

A vibrant collage of fresh produce. The top half features a variety of fruits: several ripe peaches with red and yellow skin, clusters of purple and red grapes, and a bunch of bright red tomatoes. The bottom half shows a variety of breads, including a large loaf of dark brown bread, several smaller round loaves, and slices of white bread. In the bottom right corner, there are several fresh orange carrots.

trio

Abbeydale and Millhouses Parish
Magazine

Harvest 2022

Parish of Abbeydale and Millhouses

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From September ... **SUNDAY Services**

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

htmillhousesoffice@yahoo.co.uk

or Bev Ramsey 0114 249 0377

Emergency contact: The Revd. Matt Wood 07900 435762

revmatt@abbeydaleandmillhouses.org.uk

(or The Revd. Dr. Angie Lauener 0114 236 2188)

CHARITY NUMBER 1142485

From the clergy.....



Dear Friends,

The time that John Keats described so beautifully as the 'Season of mists and mellow fruitfulness' is almost upon us once again. For me one of the great joys of living at this latitude is the changing seasons. As I write this, looking out on a mauve sunset at the end of another hot late summer day, a flock of jackdaws is flying overhead to its roost at the local cricket ground. They spend the day down in the valley, no doubt searching for food amongst the trees that line the river. At this time of year there must be a bulging larder of seeds, fruit and invertebrates for them to forage.

The autumn is a time when, in many cases, crops and trees that have been growing throughout the summer are heavy with fruit and are ready to be harvested. Most of us are now quite distant from an agricultural way of life, but perhaps the rhythms of the farming year do still murmur away at the back of our minds as part of our tribal memory.

I did a little bit of research into harvest festivals prior to writing these few words and was surprised to learn that, in fact, what we might see as a centuries-old tradition of church services with hymns full of countryside imagery and thanksgiving, is in fact not as old as we might think. What we now know as 'harvest festival' was the brainchild of the Revd Robert Hawker, a Devonian priest, who began a new kind of service in 1843 at his parish of Morwenstow in north Cornwall. Our tradition of decorating churches and school halls with locally-grown produce, was first begun by Hawker building on earlier Saxon and Celtic Christian customs. Throughout the Victorian era, the festival was steadily embellished and romanticized, probably to act as a counterweight to the growing influence of the Industrial Revolution.

It's striking to think that, even as early as the first half of the 19th century, people were beginning to perceive a need to hang on to humankind's links to the land. Looking back at Hawker's response to the march of industry might prompt us to pause and reflect upon where we are as a society today. The food industry is an ever-growing global trade network

which strives to meet seemingly unstoppable demand. And we're beginning to witness the palpable economic and climatic effects of our demands for more, faster and cheaper than before.

As summer turns to autumn and the earth brings forth its fruit, it's perhaps a good time to reflect on our relationship with food, as consumers, buyers, and maybe growers and harvesters ourselves.

Maybe we could each challenge ourselves over these weeks surrounding harvest to pick an item of food that we buy regularly, maybe one of our favourites, and find out about how it makes its way to our table. What country does it come from? Who grows the raw ingredients? Does the company that manufactures it have ethical policies on employment and the environment? This feels like it could be a particularly mindful way, at harvest time, to be thankful for the food we eat.

In addition to Harvest Festivals at Holy Trinity (2nd October) and St John's (9th October), there's a huge amount going on in the parish in the coming weeks. With the reopening of St John's we are able to expand the pattern of worship at the two churches. We are looking forward to welcoming Bishop Pete on 16th October to help us celebrate the work that has gone on at St John's. There will also be services at both churches on Remembrance Sunday (Nov 13th). Keep an eye on the website for details of services and social events.

Having been a schoolteacher for 20 years, September always feels a bit more like New Year than January 1st, and it's often been, for me, a time of reflection and thinking about the future. As we focus on food in this issue of Trio and start, hopefully, to feel a little more normal post-Covid, it could be a good time to think about the things that really nourish us. Would we benefit from getting in touch with a friend with whom we've lost touch? Is there an activity that we've really missed that we could re-start? Maybe there are new things that you're keen to try out.

Whatever the season of mists and mellow fruitfulness brings, I hope you will all find nourishment in the things that you do and that your fruitfulness will be a blessing to others.

God bless, **Matt** (Curate-in-charge)

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Matt - the story so far...



A few weeks ago Eric, the verger at Holy Trinity, confided in me that people had been asking him how old I was. Some of the guesses were very flattering, some less so! As it would take a very long time of interrogating Eric to find out all of the key details from the last 45 years of my life, it seems a good idea to tell you a little about myself here. Perhaps we can then have a round about this article at the St John's quiz night to see how much you've learnt!

I spent the early years of my life in the Kent seaside town of Broadstairs - a thoroughly unspoilt Victorian seaside resort which is well worth a visit, not least for Morelli's Ice Cream Parlour, which I don't think has changed at all since the 1950s.

As a boy I spent a lot of time in church as mum was the Parish Secretary, Verger and Sacristan and Dad did a huge amount including a spell as churchwarden and a lot of serving at Sunday services. You could say it's in the blood. I joined the choir aged seven and so began a life not only in the church but also in music. My piano teacher in my younger years was a wonderful man called Dick Cook who happened also to be the choirmaster of the other church in our parish. Dick was a huge champion of all young musicians and I have him to thank for many of my early opportunities to perform, try out (not very good) GCSE compositions and even conduct the church choir.

After A-levels I went to university in Lancaster to study Music and English. University wasn't an entirely happy time but I did love being in the north which had long been a spiritual home as one of my godparents, Robert, was a Yorkshireman. By the time I was at university, he and his wife Margaret had moved to a village near Ilkley so I was able to visit them regularly on the beautiful rural train line from Lancaster which runs through Bentham and Giggleswick.

A year living back with my parents followed Lancaster as I undertook a teacher training course at Canterbury Christ Church University. My first job was as a Head of Music at a school near Dartford in Kent and I later went on to work at schools in Surrey, West London and Southeast London.

It was during my seventh year as Director of Music at the last of these schools that I decided, after 20 years of classroom teaching, to take a year off.

I had an inkling, but I didn't quite realise at the time that this 'gap year' of deciding what to do next, would turn swiftly, with the support of a wonderful Diocesan Director of Ordinands in the Chichester Diocese, into a year of discerning a calling to ordained ministry. By this stage Clare and I had moved to Eastbourne to be nearer to her job (teaching Maths at Eastbourne College) so I was taken under the wing of a parish just north of Eastbourne and spent the year with them, eventually going successfully through a Bishop's Advisory Panel and moving to Oxfordshire to study for two years at Cuddesdon Theological College.

It was the most wonderful two years of learning and formation in the Oxfordshire countryside and we made friends there with whom we will be very close for life.

Towards the end of the second year we started approaching dioceses to see if they had any space but, as is so often the case, God laughs at the plans we make and just as we had turned down a potential move to one particular diocese a letter arrived from Bishop Pete asking me to get in touch.

And here we are nearly three years later having served two years of my curacy with the good people of St John's in Ranmoor and now, at the request of the Bishop of Doncaster, I have the great privilege of being Curate in charge of Abbeydale and Millhouses.

We absolutely love it here and we're so grateful for the welcome we have received. If you haven't introduced yourself yet, please do and if you've already reminded me of your name several times, please keep going - I promise I will remember everyone's name in time!

A few key details that didn't feature in the narrative above:

- Clare and I met in 2014 and were married at Southwark Cathedral in 2015
- Since we met we've moved house six times
- We have two cats - Bubbles (a boy... a fat boy) and Holly, his sister, who is half his weight.
- Clare is a far more interesting dinner guest than me. For example, she has lived with nomads in Mongolia (in winter), managed a ski hotel in France and taught maths to undergraduates in Kazakhstan amongst many other things. She'll have to write her own article in the next edition of Trio!

The Grace Foodbank was set up in 2012 and the aims are now: 'The prevention or relief of poverty, amongst people residing primarily, but not exclusively, in the S8 postcode area of Sheffield by the provision of emergency food parcels, items, services and facilities to help individuals in financial need.'

Food parcels are provided to families and individuals who are referred by a wide range of health and social care professionals, or workers in the voluntary sector. Initially food parcels are provided for up to three weeks.

During this past year there has been a very large increase in the number of people who are struggling with debt and arrears. Many of these people applied for a hardship payment when they first applied for Universal Credit and now have to pay it back. Others took hardship loans when they were sanctioned, fell behind on rent and other bills during the pandemic, or borrowed money during the pandemic and now cannot afford to pay it back. Very, very few people borrow money to fund an extravagant lifestyle. Most people borrow money to help them "get by" so that they don't have to ask for help.

Unfortunately, some people have to wait many months for assessments and tribunals for ill-health and disability related benefits and, increasingly, many of the people referred to the Foodbank are just struggling with not enough money to pay rising bills.

Clients to the Foodbank usually receive food bags at weekly intervals. It is estimated that the standard set of food bags will feed two people for one week. The number of bags is adjusted depending on the size of the family. Nappies and baby food are provided when requested and food bags to suit different medical or religious dietary needs such as Halal bags, gluten free bags, lactose free bags, etc. are provided on request. At the start of their referral all clients receive a toiletry bag of basic toiletries and household products.

Services of the Grace Foodbank have developed with time. One of these initiatives is **Grace's Grocery Store**. This is the Foodbank's version of a social supermarket and has been open for one full year.

It is a response to the reality that there is a transition period between needing a full foodbank referral and being able to fully participate in the market economy for food.

Once clients are no longer in crisis, and have some money but still have ongoing problems, such as waiting for a Debt Relief Order, the client is invited to come to the "shop" where they pay £2 and can choose their own items from a suggested shopping list. Each client can take at least 45 items each week. Fresh produce is purchased each week by the Foodbank. This includes Halal meat and vegetarian alternatives where appropriate. Attendance at the "shop" is by referral from the Foodbank.

Other initiatives of the Foodbank are the **Community Recipe Packs** (the Foodbank version of 'Hello Fresh'!) – a weekly recipe pack to make a meal for 4 people that is given out in school term time. The recipes can be easily cooked with or by children so it is a family activity as well as a meal.

Meet and Eat is a long standing project of the Foodbank. A small group of clients meet to cook and eat a two course meal using fresh ingredients as far as possible. Any leftovers are shared out and everyone who attends has the chance to take home a pack to cook one of the recipes enjoyed in the session.

Some Grace Foodbank Facts from the year ending March 2022:

BETWEEN FOODBANK PARCELS AND GRACE'S GROCERY STORE, FOOD HAS BEEN PROVIDED TO 2121 ADULTS AND 1031 CHILDREN.

THE FOODBANK ESTIMATES THAT AT LEAST 3700 VOLUNTEER HOURS HAVE BEEN DONATED DURING THE LAST YEAR. THAT'S EQUIVALENT TO £36,630 AT THE RATE OF THE REAL LIVING WAGE.

THE FOODBANK GAVE OUT 2684 RECIPE PACKS, PROVIDING A TOTAL OF 10,664 MEALS, DURING SCHOOL TERM TIME.

THE FOODBANK GAVE OUT 755 RECIPE PACKS, PROVIDING A TOTAL OF 7,260 MEALS, DURING THE SCHOOL HOLIDAYS.

Concluded on next page

How is the Grace Foodbank Funded?

It is simple! The Foodbank is able to help its clients only because of the support and involvement of the community. Local churches have always acted as collection points for food. Additionally there are some people who have always preferred to make monetary donations and during the pandemic many church members throughout the community began to make regular financial donations directly to the Foodbank. Some of the local street WhatsApp groups that had sprung up during lockdown continue to collect food; and also some schools collect food at Harvest and Christmas. A wide range of community groups, sports clubs and workplaces also collect food or raise money either regularly or as a one-off.

The Grace Foodbank is very fortunate to have a permanent collection point at Sainsbury's Archer Road and donations are received from Tesco via FareShare Go. In addition some food donations also come from Morrisons.

Donated food is weighed, sorted and date checked by volunteers and then packed into bags ready for distribution. The store is at the old manse attached to the Michael Church in Lowedges.

The Foodbank received 34,950 kg of food during the last year – a decrease of 29% on the previous year.

St John's Abbeydale, and Holy Trinity Millhouses, both support the Grace Foodbank through weekly collections of food, the collection point for each church is a **large white box marked 'FOODBANK'** and placed at the back of the church close to the doors.

Please feel free to come into either church and drop off food for the Foodbank.

The foods currently collected are:

- Tinned food – meat, fish, soups, beans, vegetables and puddings**
- Tinned tomatoes – in constant demand**
- Plain white rice/microwave rice**
- Jars of pasta sauce**
- Breakfast cereal**
- Instant mashed potato**
- UHT milk**
- Tinned custard/sachets of instant custard**
- Tea**
- Coffee**
- Sugar**
- Jam**
- Biscuits**
- Snacks**
- Sweet treats**
- Cartons of long-life orange juice**
- Washing-up liquid**
- Laundry powder**

The Grace Foodbank would like to thank you for your kindness and continued support.

Lentil Soup ... try this healthy, in-expensive, filling, family favourite

- | | |
|-----------------|--------------------------------|
| 4 tblsps oil | 2 cloves garlic |
| 2 onions | 8ozs (225gms) red lentils |
| 2 carrots | 2 pts (1.2 lts) stock or water |
| 2 sticks celery | Salt & pepper |

Heat oil in a saucepan and cook the onions and celery gently until softened. Add the carrots and garlic, cover the pan and cook for a few minute more. Add the stock or water and lentils and bring to the boil. Season to taste. Simmer, covered, for about 45mins. Serves 6–8

Jean White



"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."

GUY FIERI



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**Come, ye thankful people, come.
Raise the song of harvest home!**

Harvest festivals are part of the fabric of church life and events familiar to most people. I remember being sent to such services as a child with a donation of fresh fruit to be added to all the other gifts of fresh produce which made the Church look and smell lovely. I was quite oblivious to the resulting logistical headache of distributing the offerings before they 'went off'. Nowadays Holy Trinity, (and St. John's), collects non-perishable items, like tinned food and boxes of cereal, which can, for example, be donated to the Cathedral's Archer Project which feeds and supports homeless people in Sheffield, enabling the benefit to be felt long beyond the shelf life of a bunch of bananas.



The essence of harvest festivals remains the same: giving thanks to God for what we have and sharing this with the less fortunate. But for many of us in Sheffield an actual harvest is something we experience remotely (if at all), perhaps by watching 'Countryfile' or listening to 'The Archers'. Food poverty in this country is a real phenomenon, evidenced by increasing demand on food banks and exacerbated by the current cost of living crisis. But for most of us in this community anxiety about what we are going to eat is allayed by a quick rummage in the freezer and planning the next supermarket shop.

How different from our forebears for whom bringing in a good harvest was literally a matter of life and death. History gives us many examples of the disastrous consequences of bad harvests.

The Great Famine of 1315 to 1317 which afflicted northern Europe occurred when severe winters and cold, wet summers caused widespread crop failure. Such food reserves as existed were for the rich and powerful. In southern England an estimated 10 – 15% of the population starved to death. More recently in the 1840's the Irish Potato Famine led to immense suffering, loss of life and social upheaval, the consequences of which are felt to this day. The impoverished Irish tenant farmers were wholly dependent on their potato crop. When blight caused this to rot in the fields hunger claimed around a million lives. Millions more emigrated, seeking a better life elsewhere, principally in the USA. The indifference of absentee landlords and the authorities made a bad situation immeasurably worse.

Little wonder then that a good harvest has always been a cause for celebration. The Romans held festivals in honour of Ceres, their goddess of agriculture. In Jewish tradition the autumn festival of *Sukkot* gives thanks for the bounty of the previous year.

In the USA the annual Thanksgiving holiday is a time for expressing gratitude for food and other blessings. It commemorates the celebratory feast held by the Pilgrims at Plymouth following their first successful harvest in 1621. This had only been possible with the assistance of the local Native Americans who were also invited to the party. Without their intervention, teaching the English settlers how to grow maize and donating some of their own food, the settlers would have starved.



For many people in the world a good harvest gathered in by their own hands is still all that stands between them and their families and hunger. According to the World Food Programme, one person in nine worldwide still does not have enough to eat. Climate change and ongoing conflict are adding to the problem. Yet at the same time, it is estimated that around a third of the food produced globally is wasted. In many cases famines are caused by human behaviour. Where they arise from natural causes, appropriate and timely human intervention could ameliorate the consequences. Either way, people should not be starving. There is enough to go around.



Those of us who have never experienced real hunger truly have much to be grateful for this harvest time.

Andrew Bullock

**FOOD IS OUR
COMMON
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EXPERIENCE**
- JAMES BEARD

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Brian Cranwell reflects on.....

Food – Production, Praise and Prices

I have been interested to see that one of my neighbours has converted one of his main flower beds to growing vegetables, and with food prices soaring I know that others are making more effort to produce their own

I have always admired people who are successful in growing vegetables, something I have tried myself once or twice with very mediocre results. The only times I have been reasonably successful has been during my time in Kenya and Malawi where I was able to employ a competent gardener in each place. As a result of their labours we were almost self sufficient in everyday items such as potatoes, carrots and cabbages.

Those of my generation will recall the efforts our government made to encourage us to grow our own during World War II. The poster with the slogan “**Dig For Victory**” was widely displayed and with great success generally, thus reducing the need for imports during wartime.

Unfortunately little of this success was contributed by my father, whose competence was fairly negligible in this activity. The main success he had was growing some tomatoes on top of the Anderson Air Raid shelter, but when my grandmother, who was living with us during the war period, discovered that he had been using a neighbour’s chicken droppings as manure, she refused to eat any more of them.

The most significant item of food in scripture is bread. A traditional Jewish meal is still incomplete without breaking of bread, Bread has a lot of significance in Judaism. The eldest member of the family breaks the bread, (after a ritual washing of hands), and gives it to everybody. A blessing, “**Blessed are you, Lord our God, King of the universe, who brings forth bread from the earth**” is said before and after a meal, in the same way that I was brought up to give thanks before every meal. In Africa too I found that the phrase “break bread with us” was a general invitation to share a meal, and the breaking of bread in the Eucharist has more significance about sharing than simply being a a religious ritual.



One of my more amusing memories of DIY food production happened in Malawi. Our vegetable garden was alongside quite a busy road and we had a good range of produce from it. We had no fence only a small hedge, but we never suffered from any theft.. On the opposite side of the road lived a Portuguese family whose house and garden were surrounded by a large wire fence.

In addition they had two large dogs who would make fierce noises if anyone came too near the fence, within which there were chickens and ducks as well as a vegetable garden

One morning we were woken up at about 5.0 am by a terrific row emanating from the Portuguese home. When I went out to find out what the trouble was I learned that someone had broken into their compound and most of their chickens and ducks were missing as well as some vegetables.

The extraordinary thing was that although there were clear gaps where the perpetrators had broken through the fence the dogs were unharmed, but seemed to have accepted this forced entry.

Whether this indicated that the dogs knew the people involved we never discovered,, but our property was never touched.

The tribe in Kenya most keen on vegetable growing were the Kikuyu, who supplied most of the wholesale markets in Nairobi. In Western Kenya, where I spent most of my years one could always tell the home of a Kikuyu family living in a mixed tribal community by the fact that even the smallest space of earth in their house surrounds would be filled with edible produce, and if their building had two stories, window boxes could be seen again growing edible produce.

A greater effort on this in UK would reduce the need for imports, thus reducing carbon emissions in transport, and perhaps reducing the number of houses where the occupants or the original builders have smothered their front lawns with concrete or slabs for car parking, a practice that means rain water can only flood into the street, putting a strain on drains and causing flooding.

Parish Events this Autumn

Harvest Festivals.... 2nd & 9th Oct

An opportunity to give thanks for all our blessings and give to those whose need is greater than ours. As usual we shall be collecting for the **Cathedral Archer Project** - www.archerproject.org.uk

Bring your gifts, (*dry food, cereals, tins, UHT milk, or monetary*), to one of our services, (see opposite page), or leave at the back of either church.

Thank you for helping us to help others.



Lest we forget



On **Sunday 13th November** Services and Acts of Remembrance will be held at both churches — see opposite page for details.

Carols for Advent

Sun
27th Nov 6.30pm,
venue to be decided,
so check the website.



Update - Re-Ordering of St John's Abbeydale Road South

As TRIO goes to press, the major works at St John's are complete, so we should be back in the building soon. The work that has been carried out is of an exceptionally high quality and we are very much looking forward to opening the doors and returning to worshipping together in the newly refreshed space.

The old pews have been removed and the floors levelled, sanded and polished; new pale blue carpeting has been laid to reflect the blue in the existing ceiling; a new kitchen area has been formed in the South porch and a disabled toilet has been built in the North Porch. In fact, this may be the only toilet in Sheffield to be adorned with stained glass windows!



Looking to the back

New hardwood doors to both porches give much easier entry to, and egress from the church.

New chairs have been on order for several weeks, but delivery has unfortunately been delayed because the original supplier ceased trading without informing us, but they should be with us soon.

To complement the building works, royal blue cassocks have been ordered for the choir, and the Bishop of Sheffield, Bishop Pete will preside over a **service to celebrate the re-ordering work at St John's on Sunday 16th October 2022 at 4pm**. All are very welcome to come and view our new church.

Andrew Horsfield

TOADS

(Totley Operatic and Dramatic Society)

Our next play is "**Secondary Cause of Death**" by Peter Gordon

This is an hilarious take on a Murder Mystery evening featuring a hapless detective and a house party of ne'er-do-wells.

It will be performed in **St. John's Church Hall, Abbeydale Road South** from **November 16 -18** at 7.30 pm and 19 at 2.30 pm

Tickets from Jeff on 0114 235 1206 or tickets@toads-drama.co.uk

Come and join us for a rib-tickling evening/afternoon!

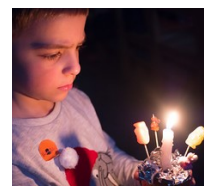
Join us at our

Christingle Service

Sunday 4th Dec

10am Holy Trinity

A long way ahead—but put in the diary now!



Worship at Holy Trinity and St. John's



September

Sun 11th (2)	8am 10am 6.30pm	Trinity 13 Holy Communion BCP Parish Communion cw Evening Worship 'Wholesome & Healing'	H.T. H.T. H.T.
Sun 18th (3)	8am 10am 10am	Trinity 14 Holy communion BCP Family Eucharist cw Holy Communion cw	St.J St.J H.T
Sun 25th (4)	8am 10am	Trinity 15 Holy Communion cw Parish Communion cw	H.T St.J

October



Sun 2nd (1)	8am 10am 10am	Trinity 16 Holy Communion BCP Harvest Family Eucharist (cw) with Band Holy Communion cw	St.J H.T. St.J
Sun 9th (2)	8am 10am 10am 6.30pm	Trinity 17 Holy Communion BCP Harvest Family Eucharist (CW) Morning Worship Choral Evensong for Harvest	H.T. St.J H.T. St.J
Sun 16th (3)	8am 10am 4pm	Trinity 18 Holy Communion BCP Choral Matins with the Steel City Choristers' Festal Eucharist	St.J H.T. St.J
Bishop Pete joins us to celebrate the reordering work at St. John's			
Sun 23rd (4)	8am 10am	Trinity 19 Holy Communion cw Parish Communion cw	H.T St.J
Sun 30th (5)	10am 10am	All Saints Holy Communion Morning Worship	H.T. St.J

Both St. John's and Holy Trinity are open during the week for private prayer.

See website for opening times.

November

Sun 6th (1)	8am 10am	3rd before Advent Holy Communion BCP Family Eucharist cw with Band Morning Worship	St.J H.T. St.J
Sun 13th (2)	8am 10am 10.45am 6.30pm	Remembrance Sunday Holy Communion BCP Parish Communion with Act of Remembrance cw Act of Remembrance Evening Worship: Taize	H.T H.T St.J H.T.
Sun 20th (3)	8am 10am 10am	Christ the King Holy Communion BCP Family Eucharist cw Holy Communion cw	St.J St.J H.T
Sun 27th (4)	8am 10am 6.30pm	Advent Sunday Holy Communion cw Parish Communion cw Advent Carols (Venue t.b.a)	H.T. St.J

December

Sun 4th (1)	8am 10am 10am	Advent 2 Holy Communion BCP Christingle Eucharist with Band Holy communion cw	St.J H.T. St. J
Sun 11th (2)	10am 8am 10am 6.30pm	Advent 3 Holy Communion cw Parish Communion cw Evening Worship: 'Wholeness and Healing'	H.T. H.T. St.J

Worship during the week

Mon	9.30am	Morning Prayer	HT and on Zoom
Tues	TIME??	Morning Prayer	St J
Wed	TIME??	Morning Prayer	St J
	10.00am	Holy Communion (CW)	HT
		(every week)	
	10.00am	Holy Communion + MU (CW)	St J
		(1st Wednesday)	
Thurs	9.30am	Morning Prayer	HT and on Zoom
	12.00noon	Litany of Reconciliation	St J (3rd Thur)
Friday		No services	
Sat	9.30am	Morning Prayer	HT and on Zoom

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‘An Apple a Day’

"An apple a day keeps the doctor away" is a common English language proverb that appeared in the 19th century, advocating the consumption of apples, and by extension, "if one eats healthy foods, one will remain in good health and will not need to see the doctor often."

A variant of the proverb *"Eat an apple on going to bed, and you'll keep the doctor from earning his bread"* was recorded as a Pembrokeshire saying in 1866.

Apples have been associated with a number of benefits that could help promote long-term health. They are Highly nutritious and are loaded with important nutrients, including fibre, vitamins, minerals, and antioxidants. In particular, vitamin C acts as an antioxidant to neutralize harmful compounds known as free radicals and protects against disease.

Studies show that eating more apples could be associated with a lower risk of several chronic conditions, including heart disease. One study of over 20,000 adults found that consuming higher amounts of white-fleshed fruits and vegetables, including apples, was linked to a lower risk of stroke.

A British Heart Foundation/Oxford University study reported that taking statins could prevent around 9,500 deaths from cardiovascular disease in the over 50s, whilst the folk remedy of 'an apple a day' could prevent or delay around 8,500 deaths.

This may be due to the presence of flavonoids found in apples, which are compounds that have been shown to reduce inflammation and protect heart health.

Flavonoids are found primarily in the skins of apples, so it is most important not to waste this nutrient rich part of the fruit. In fact, a raw apple with skin contains over 300% more vitamin K, 70% more vitamin A, 35% more calcium and potassium, and 30% more vitamin C than a peeled apple. Apple peel also contains the majority of the fibre found in apples.

Apples have also been linked to several other health benefits that could help keep the doctor away:

Support weight loss. Due to their fibre content, apples have been shown to promote feelings of fullness, decrease calorie intake, and increase weight loss.

Improve bone health. Human, animal, and test-tube studies have found that eating a higher amount of fruit could be associated with increased bone mineral density and a lower risk of osteoporosis.

Promote brain function. Animal studies suggest that eating apples could help reduce oxidative stress, prevent mental decline, and slow signs of aging.

Protect against asthma. Studies show that an increased intake of apples may be linked to a lower risk of asthma.

Reduce the risk of diabetes. According to one large review, eating one apple per day was tied to a 28% lower risk of developing Type 2 Diabetes, compared with not eating any apples at all.



Katy Apples

6 weeks away from picking in July 2022

Originally from Sweden where they are known as Katya, and developed in 1947, they are well suited to growing in cool, temperate climates.

Like most early varieties, they are very refreshing straight from the refrigerator, but are not so good for keeping.

Conclusions

Ultimately, focusing on any one food for its unique health benefits is the wrong approach. A healthy diet should include a wide variety of different fruits and vegetables.

A University of Michigan School of Nursing study of 8400 participants published in 2015 found that apple eaters ***"were somewhat more likely to avoid prescription medication use than non-apple eaters"***.

Based on its overall nutritional profile, **Granny Smith** is the healthiest apple variety you can choose. It offers low sugar, high fibre, high mineral levels, and was shown to improve the gut bacteria associated with reducing obesity.

Cooking apples, including their skins does not materially affect their health benefits. Cooking apples tends to reduce their Vitamin C, but also releases extra pectin – a special form of fibre.

For more information about the health benefits of eating apples we suggest listening to 'Just One Thing' with Michael Mosley, first aired on BBC Radio 4 on 22nd June 2022. **Andrew Horsfield**



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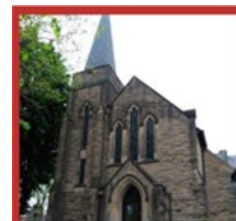
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NEWS FROM MILLHOUSES METHODIST CHURCH



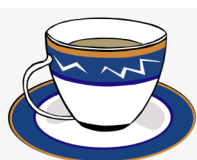
We hope that you have all had a good summer and that many of you have had reasonably stress-free travel to holiday destinations. We now look forward to our church autumn activities and give some details below, but please see our website www.millhousesmethodistchurch.org.uk for further details.

Sunday October 9 th	10.30am	Harvest Festival Service led by Revd Dr Claude Kimpinde followed by Bring and Share Lunch
Friday November 11 th	7.30pm	Remembrance Concert with John Wade Singers including a memorial for those who have died over recent years All welcome. Free entry: donations to charity
Sunday November 13 th	10.30am	Remembrance Sunday Service
Sunday November 27 th	10.30am	First Sunday in Advent: Launch of our Christmas Tree Festival .

FOOD FOR THOUGHT with MILLHOUSES METHODIST TUESDAY CLUB

Our Tuesday Club has always been synonymous with good fellowship and good food. It may be just a cup of tea after the meeting, a 'bring and share' lunch, a 'bake 'n bite' event or the annual strawberry tea.

Although the name of the club has changed over the years from 'Young Wives' to 'Women's Fellowship' to its current title of 'Tuesday Club' its purpose and vision remains the same. It has been a meeting primarily for women (though we have been very pleased recently to welcome some men accompanying their wives/partners), providing fellowship, entertainment, learning and enjoyment in a Christian environment. After the lockdowns ended, we were delighted to see most of our former members again and to welcome some new ones. Sadly, Vera Green, our excellent President for many years, decided to take a well-earned retirement at that stage. She is a hard act to follow but a few of us are endeavouring to keep the flag flying.



Food, if only a simple cup of tea with a piece of cake or scone, provides a lubricant for the chatter, laughter and camaraderie which make the club so successful. Jesus knew the power of food, be it actual or spiritual, to draw people to him, to explain difficult concepts, to support the hungry and forgotten and also inaugurated the symbolic communion of bread and wine to remind us all of his sacrificial death.

Preparing food for someone else, however simple, is an act of love and service that goes beyond words. Another of our church's acts of service is to donate food for Gleadless Valley Food Bank which serves all sorts and conditions of people. We want to help people grow and thrive and send the message that God loves them.

Our Tuesday Club programme for the autumn term is set out below (normal start time 2.00pm):

Sept	6	Welcome Afternoon with tea, cakes and recorded music
	20	Women who Broke the Mould – <i>Margaret Maxfield</i>
Oct	4	Bring and Share Lunch (see church website for start time)
	18	Sheffield Botanical Gardens through the seasons – <i>Sue Sturch</i>
Nov	1	Fraud, The Secret Crime - <i>Andy Foster</i> (<i>Fraud Protect Officer, South Yorkshire Police</i>)
	15	Heroes and Villains – <i>Mike Cox</i>
	29	Ancient Suburbs of Sheffield (including Millhouses & Ecclesall) – <i>David Templeman</i>
Dec	13	Christmas Afternoon with <i>Vintage Voices</i>

So the next time you have some free time on Tuesday afternoon come and join us. We make a grand cup of tea and there may even be a piece of cake to go with it!

Gill Llewellyn

Ann Smedley's visit to Lee Abbey gave her much food for thought...



The coast near Lee Abbey

I was fortunate enough, a few weeks ago to visit Lee Abbey, which is situated on the spectacular north Devon coast. The menu of the Abbey is simple but wholesome — it has become necessary to hone down the food choice due to the knock on-effect of Covid and a shortage of young people coming from abroad to join the community. I was, however very pleased that hot chocolate was still available each evening!

The community of Lee Abbey desire to adopt a rule of life through which they seek to

- worship the Lord
- deepen their personal commitment
- share the love of God through attitude, relationships and practical hospitality.

I enjoyed meeting and sharing meals with the young people, listening to their modern songs of praise and joining in with their worship sessions, but my main reason for attending at this particular time was because John Bell, (a Scottish hymn writer, a Church of Scotland Minister and a member of the Iona Community), was speaking on **'The Beatitudes'** *. John Bell is, in my opinion, very definitely worth listening to, and others must have thought so too, as the course was heavily over-subscribed. Emily Brink, a senior research fellow of the Calvin Institute of Christian Worship wrote: *'My first impression of John Bell was that of a modern day John the Baptist. From his piercing blue eyes down to his sandal-clad feet, he projected the intense charisma I've always associated with that desert prophet.'* I could not agree more!

It was not so much a series of lectures in the traditional manner, but mostly John telling us lots of stories which I found both fascinating and moving. To quote from John's description of the Beatitudes, I would call his talks 'a potpourri of delight'. He spoke to us for three mornings, we had each afternoon free to explore the local area and some evenings which were interspersed with worship and praise.. John is as adept at speaking as he is at playing a variety of instruments and singing!

John reiterated, quite positively that what Jesus said is for everyone and he thought of the Beatitudes as *'nuggets of wisdom'*. He was clear in his belief that God's message is *'the life to come'* and that faith is not about knowing all the answers but acknowledging that God always has another surprise for us. God wants to make *'all things new'*. John said it was very necessary to love ourselves and to love our neighbours as ourselves. He talked about loss and bereavement, guilt and anger and the importance of giving people space/opportunity to express their feelings openly.

However, John said we should not be like Lot's wife, (Genesis 19 and Deuteronomy 29.22), who looked back. If we do we can easily get caught up in behaviour which is not helpful. As Christians, we should *'learn to love ourselves'*. We all have the potential to be wrong, BUT we can be forgiven if we truly believe that God forgives



John Bell

each of us. John did, however, stress that we all need to be sensitive towards each other by *'not rising to aggression'* and by being sensitive in our care for each other and the earth.



The valley of rocks

Continued from previous page...

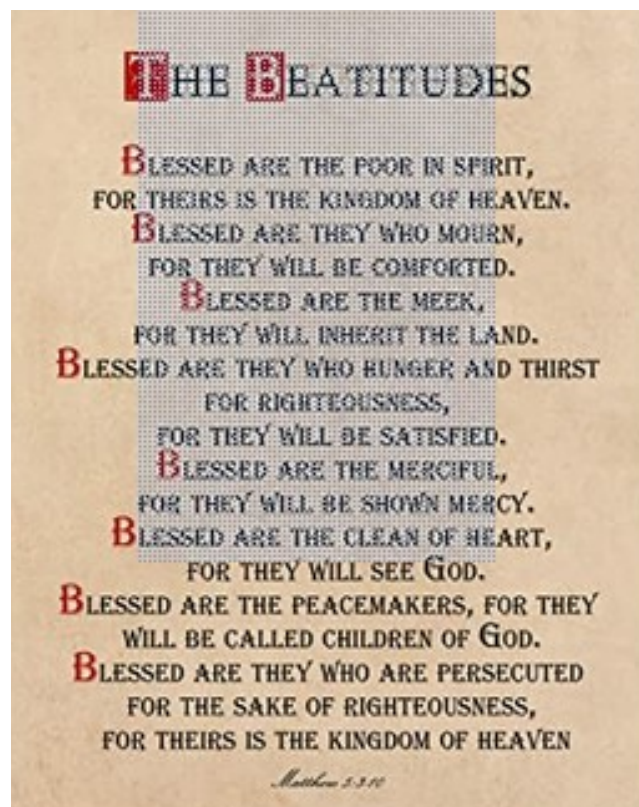
Two songs of worship which I found relevant and quite poignant are:

**Lord bring the day to pass
when forest, rock and hill,
The beasts, the birds, the grass
Will know your finished will;
When we attain our destiny
and nature lives in harmony**

**God bless to us our bread and give food to
all those who are hungry,
And hunger for justice to those who are fed.
God bless to us our bread. Amen.**

(Songs copyright WGRG, Iona Community, Glasgow, Scotland. www.wildgoose.scot Reproduced with permission).

* ***The Beatitudes:*** *Matthew 5 v 3-10*



'MUSICAL STARS' - YOUNG PEOPLE

PLAYING A CHARITY CONCERT

In Holy Trinity Church on Saturday 10th
September 7-9pm

Most of the performers have in some way benefitted from the amazing work done by the Sheffield Music Hub. Many have also recently left but had the idea of putting on a concert. The choice to raise money for '**Musical Stars**' was an obvious one. Now they have left, the young musicians want to help the next generation of children access the same musical education they had, especially those who wouldn't otherwise be able to afford it, by '**paying it forwards**'. The **Musical Stars** programme provides bursaries and assistance to give young people the opportunity to reach their musical potential. Feel free to donate via the link on the website but please don't try and pay for your tickets, you can pay on the door - £8, concessions £5.

The programme has yet to be finalised, but many readers will know Naomi and Tim McDonough, two of our young members who will both be playing in the concert, with Tim playing a specially arranged tuba solo, 'The elephant' from Carnival of the Animals.

Let's give them our full support !!

*<https://payingitforwards.weebly.com>




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We are also indebted to our wonderful deliverers, (nearly 70 of them!), who ensure you get your copy of TRIO. They are all volunteers and many are not church members.

However, sadly, over the last couple of years we have lost a number of deliverers through infirmity, old-age and death. The majority are over 70 and at least 20% over 80!!!

Consequently we are desperate for more deliverers so that everyone in Abbeydale and Millhouses gets their free copy of TRIO. All we are asking is for about 30mins of your time, four times a year. PLEASE think about it!

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Thanks!

Meals to Remember

I enjoy food. I am extremely fortunate to have lived my whole life with the expectation of three meals a day. Now I am in my late (very late!) fifties, that adds up to a lot of meals. Some of these have been quite memorable, but if anyone were to ask me to single out (possibly!) the most memorable meal of my life, the answer might surprise them.

Over fifty years ago I had a summer holiday in Pembrokeshire, South Wales with my mum, dad and sister. We stayed in St Florence near the picturesque seaside town of Tenby. (I well remember the excruciatingly interminable ten-hour car journey to get there.) Whilst visiting Tenby, the Bullock family, in search of lunchtime sustenance, found ourselves in an upstairs café which looked out over the bay. I recall thinking that it felt like being on the bridge of a ship. It was my lunch that really stays in my memory though. So what was this unforgettable gourmet feast? A cheese and tomato sandwich (made with white bread and grated red cheddar), accompanied by a raspberry milkshake which looked enormous but which was so frothy that after four eager slurps on a pair of stripy straws it was gone.



Nothing very remarkable there you might think. So why has this experience stuck in my mind? Well my sandwich and milkshake were delicious, but I think the answer lies not in the food itself but more in the time and place and who I was with. It was a very happy family holiday, the sun was shining and no doubt I was mindful that I would soon be frequenting the many stalls selling seaside 'tat' of which I was so fond.

I remember another family meal many years later. We were celebrating one of our number having just received the 'all clear' after successful treatment for cancer. We sat in our dining room and ate fish and chips. We couldn't have been happier - or more relieved.

The more I think about it the more I come to the conclusion that meals tend to be memorable because of the circumstances surrounding them and the people with whom they are shared, rather than the nature or standard of the food. Skilfully cooked meals, and the sheer hard work that goes into preparing them, deserve our immense gratitude. But if you are planning a get-together, the guest list is probably more important than the menu.

Andrew Bullock

Dhal Curry — a Bullock family favorite

Ingredients

200g red lentils, rinsed
1 pt vegetable stock
3cm fresh ginger, grated
1 tbsp vegetable oil
1 large onion, sliced
3 cloves of garlic, grated
1 tbsp garam masala
1 tsp turmeric
1 tsp ground cumin
1 tsp chilli powder
½ tsp chilli flakes
400g tin chopped plum tomatoes
Salt and black pepper

Method

Place the lentils, ginger, vegetable stock and turmeric in a heavy based saucepan. Bring to the boil and simmer for about 30 mins until the lentils are tender and the dhal resembles a thick paste. Add extra water if necessary.

Meanwhile, in a frying pan, fry the chopped onion in the vegetable oil until softened. Add the cumin, garam masala, chilli powder, chilli flakes and garlic and fry for a further 1-2 minutes.

Pour the contents of the frying pan into the dhal. Add the chopped tomatoes, bring back to the boil and season with salt and freshly ground black pepper.

Finally, just before serving, stir in baby spinach leaves.

Serve with naan bread or basmati rice.

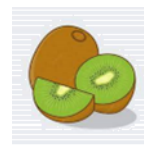


Vanessa Boddy asks: Do you know where does our fruit come from?

1. Where was the kiwi fruit first grown?

- a) New Zealand b) China c) Australia d) Chile

China. Nowadays, most of our kiwis are imported from Italy. Originally known as 'Chinese Gooseberry', the kiwi was renamed by New Zealand exporters in 1959, when gooseberries were considered unpopular.



2. Which fruit has the highest oil content?

- a) Peach b) Avocado c) Olive d) Mango

Olive. Spain is the largest producer, with the Mediterranean region growing over 50% of the world production of olives.



3. What percentage of the watermelon is water?

- a) 34 b) 80 c) 66 d) 92

92%. More watermelons are grown in China than anywhere else in the world but the UK has developed production in recent years.



4. Apple pips contain:

- a) juice b) Vitamin H c) sodium d) Cyanide

Cyanide, but don't worry, not enough to do you any harm! There are 2170 cultivated varieties of English apples and 31% of the ones we eat are home-grown. Interestingly, the UK is the only place to grow a specific variety for cooking with.



5. Every year there are, on average, how many banana-related accidents?

- a) 20 b) 300 c) 100 d) 50

300. India produces the most bananas globally but most of ours come from South America. The skins are just as slippery, so do take care!



6. The only fruit to have seeds on the outside is:

- a) Pineapple b) Raspberry c) Lychee d) Strawberry

Strawberry. The UK is self-sufficient in strawberries over the summer period, importing mainly from Mediterranean countries otherwise. Strawberries and cream, a perfect summer treat.



7. In Greek mythology, in the stories of Persephone, what is said to be the fruit of the underworld?

- a) Grape b) Pineapple c) Pomegranate d) Orange

Pomegranate. In the wintertime we import these from the Mediterranean and in the summertime, from South Africa and South America. Persephone ate six pomegranate seeds and was destined to spend six months of every year living in Hades, the underworld.



8. The stones from which fruit were once used in bed-warming pans?

- a) Plum b) Avocado c) Cherry d) Peach

Cherry. The UK cherry industry was failing in recent years due to cheap imports from European countries and the US but, thankfully, is recovering again now. It must have taken a lot of cherry stones to fill a warming pan!



9. What is a nectarine? Is it:

- a) A cross between a peach and a plum b) A cross between an apple and a peach
c) A type of peach d) A type of orange

A type of peach. Mostly imported to the UK from Chile, South Africa and the Mediterranean, choose a nectarine if you don't care for the fuzziness of peach skin!



10. And finally, if you have 4 bananas in one hand and 5 mangoes in the other, what do you have?

Very big hands!

Regular Parish Activities – for special events see p.13



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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

[www. amchurchsheffield](http://www.amchurchsheffield)

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



COFFEE MORNINGS

**See website calendar or
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

Christmas Edition of TRIO

DEADLINE for articles

Friday 4th November 2022

Published Friday 2nd December 2022



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