nature of Christmas obviously presented Father Christmas with the opportunity to relaunch his career. However, it was probably a chance meeting between the jolly gentleman and Charles Dickens that really got things moving. Mr Dickens was working on his latest blockbuster: ‘**A Christmas Carol**’. He decided to offer ‘Old Father Christmas’ a leading role, cunningly disguising him as the ‘Ghost of Christmas Present’, one of the spirits putting the frighteners on Scrooge, whilst extolling the virtues of kindness and generosity. Perhaps the reference to ‘Christmas Present’ was a gentle nudge. In any event, our hero took the hint and was soon dishing out gifts as if it was, er ... Christmas! (In fact, as we shall see, he had already been developing an operation like this thousands of miles away.)



Father Christmas had reinvented himself once again and was firmly back at the centre of Christmas. Children were delighted. Before long they were making polite requests. In 1895 a young girl was the first British child to write to him, a tradition that continues to this day.

(Apparently she asked for some paints — perhaps thinking her bedroom might need redecorating if he brought a lot of soot down the chimney.)

“But hang on a minute!”, I hear you cry. “What about Santa Claus? Is he just an over-commercialised imposter from across the Pond?” Here is where this story gets interesting – I mean even more interesting!

It turns out that during the Eighteenth Century while our hero was keeping a low profile in England he was busy in America. There he became associated in the public mind with the Dutch folk hero Sinterklaas who himself was rooted in the legends of Saint Nicholas of Myra, who was famous for his habit of secret gift giving.



Sinterklaas himself was noted for his practice of delivering presents down the chimneys of good children who would hopefully leave a shoe by the fireplace as a receptacle. This was a business model that could clearly be replicated and scaled up. Father Christmas simply had to change the brand to ‘Santa Claus’ and swap shoes for stockings. He also started experimenting with the logistics of making deliveries by reindeer drawn sleigh.

For many years Santa kept his US operations separate from his UK activities but he gradually merged these. Today Father Christmas and Santa Claus are recognised as one and the same person.

Over the years Father Christmas has experimented with a variety of costumes, often favouring a shade of green. By the 1930s he had settled on his now familiar outfit of red trimmed with white fur. This coincided with him taking part in an advertising campaign by the Coca Cola Company wearing their trademark colours, prompting unproven allegations he had ‘sold out’ to corporate America. But if true, you could hardly blame him: reindeer and elves don’t feed themselves!

Despite his great age Santa is still hard at work and happily shows no sign of slowing down. Not surprisingly though his phenomenal memory is not always infallible. He recognises the risk of a child being accidentally left off his ‘Good List’ and the tears and confusion that could result from an empty stocking on Christmas morning. This is why he works closely with a number of children’s charities to try to prevent this happening. Supporting these charities means this vital liaison with Santa can continue.



I hope Santa brings you what you ask for!

Happy Christmas!

Andrew Bullock



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"BLESS ALL THE DEAR CHILDREN IN THY TENDER CARE"

A few years ago my wife Hazel and I finished our Spanish holiday with a night in Santiago de Compostela in Northern Spain. In the evening we went for a meal at a reasonably good restaurant.

While we sat talking and eating a group came in of about five families with ten adults and about eight children aged between four and twelve years, plus a couple of babies. The staff rearranged some tables so that the whole group could sit together. Most of the other tables also had people at them.

After about 10-15 minutes of sitting down, one or two of the older children got up and began wandering around the restaurant, exploring. Some of the younger ones decided to join them, and were soon climbing on the wooden room dividers.

What impressed me was that none of the other diners took any notice, just carried on talking. After a while two of the fathers got up and called the children to come and eat as the food had arrived. None of the mums took any notice. Two of the children continued exploring and climbing.

Hazel and I looked at each other and I knew that she was thinking the same as myself, that had this been in the UK there would have been strong protests to the management to have the children restrained. We had already noted in the small town we stayed in how quite small children could play outside in the streets until quite late in safety.

When I attended a Carol Service at Holy Trinity on the Sunday before Christmas I joined in to the Carol "Away in A Manger" until we came to the last verse and "Bless all the dear children...." It hit me like a hammer blow that within the previous week I had heard of two small children being murdered by their parent or guardian, and two sets of small twin boys left alone to die in a house fire. I almost choked and could not continue singing.

Fortunately the level of violence and neglect was extreme in these instances, but the unpalatable truth is that a United Nations Children's Fund Report in 1997 ranked Britain bottom out of 21 countries in its assessment of children's well being. I am not suggesting that nobody in Britain likes children but it is only a few years since the Howard League of Penal Reform and Defence for Young Children told us England and Wales have the most repressive policies in Europe towards children in conflict with the law.

Prejudice and ill treatment of children is well documented in our history. Charles Dickens did not write such novels as *Oliver Twist* or *Nicholas Nickleby* simply to tell a good story but to draw attention to the dreadful exploitation of children, historical evidence of which can still be seen in many old buildings in the north.

Fortunately there are some positive signs of attempting to achieve a better strength of care over ill treatment. On the one hand over protection, "cocooning", building a protective wall around children, not allowing them to take risks such as climbing trees, (as research by Coopersmith showed), achieves the effect of lowering self esteem and self perception of being able to cope with difficulties. But on a positive note, the Youth Justice System which was set up in 2000, and includes the Youth Inclusion Programme, takes account of the fact that 75% of youngsters leaving custody for offences are most liable to reoffend, so provides somewhere safe where youngsters can learn new skills and get help with their education and careers.

Of course these are official actions designed to lower activity recognised as socially unacceptable and prevent youngsters becoming long term criminals. At the day to day social level I have frequently come across attitudes that appal me. In my last parish a community police officer told me how he was asked by an irate householder to break up a group of boys who were holding a heated discussion, with no violence or shouting, outside his house and wanted him to "lock 'em up and throw away the key". Quite recently I thought a young man in a supermarket was going to thump me when I remonstrated with him for (literally) screaming at a little girl about three years old who had decided to explore the shelves away from him. He stopped shouting and screaming, looked at me then picked her up and went away.

For too many what is seen as liking children is often sheer sentimentality. We like to see them with tea towels wrapped around their heads as assistant shepherds in nativity plays, This way they can be liked - from a distance.

Brian Cranwell

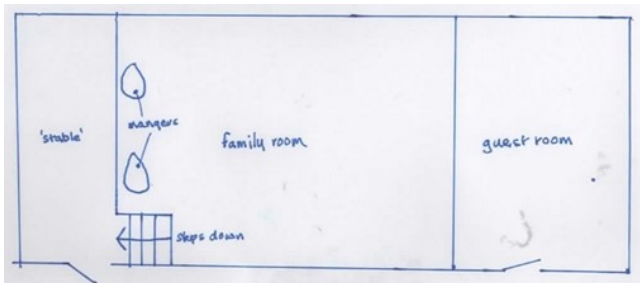


NO ROOM AT THE INN ?

The well known traditional story of Christmas has Joseph and Mary travelling from their home in Nazareth to Bethlehem and finding 'no room at the inn'. Instead they find lodging in a stable where Jesus is laid in a manger.

The understanding of life in the Middle East, including Palestine, sheds new light and meaning on this story. The word *manger* invokes the idea of a separate *stable* or *barn*. But in traditional Middle Eastern villages this is not the case as in simple villages houses often had only two rooms. One was exclusively for guests which could be attached to the end of the house. The main room was a 'family room' where the entire family cooked, ate, slept and lived. The end of the room next to the door, was either a few feet lower than the rest of the floor or blocked off with heavy timbers.

At night into this designated area, the family cow, donkey and a few sheep would be driven. The family wants the animals inside for their warmth and security from theft. The floor of the family room would slope slightly towards the animals for ease of washing and cleaning. Most significantly, the floor of the family room could be hollowed out to form mangers from which the animals in the lower area could feed.



We can find comparable houses with a history stretching over 5000 years all across Europe. Usually known as longhouses, they can still be found in this country often using a single entrance for family and animals.

Kenneth E Bailey, in his book '*Jesus Through Middle Eastern Eyes*' argues that Joseph, who was returning to his ancestral home in Bethlehem was unlikely to be turned away. Joseph's family would be well known throughout the village and refusing him and his pregnant wife accommodation would not be in keeping with the tradition of Eastern hospitality. Bailey also argues the '*Inn*' is not, in this instance, a commercial hostel, as he points out that Luke uses the Greek word for a guest room in a typical village house. So, there was no room in the 'guest room' but Joseph and Mary could be accommodated in the family room next to the stable.



An English granite longhouse with the original single sheltered entrance

We can easily envisage new straw being added to a manger where the new born baby could be laid, wrapped in swaddling cloths, an ancient custom still practised, says Bailey, among village people in Syria and Palestine.

Bailey emphasises that the stories of Jesus often refer to a house with animals stabled indoors. For example: in His response to being accused of freeing a woman from her affliction on the sabbath: '*You hypocrites! Does not each of you on the sabbath free his ox or his ass from the manger and lead it away to water it?*'

Jesus knew that it was unthinkable to leave animals in the house during the day and that everyone present had taken their animals out of their houses on the sabbath and tied them up outside. Hence we witness their embarrassed silence.

Again, in Matthew Chapter 5, Jesus says,

'No one after lighting a lamp puts it under a bushel, but on a stand, and it gives light to all the house.'

Jesus assumes a single family room where a lamp can illuminate the whole family.

We can now envisage anew the warm glowing scene that greets the shepherds as they follow the invitation of the angels into this homely familiar place.

They would be comforted to find the baby in an ordinary home, not over-awed but befitting their lowly state in society.

David Crosby

Edward Bailey's book bears reading for its rich, interpretive and cultural insight. He sheds light on what is often missed in books about Jesus written from a Western perspective.

Spiders....

Are you arachnophobic or quite fond of these intriguing eight-legged creatures?



Whatever your feelings, at this time of year most people will have a few spiders running round their bathrooms, ceilings and in undisturbed corners. Thankfully there are no native poisonous species at large in the U.K. In fact they should be welcome as they are virtually harmless to humans and thrive on flies, ants, moths and even fleas!

Although spiders actually prefer to be outside despite the cold and damp, males come indoors to find a mate. The female rarely leaves her safe dark corner, often behind furniture or in cellar or pantry. Once mated, she lays hundreds of eggs and can produce around 50 spiderlings.

Our most common species are the **House Spider**, **Missing Sector Orb Weave Spider**, **Zebra Jumping Spider**, the tiny **Money Spider** and **Daddy-long-legs**, (not to be confused with the six-legged Daddy-long-legs which flies around in the autumn!).

Despite so many folk disliking spiders down the ages they have been welcome house inhabitants. It is not only the Money Spider which is thought to be lucky. In the Middle Ages houses were full of spiders which kept the disease bearing flies and fleas at bay. It is also thought to be lucky to see a spider spinning its web, the source of many legends.

"Life's persistent and most urgent question is, 'What are you doing for others?'"

—MARTIN LUTHER KING JR.



One famous legend is that of Robert the Bruce, facing defeat, watching the tenacity of a spider spinning its web that gave him the courage to fight on and eventually win the battle. Another is of Father Christmas seeing a beautiful web in the corner of a chimney, miraculously turned the strands into silver and gold to prevent the house proud lady disturbing it.

Finally, here is a lovely legend adapted from one written by William Barclay.

The legend of the Spider's Web

Joseph, Mary and Jesus were on their way to Egypt, fleeing from King Herod who, in his jealousy, was slaughtering all baby boys. They grew weary as evening came and sought refuge in a cave. It was cold, very cold, and the ground was white with frost.

A little spider saw the tiny Jesus and wished he could do something to keep him warm and safe from Herod's searching soldiers. The little creature had an idea..... He spun a web across the entrance to the cave, like a beautiful lace curtain.

Later along came a group of soldiers, eagerly looking to carry out Herod's bloodthirsty orders. In the moonlight they searched diligently amongst the rocks and caves to see if anyone was hiding. One of them noticed the spider's web, which by now was glistening with frost, and shouted to the others, "Can't possibly be anyone in there — otherwise the web would have gone".

So the soldiers moved on, leaving the Holy family in peace.... Just because a little spider had spun its web across the entrance to the cave.

This is why, so the story goes, we still put tinsel around at Christmas to remind us of the glistening web, white with frost.

Although this is just a story, one thing is certain however small or insignificant we may be, our gifts and efforts to help others are *always* important.



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A tale of two winters

I was 13 when I first went skiing. I don't think I will ever forget the feeling of excitement as I stepped off the school coach and into a winter wonderland. So much snow. Such beautiful, majestic mountains and such crisp, cold air. The trees glittered like diamonds and all around the silence hung, like a cold blanket.

Thus my love affair with skiing began. I was besotted and tried my hardest to spend as much time in the mountains as



possible. Later, when I was in my twenties, I spent three years working in the French Alps. Initially as a ski guide and later as manager of a hotel. It was a wonderful experience, sharing my love for the snow and the magnificent, cold, icy mountains with like minded visitors. They arrived full of excitement and eager for all the adventures that a week in the snow brings. Ice skating, snowball fights, tobogganing competitions and apres ski filled the week and ensured that by the end of their time with us, our guests left happy, ruddy faced and exhausted. For me this is winter at its finest.

However, some years later I would see a very different side of winter. One characterised by fear and a battle for survival. In 2008 I spent the winter in Ulanbataar, the capital of Mongolia. The coldest capital city in the world. Temperatures can fall to below -40C and winter lasts from October until May. Back in 2008, Mongolia was still a predominantly nomadic country. Over half the population



lived as they have done for millenia, moving from place to place while herding their cattle and horses across the Steppe.

The rest of the population however had started moving to the city, swapping their traditional way of life for the 'hopes and dreams' of modern living. Inevitably problems arose.



Poverty was extreme. Alcoholism tore through the population as Russian vodka, ten times stronger than their own, became easily accessible. All the problems of a modern city were present: homelessness, hunger, crime and violence, with children bearing the brunt.



Sadly these issues are not unique and one does not have to look far to find similar issues in our community. However, how do you survive when it is -40C outside and you are homeless? Shockingly, one of the only places those who find themselves without shelter can survive in Ulanbataar, is in the sewers. An underground city, filled with the most vulnerable in society. One of the charities I worked with has spent the last 25 years focussing on rehoming those in most need. Initially they sent doctors and nurses down into the sewers to care for those living there. Disease and severe disabilities are extremely common and for some this would be the first time they had seen a medical professional. Over time the charity built a village that now houses the adults and children they bring up from the sewers. Here they are able to start new lives, develop new relationships and look forward to the future. There is joy in this place, children play and snowball fights fill school break time. Kindness and generosity has brought life and hope to this beautiful, yet harsh environment.

During the last 14 years Mongolia has changed significantly. Less people now live a traditional nomadic life and, as a result, other permanent settlements have sprung up throughout the endless Steppe. For many reasons Mongolia will always hold a very special place in my heart but one aspect in particular will forever inspire me - the strength of the human spirit in the face of adversity. In the most dire of situations, people will rise up to fight for their survival and the survival of others.

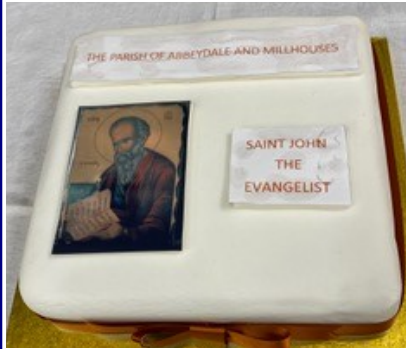
If you would like any more information about the charity in Mongolia, the Christina Noble Children's Foundation, please visit the website: <https://www.cnf.org/>

Clare Wood

Highlights at Holy Trinity and St. John's

Refreshments, including a 'Pat Marshall special cake', were enjoyed after the Celebration Service in October to commemorate the re-ordering of St. John's.

Bishop Pete cutting the cake.



Photos by Liz Frost

The new chairs are now expected in mid December.....

Hopefully there will be photos of the *total* refurbishment in the next edition!

Holy Trinity's Hall now has a 'warm space' (Now listed as a 'Warm Space' on the City Council VAS website)

Community Café



every Wednesday 10am—12noon



As well as hot drinks, cake and space for all generations, there are toys and activities for children.

Everyone welcome!



Also, fortnightly 'In-house' Coffee mornings have now resumed see inside back cover for details



Take a breather from all the hype, excitement and build up to Christmas by spending a quiet, reflective Advent morning at the

Whirlow Spirituality Centre

(Ecclesall Road South) 10am —12.30pm Sat. 10th December

Sign up at the back of either church or let Angie or Matt know (details p2)

Thursday 8th December - 7.30pm St. John's

CHRISTMAS CONCERT

with mince pies and mulled wine



by choirs and friends from St. John's & Holy Trinity

Tickets £6 from Rhona: 0114 235 2575 or on the door



SHROVE TUESDAY

Don't miss out on pancakes!
Shrove Tuesday is on 21st February

Check the church website for details nearer the time!!

In addition to all the special services highlighted, several other significant events will be taking place during the months of December, January and February. To ensure you don't miss anything check on the Parish website, or pick up a weekly pewsheet from either church. These are a few to whet the appetite!

amchurchsheffield.co.uk

Services specially for younger folk on

Christmas Eve H.T.
3pm Crib Service
St. J's 5pm Christingle



Ash Wednesday 22nd February

Having gorged on pancakes the day before, Lent begins the reflective six-week lead up to Easter.

Details of Lent courses will be on the website after Christmas.

Worship at Holy Trinity and St. John's



December		Holy Trinity	St John's
Sun		Advent 2	
4th	08:00		Holy Communion BCP
	10:00	Family Eucharist Christingle	Holy Communion
	18.30		Advent Carol Service
Wed 7th	10:00		Holy Communion
Sun		Advent 3	
11th	08.00	Holy Communion BCP	
	10:00	Parish Communion	All Age Worship
	18.30		Service of Wholeness and Healing
Wed 14th	10:00	Holy Communion	
Sun		Advent 4	
18th	08.00		Holy Communion BCP
	10:00	Parish Communion	Family Eucharist
	18.30		Christmas Carol Service
Mon 19th	18.30	'Quiet' Christmas Service	
Wed 21st	10:00	Holy Communion	
Sat		Christmas Eve	
24th	15.00	Crib Service	
	17.30		Christingle
	23.30	Midnight Mass	Midnight Mass
Sun		Christmas Day	
25th	9.30		Holy Communion with Carols
	10:00	Holy Communion with Carols	
Wed 28th		No service	No service


January

Sun		Christmas 2	
1st	8.00	No service	No service
	10:00		Parish Communion with Carols
Wed 4th	10:00		Holy Communion
Sun		Epiphany	
8th	8.00	Holy Communion BCP	
	10:00	Parish Communion for Epiphany	
	18:30	Choral Evensong for Epiphany	
Wed 11th	10:00	Holy Communion	

Holy Trinity		St John's	
Sun		Epiphany 2	
15th	8.00		Holy Communion BCP
	10:00	Holy Communion	Family Eucharist
Wed 18	10:00	Holy Communion	
Sun		Epiphany 3	
22nd	8.00	Holy Communion CW	
	10:00		Parish Communion
Wed 25th	10:00	Holy Communion Conversion of Paul	
Sun		Presentation of Christ in the Temple	
29th	10:00	Service of the Word	Holy Communion

February



Wed 1st	10:00		Holy Communion
Sun		3 before Lent	
5th	8.00		Holy Communion BCP
	10:00	Family Eucharist	Holy Communion
Wed 8th	10:00	Holy Communion	
Sun		2 before Lent	
12th	8.00	Holy Communion BCP	
	10:00	Parish Communion	
	6.30		Taize Service
Wed 15th	10:00	Holy Communion	
Sun		Next before Lent	
19th	8.00		Holy Communion BCP
	10.00	Morning Worship Service of the Word	Family Eucharist
Wed 22	10.00	Holy Communion with 'Ashing'	
	18.30		Holy Communion with 'Ashing'
Sun 26th		Lent 1	
	8.00	Holy Communion CW	
	10.00		Parish Communion

March



Wed 1st	8.00		Holy Communion
Sun		Lent 2	
5th	8:00		Holy Communion
	10:00	Family Eucharist	Morning Worship Service of the Word
Wed 8th	10:00	Holy Communion	
Sun		Lent 3	
12th	8.00	Holy Communion	
	10.00	Parish Communion	
	18.30	Service of Wholeness and Healing	



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Parish Rooms, Main Road Hathersage. S32 1BB.

Tel: 01433 651718



Beating the Winter Blues

As winter deepens and the dark nights are long, many of us feel those inevitable 'winter blues'. But tempting as it is to draw the curtains and hibernate until March, the best way to shift your mood is to get out into the fresh air.

Fresh air is not only a natural mood booster, but has been linked to a whole host of health benefits, from aiding digestion and lowering heart rate, to strengthening immunity and reducing weight.

Now is the time to 'dust off your wellies' and head out for some crisp winter walks with family and friends. We have Millhouses Park within the parish, where you will inevitably meet other local people and go for a coffee and chat at the café (I am told they do a very good Latte).

A little further afield is the Longshaw Estate, managed by the National Trust, and we in Abbeydale and Millhouses are so lucky to have this great natural outdoor facility on our doorsteps.



Higger Tor, near Fox House

Walking at Longshaw can be a stroll to the pond, an easy-to-follow waymarked walk or striking out further afield. Follow one of the NT's downloadable walks, take a snap of the estate map on your phone or use the walked marked with arrows from just outside the Longshaw Lodge.



Longshaw

The Eastern Edges on Big Moor are the southern part of the Peak District National Park's iconic dark peak landscape, special for the diverse range of wildlife. You may see Red Deer roaming freely as well as ducks on the pond (always popular with the children), and a whole host of other animals and birds.

Here again is a very well stocked café, famous for its tasty scones, freshly baked on the premises. Using the café greatly supports the wide range of conservation activities undertaken by the volunteers at Longshaw.

If the weather is not so clement, there is also a very wide range of indoor clubs and activities which meet in our two church halls on a regular basis, and which all offer an easy opportunity for us to get out and socialise with other like-minded people over a cup of tea or coffee.

These include various dance sessions, indoor bowling, snooker, yoga, keep fit and Probus talks on a variety of interesting topics. Our two churches of St John's and Holy Trinity are very welcoming and serve coffee and biscuits to the congregations after Sunday morning services.

If all else fails forget 'spring cleaning'! Now is the perfect time for a winter declutter, which can be very therapeutic. The result of a cleaner living space really can help reduce feelings of stress and anxiety. It can also increase focus, productivity and give you a better night's sleep.....or come to either church where you will be made very welcome.

Andrew Horsfield

Other great local outdoor spaces are Ecclesall Woods and Ladyspring Woods.

The Discovery Centre in Ecclesall Woods provides a coffee stop, but if you need an adrenaline fix up around Beauchief Hall you'll have to take your own!

Parts of Ladyspring Woods are very steep, especially the part of the Sheffield Round Walk from Twentywell Lane. It is easier from Beauchief Abbey Drive. The deer in a field by the hall are now very tame and will come to the fence for apples and acorns — a great incentive to get the children out for a walk!

PMJ



Winter Quiz

1. How many times does the sun set and rise in the Arctic?
a) every day? b) once
c) twice?



2. Which zodiac sign runs from 22 Dec to 21 January?
a) sagittarius b) scorpio c) Capricorn

3. "Christmas won't be Christmas without any presents!" is the opening line of which classical novel?



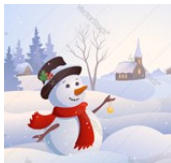
- a) Pride and prejudice
b) A Christmas Carol c) Little Women



4. Which winter sport is sometimes known as the 'roaring game'?
a) lacrosse b) curling
c) ice hockey

5. 'A Winter's Tale' is a song that reached number one in the singles chart in 1983 for which singer?

- a) David Essex b) David Bowie
c) Cliff Richard



6. The earth is closer to the sun in our winter than in the summer.
a) true b) false

7. In television's 'Game of Thrones' what is the name of the ancestral home of House Stark?

- a) Winterfall b) Winterfell
c) Waterfall



8. What is the name of trees that always have leaves during the winter?

- a) Deciduous b) Pines
c) Evergreen



9. The winter Palace can be visited in which city?

- a) Prague b) Vienna
c) St. Petersburg



10. Which fruit has a variety called 'winter banana'?

- a) banana b) pineapple c) apple

11. Which country has won the most medals throughout Winter Olympic History?

- A) Norway b) Canada c) Russia



12. Chionophobia is the extreme fear or dislike of what?

- a) winters b) snow c) China

13. Snowflakes usually have how many sides?

- a) six b) eight c) five



14. The largest snowflake ever discovered was about the size of a dinner plate.

- a) true b) false



15. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years in deep winter?

- a) Westeros b) Middle Earth c) Narnia



Compiled by AH.

Answers on page 21

STEWARDSHIP

We thank our Curate-in-Charge, Revd. Matt Wood, our associate clergy, church officers and many volunteers without whom the whole Mission of the Church could not be undertaken.

Each year the Council of the Parish of Abbeydale and Millhouses appeals to its members to reconsider their voluntary giving to the Church.

This year we are seeking additional helpers to distribute our Parish Magazine TRIO to over 4,800 homes and additional help with our Luncheon Club at St. John's and our Tots Groups at Holy Trinity. You can offer your help by contacting our Church Wardens.

We all are facing increasing costs of living, especially in food and energy and the Church is facing similar pressures. To provide our Church Mission costs over £250,000 per year. But Ministry and energy costs in particular are rising faster and in 2023 we need an additional income of £7,800 to cover these costs.

We are increasing contributions towards the hire of our buildings and installing solar panels on our halls to save energy costs. We will be seeking a relatively modest increase in Church members' regular giving of an additional £1 per week.

Please ask for regular-giving envelopes or our regular giving pledge forms by contacting Neil Bridgwater: 93 Wollaton Road, Bradway, Sheffield S17 4LF. bridgwater@talktalk.net

David Crosby



NEWS FROM MILLHOUSES METHODIST CHURCH



Season's Greetings to all our friends in the Millhouses community!



We are really pleased that this year our traditional Christmas Tree Festival can go ahead.

In 2020 we had to cancel it altogether because of the pandemic and last year we had a somewhat cut down version.

This year we are back to normal and also trying a new venture. We see the festival as a great opportunity to link with our local community.

Church groups, groups who rent our buildings, local businesses and three local schools will be putting up trees and contributing to a stained glass window type display.

Our decorations this year will reflect the words of the carol *"Come and join the celebration"*. The lights will be switched on during our Advent Sunday morning Service, (27th Nov), followed by a public launch event on Thurs 1st Dec. We are delighted that children and young people from Sheffield Performing Arts will be singing for us at this event.

During December there will be five sessions when the church will be open to the public. Come and visit, see the trees and have some free fruit punch and mince pies.

There will also be six sessions for school children to visit. We are expecting over 240 children to take part in these visits. They will look at the trees, hear the Christmas story, take part in a quiz and do some artwork.

There are no admission charges to our festival but visitors are invited to make donations which are shared between church funds and our chosen charity. This year we are supporting Weston Park Cancer Charity.

So, what is this year's new venture?

We realise that for many people Christmas can be a very hard time of year. For all sorts of different reasons people may find all the fuss overwhelming and upsetting.

On the longest night of the year, Wednesday 21st December, we are holding a quiet, creative "DROP-IN" session with "stations" to visit, time to reflect and pray..... No frills, no tree lights, no hype....just "God space". Hence the name of the evening... "SIMPLY CHRISTMAS".

We look forward to seeing many from the Millhouses community during this special time.

Christmas Tree Festival...

"Come and Join the Celebration!"

Opening Times

Thursday 1st December...Launch Event
5.15.pm - 6.15.pm
Saturday 10th December..... 2pm - 5pm
Sunday 11th December..... 2pm - 5pm
Saturday 17th December..... 2pm - 5pm
Sunday 18th December..... 2pm - 5pm
Christmas Eve..... 2pm - 5pm

Free Hot Fruit Punch and Mince Pies

Special Events

Friday 16th December
7.30.pm
Community Carol Service
with the John Wade Singers

Wednesday 21st December
7.00.pm - 9.00.pm
Simply Christmas

CHRISTMAS DAY 10.00.am
Morning Worship

Simply Christmas

Wednesday 21st December
7.00.pm to 9.00.pm

A "DROP-IN" EVENING

Come and spend some
time in peace and quiet.

An opportunity to reflect
and pray
away from the busyness
and fuss of
typical Christmas
celebrations.



Admission to our festival is free of charge but any donations will be shared between church funds and Weston Park Cancer Charity

Sterndale Christmas Singers Concert

Friday 16th
December
7.30pm

Tickets £12
Students £6
U16 Free

Holy Trinity
Church
Millhouses
Grove Road,
S7 2GY



The programme includes a wide variety of Christmas Carols, both well-known and new, interspersed with seasonal readings. Seasonal Refreshments will be available.

For more details and tickets visit www.sterndalesingers.org



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BOOK REVIEW: 'Zero Altitude'

by Helen Coffey

This is a book for a zero climate post-pandemic world written by an experienced travel journalist who had grown tired and increasingly sceptical about the sustainability of the seemingly inevitable expansion of air travel.

It is a well-researched and – as you'd expect from a good journalist – readable account of her own journey from frequent flyer tourist to a traveller who grew to appreciate the wonder of many locations in the UK and abroad which we can all reach by train and boat.

Many people of my age can remember the excitement of air travel before the age of mass travel. My own first ever flight was at the age of 19 to be best man at a school friend's wedding in America. It did feel glamorous, it felt as if you could explore any part of the world and flying felt like an affordable if occasional delight.

My last flight was certainly no fun and not the slightest bit glamorous. Angie and I flew to Berlin for our son's 40th birthday just as Europe was opening up again post pandemic. I'll spare readers the full detail but the dire management of this human cargo by the airport and airline ended with a sprint through Manchester Airport and just getting through before the door closed behind us.



So I was interested in what Helen Coffey had to say about all this. It was climate change that prompted her to give up being a frequent flyer (average 50 flights a year!) and she gives a well-researched account of the impact on global warming of air travel. There are many fake statistics around on this and I'd recommend reading this book for the insight she offers on this. I'll quote just one stat – she concludes that domestic air travel is more than six times as damaging to climate warming as rail travel.

So she took her decision to change her way of life and travel in 2019. And then the pandemic hit! But in fact that gave her hope because we all immediately saw that all kinds of things were still possible without air travel and all of us saw that there was less local and national pollution with less travel of all kinds. The air tasted better.

Her book then includes some lovely and heart-warming accounts of her new travel life. Getting the sleeper from London to Inverness.

*Penzance to Scilly
Isles Ferry*



Lurching along the waves from Penzance to the Scilly Isles. And a particularly entertaining account of

travelling by ferry from Marseille to Tangier on her first cross-continent air free travel.

The book has only just been published and is full of hope as well as challenge. Hope that the world might change post pandemic and challenge of working out new ways of exploring the world, particularly locally. But I wonder whether the author is not now a little disappointed. Has the world not bounced back to its air travel excesses, judging by the queues at the airports this summer?

But there is an important truth at the core of the book. We all face an individual challenge about what we do about climate change. It's not just down to governments at global conferences. It's down to all of us what we do. So, the book has set me thinking. And next time we go to Berlin, we might just take a bit longer and go by rail

Peter Lauener



Answers from p18: 1) b, 2) c, 3) c, 4) b, 5) a, 6) a, 7) a, 8) c, 9) c, 10) c, 11) a, 12) b, 13) a, 14) a, 15) c

Brighten up a long January day by baking

Galette des Rois



A traditional French Epiphany Cake

This delicious January treat is easy to make and consists of a buttery frangipane pastry. 'Galette des Rois' means 'King's Cake'. Though not a typical Provence recipe, this cake is widely sold in local bakeries in January. The traditional 'King's Cake' is a brioche and contains candied fruits, but this one is different!

Ingredients

- 460gm Puff Pastry (2 rolls of ready made)
- 100gm Ground almonds
- 75gm Sugar
- 2 Eggs, (1 whole egg, and 1 beaten yolk)
- 50gm Butter – at room temperature
- A few drops almond essence
- 1 Small ceramic figurine or a dried broad bean, (or whatever you think appropriate for a surprise!)
- 1 Paper crown, (from a cracker?)



Instructions

1. On a lined baking sheet, roll out one piece of pastry into a thin circle, (30-35cm). Prick several times with a fork.
2. Mix all other ingredients, except the extra egg yolk, beat until thoroughly mixed and becomes a thick paste.
3. Spread the paste over the pastry, leaving an edge of approx. 2cms.
4. Using the extra egg yolk, brush round the edge. (This will be the 'glue' that holds the top layer of pastry.)
5. Place the figurine, (or whatever!), somewhere away from the centre.
6. Roll out the second piece of pastry and place on top, pinching the edges to make them stick.
7. Prick a few holes with a fork and, if you wish, cut a pattern into the top.
8. Brush all over with the remaining egg yolk to make beautifully golden.
9. Bake at 200' C (400' F) fan assisted oven for approx. 25 mins or until golden.

Place the crown on the cake before serving. The one who gets the figurine in their piece is the 'King' and gets to wear the crown!!



*"No winter lasts forever
No spring ever skipped its turn to shine!"*
Hal Borland

Warmer weather, especially when on holiday, is usually the time when folk pop into a church to admire the architecture, stained glass or some other attraction. This winter many churches are opening to provide a warm space so home heating costs may be saved. What a golden opportunity to do look at 'brasses' and even do a bit of brass rubbing!

Pat Roddis gives an insight into her life long passion with this hobby.

MONUMENTAL BRASSES AND BRASS RUBBING



You may have seen brass memorials in churches – you may even have walked over them, set in stone paving, and wondered about them. Indeed, there have been church brasses for hundreds of years - they are part of our heritage.

Monumental brasses were introduced to this country in the thirteenth century at a time when there was already travel and trade between England and the continent. At that time in France, Germany and the Low Countries, brass plaques were used to decorate tombstones; merchants, soldiers and travellers saw these monuments and it became the custom for them to order their own memorial, to be made in a continental workshop, transported to England and stored until needed.

The first known brass in England is dated 1277 – it is of Sir John D'Auberon of Stoke D'Auberon in Surrey, a fine knight in a suit of chain mail with a sword at his side, a shield on his arm and a lion at his feet. Many brasses were originally decorated with enamel but this has worn off through succeeding centuries.

During the next three centuries, brass memorials became increasingly popular – it is estimated that at one time there were about 50,000 on table tombs, laid into stone slabs on floors and set into walls. They were dedicated not only to knights and their ladies but also to clerics, lawyers, merchants, and tradespeople. There are shroud and skeleton brasses, brasses to stillborn babies and babies that died soon after birth. Some brasses depict families with all their children; a few show animals or the sign of a trade.

Workshops were eventually set up in England and the brasses were made here.

The brass used was, in fact, latten – an alloy of copper and zinc. This was hammered into sheets by hand and then engraved using a tool known as a burin.



c. 1375. Sir Simon of Wensley, Wensley, Yorks.

c. 1525. J. Yong, New College, Oxford.

But in the sixteenth century came the dissolution of the monasteries and the looting of many church treasures. Many brasses were taken from their bases and it is said that the cannon balls used during the Civil War were made from melted down brasses. Nevertheless, there are still many to be seen in churches throughout the country.

In the late eighteenth century, two gentlemen rode on horseback round the country listing the brasses and taking rubbings. They did this using paper and a pad of powdered graphite, and this is how brass rubbing began. This has become a popular pastime though nowadays the rubbing is done using sticks of wax. Many churches no longer allow rubbing of the original brasses but there are facsimiles moulded on the originals which enable the rubbings to be made. It is an interesting and enjoyable hobby and you can produce some very satisfying results!

The nearest churches to see brasses are in Hathersage, (the Eyre family), some fine ones at Tideswell and there is one at High Bradfield. Norfolk is particularly rich in brasses, also the Cotswolds and southern counties.

I have several rubbings to give away, (between 1ft. and 5ft.), if anyone would like one, please contact me or the editor.



1579. R. Pursglove, Tideswell, Derb.



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Keeping the kids occupied when it's cold, dark and wet outside whilst avoiding too much screen, (large or small!), watching can be challenging — especially when money is tight. These simple, cheap and rewarding activities usually go down well with all ages.

Christmas serviettes

You will need:

1 pkt of plain red serviettes

White paper or card. (You can even buy paper drink mats to save cutting!).

Scissors

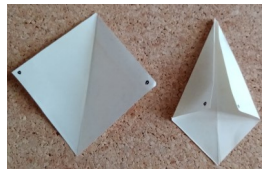
Felt tips (or sequins for the eyes and nose).

Serviettes usually come already folded into four, so simply fold the square diagonally to create a centre crease. Now fold the other two corners, (shown by the black dots), towards the crease so they meet. Turn the serviette over.

Using the white paper/card, roughly cut out a circle for Santa's head. (No need to be exact... curly hair and beard come in many forms!!). Cut a slit in the 'circle' and draw or stick Santa's facial features.

Finally thread the serviette through the slit.

Your guests should be impressed!!



Painted pebbles - self-explanatory!!



Alternatively use scraps of fabric, and/or cotton wool and stick them on.



Although it is traditional to take down decorations on the 12th night after Christmas, here are a couple which could stay up through the cold months of January and February. Whilst out on that Christmas walk, collect twigs and pine cones.. plenty around without letting the kids breaking any off the trees!

Fir cones make delightful owls!

In addition to the cones, all you need is some cottonwool, bits of felt or fabric scraps, (sequins make lovely eyes if you have any!), a black or brown felt tip and some glue.

Stuff the cottonwool into the cone and stick on eyes and a beak. Use the felt tip to mark 'feathers' on the wings.

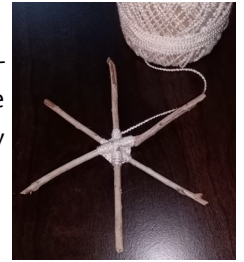


Snowflakes

3 twigs – all the same length, (but any thickness or length depending on the size you want).

White or silver wool, ribbon, or thread. (Or whatever colour you fancy!!!!. The thicker/longer your twigs, the thicker you need your 'wool'.)

Using one end of your 'yarn', loosely tie the twigs together in the middle. Spread the twigs out evenly to form a 6-pointed 'star'.



Loop the yarn round each twig in turn, building up from the centre.

Putting two loops round each time, (i.e. a clove-hitch!), holds the yarn more firmly. Push the loops closely together for a dense snowflake; space them out for a spider's web effect. Try making different patterns by looping

alternate twigs. Try weaving more yarn round the cross pieces...



Remember every snowflake is different!



Enjoy being creative - what ever your age!

Compiled from various ideas/sources collected overtime! - Editor

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The Children's Society

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supporting disadvantaged

children to have better lives



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She's my lovely
blue angel

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Regular Parish Activities – for special events see p.14



Holy Trinity & St. John's
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A stall is held regularly after the 10 am
service in both churches

Carers and Toddlers

Thurs 10.00am H.T. Tots
Contact: Pat Kirbyshaw - 236 2643
Frid 10.00am Carers and
Toddlers - St. J's
Contact: Andrew Horsfield mail@andrewhorsfield.co.uk



Thursday Lunch Club - at St. John's for the elderly and lonely



*Always needs volunteers and
cooks.*

Contact: Jane Blockeel
0114 236 6861
Jblockeel@aol.com

Community Café

Wednesdays 10am–12noon
Holy Trinity Hall's 'Warm Place'
for all ages – see p14



Mon 4.30pm **Rainbows** – St. John's 249 4113
Mon 6.00pm **Brownies** – St. John's 07588
240224
Tues 5.30pm **Rainbows** – H.T. Church Hall 235



Trefoil Guild



Meets on the third Monday each month
in the 94 Room at St. John's at 7.45pm
Contact: Pat Jackson 281 7557



Parish Centre, Dobcroft Road

Monday 6.30 pm Cubs
8.00 pm Explorers
Thursday 7.00 pm Scouts
Friday 6.10 pm Beavers

Contacts: Jeremy Holmes (Scouts & Explorers)
jeremypiglet@gmail.com 07703 441 613
Andrew Bullock (Beavers & Cubs)
ajbullock@blueyonder.co.uk

Handbells

Mondays 2 pm 94 Room St. John's
Contact Margaret Ibbetson 236 4184
New ringers warmly welcomed



amchurchsheffield.co.uk

Mothers' UNION

3rd Wed in each month at 2.15pm
94 Room St. John's
Contact 0114 274 7372

CHURCH CHOIR & MUSIC GROUP

Choir: Practices Fri 7.30–8.45pm at St. John's
Sun 9.30am before the 10am service—see
calendar p13 for venue!.

Music Group: Leads worship 10am H.T. first
Sunday of each month. Practice
9.15am before the service



New members welcome for both!

Contacts: Mary Cobbold MA FRCO (chm) 07721 594095
Alan East MA ARCO 07535 595044



Monthly (alternate Mon/Tues) COFFEE MORNINGS

See website calendar for each venue
contact: Val Wiley 236 0726

St. John's Snooker Club

welcomes new members,
male or female, beginners
or experienced, any age or
religion



The club meets at back
of the church hall (Abbeydale Road South)
on Mondays at 6.30pm
Contact Michael Minns on 0114 274 7372



Come and have a go..

INDOOR Carpet BOWLS

Where? St John's Church Hall
When? Thursday afternoon 2–4pm
Beginners welcome!

Contact: Audrey Cutts 236 0613

Easter Edition of TRIO

DEADLINE for articles

Friday 3rd February 2023

Published Friday 3rd March 2023



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