

THE PARISH MAGAZINE

July 2021



**The United Benefice of
St Michael Lichfield, with St John, Wall**

85p

Rector:	Curate:
Associate Minister (NSM Part-time): The Revd. Ruth Bull 36 Broadlands Rise, LICHFIELD, Staffs, WS14 9SF Tel: 01543 252123 Email: dkbrlcb@hotmail.com	Assistant Minister (PTO) The Revd. Jeyan Anketell 7 Wissage Lane, LICHFIELD, Staffs, WS13 6DQ Tel: 01543 268897 Email: jeyan.anketell@ntlworld.com
Assistant Minister (PTO) The Revd Chris Baker 15 Saddlers Close, Lichfield, Staffs. WS14 9ZW Tel: 01543 256320 Email: C.J.Baker@bham.ac.uk	Assistant Minister (PTO) The Revd. Stephen Barton The Master's House, St John's Hospital, St John Street, LICHFIELD WS13 6PB Email: stephen@the-bartons.com
Assistant Minister (PTO) The Revd Christine Polhill Little Hayes, Beaudesert, Cannock Wood, Staffs WS15 4JJ Tel: 01543 674474	Reader: Lesley Allen 21 Boley Close, LICHFIELD, Staffs, WS14 9AR Tel: 01543 251654 Email: lesley.allen21@gmail.com
Reader: Phil Clayton 23 Follows End, Burntwood, Staffs, WS7 3QZ Tel: 01543 682141 E-mail: phil@phil-clayton.uk	Reader: Trevor James 36 Heritage Court, LICHFIELD, Staffs, WS14 9ST Tel: 01543 258434
Reader: Alan Toplis Streethay Lodge, Streethay, LICHFIELD, Staffs, WS13 8LR Tel: 01543 414651 E-mail: alan.toplis@toplis.co.uk	
SAFEGUARDING CO-ORDINATOR FOR ST MICHAEL & ST JOHN Maureen Brand 01543 264880 For advice about safeguarding or to raise a concern please contact Maureen.	United Benefice Office St Michael's Church, Church St, LICHFIELD, Staffs, WS13 6ED Mon, Tues, Wed & Fri CLOSED Thursdays 9.00 am to 12.00 noon. Tel: 01543 262211 E-mail: office@stmichaelmaryjohn.org.uk
St Michael's Church Church Street, Lichfield, Staffordshire, WS13 6ED	St John's Church Green Lane, Wall, Staffordshire, WS14 0AS

Reflection.....

Saints

Let me begin with a confession. I'm not very well qualified to talk about saints! For I was brought up in a rather 'Low Church' tradition which, for all its strengths, had little time for saints and little time for the cult of the saints. The calendar was bare of saints' days, and there were no special celebrations and remembrances of the lives of the saints. I knew of celebrities and I knew of sporting stars, but of saints I knew hardly anything at all.

One reason for this comes from a certain 'take' on the New Testament. If according to Paul we're *all* saints, isn't it a mistake to single certain people out for special attention? Doesn't that encourage the idea that we're not all equal in the sight of God?

Of course, there's something in this. But I want to say nevertheless: Isn't it patently the case that there are women and men whose *transparency to God* is such that we can do nothing else but recognize them as '*saints*' in a special sense and give thanks for them? So, in my own spiritual journey, those whom the Church has come to recognize as 'saints' have become important. Here are three reasons why.

First, *the saints help us to know who we are*. Over the years I've come to see that who I am and who I'm meant to be are things *I cannot discover or achieve on my own*. Instead, the life I have, and the person I am, have come to me *as gift*. All kinds of people have given me life, shaped me, nurtured me, taught me, inspired me, made sacrifices for me. My life is the gift to me of a whole community of people—indeed, of a whole *communion* of the living and the departed. And I've come to see that the saints, are part of that communion. *They are God's gift to me*. In their good company, I learn who I am, what life is about, and

how I am to live.

A second reason why the saints are important is that *they make Christ present to particular times and places*. Christ risen and ascended *is mediated to us through the Spirit in the bodies of the saints*. In their own particular situations, the saints *make Christ contemporary*.

Think, for example, of the martyrs of the early Church, people like 86-year-old Bishop Polycarp, burnt at the stake in about 155 A.D. Here are his famous last words, when called on to curse Christ: 'Eighty and six years have I served Him, and He has done me no wrong. How then can I blaspheme my King and my Saviour?'

In our own times, think of Martin Luther King Jr. who brought us into contact with the Christ whose love transcends race and colour and helped overcome the evils of racial segregation in the United States. Think of Mother Theresa who became the incarnation of Christ's compassion for the destitute and dying in Calcutta.

So in remembering the saints, what we're doing is acknowledging that *Christ risen and ascended is close-by, with us still*, and leading us by the example of the saints into the way of holiness.

But here's a third reason why the saints are important. It's something to do with the fact that *the saints and the lives of the saints are often so out of the ordinary*. In the fifth century, St Simeon Stylitēs spent twenty years living on the top of a pillar, sixty feet high. In the fourteenth century, Catherine of Sienna satisfied her hunger by eating only Communion wafers. In the seventeenth century, St Margaret Mary Alacoque showed her devotion to Christ by scratching his name on her breast. Today, we might treat such people as cases of serious psychiatric illness. But in their own time and place, so different from our own, such behaviours had another significance altogether.

What they show, in all their strangeness, is that *holiness resists domestication*. A saint is not a saint because of his or her moral goodness, though they often lived virtuous lives. Rather, *a saint is a saint because he or she is a walking testimony to the transforming power of Christ in their life*. As Cambridge historian Eamon Duffy puts it:

[T]he recurrent presence of the miraculous in the legends of the saints is not so easily set aside: we need some way of articulating the deep Christian sense of *the explosive reality of the divine*, the God of surprises who can shake our lives open and take us well beyond any expectation of our own, and for whom no situation is ultimately desperate or beyond redemption. ... Above all, maybe, we need the saints to help us to celebrate the infinite resourcefulness and variety of the grace that has been made flesh and dwells amongst us.

I think that is a wonderful insight. That's why we remember and celebrate the saints. The grace revealed above all in Christ is, by the Spirit's power, *still manifesting itself in human life*—in the lives of the saints: and, if in the lives of the saints, then in your life and mine also, as we surrender ourselves to Christ.

Stephen C. Barton

LARGE COPIES of the magazine are available on request

Deadlines!

For **August** Magazine: Deadline is

MONDAY 12th July

Contact David Shiel

shielfamily@gmail.com

Pew Sheet:

every Thursday 7:30am

Contact Parish Office

Live streaming from St. Michael's - can you help?

One of the many things we have learnt during the pandemic is how hard it is to live stream services from church successfully! But after initial failures, our perseverance has paid off and we now have a reasonably reliable way of live streaming video from different points in church. See for example the videos of Mel's final service on the "Sermons and videos" page of the web site -

<https://www.stmichaelmaryjohn.org.uk/sermons--videos.html> .



We also, of course, have a quite sophisticated sound system, although we have never really made full use of all the facilities it offers. For example, we recently discovered that all the microphones can be individually controlled on an iPad from anywhere in church, which leaves open the wonderful possibility of turning off the preacher's microphone after a set period of time from the back of church!! This

hasn't been attempted yet but perhaps one day.....

We are now moving to the stage of considering how we want to take the possibilities of live streaming into the future post pandemic world. Possibilities include live streaming services on a regular or occasional basis; baptisms, weddings and funerals to those who can't attend because of time and distance; school services; or concerts and special events. Church policies to cover these activities, including legal safeguarding aspects, are being developed.

On the technical front, thanks to a significant gift, we are in the position of being able to upgrade our facilities with a remote-controlled web cam mounted at the rear of church, and also with internal flat screens that can be used, for example, to show the choir what is on the large drop-down screen. Hopefully these will be installed in the next few months.

However, to go forward successfully requires more than technology. We also need people to operate that technology. And here we find ourselves very thin on the ground, with only a small number of folk confident enough to operate the system. It would be good to get a team together to enable us to do all that we want to do. Hence this article is really an appeal to anyone who would be interested in being a member of such a team to make their interest known. If you feel this is something you could offer, on a regular or occasional basis, then please contact me on c.j.baker@bham.ac.uk.

Chris Baker

DIOCESE NEWS

Published: 1st June 2021

STRUGGLING TO BE HOLY



Some years ago now a friend of mine, Judy Hirst, wrote an excellent book called 'Struggling to be Holy', a powerful and honest account of some of the challenges we face as Christians in trying to open and honest with God, and in allowing God to work in us and through us. This is a book I return to frequently as I find it an invaluable companion for the journey - a source of reassurance and encouragement, whilst not being an invitation to complacency.

In the book Judy is disarmingly honest about her feelings of inadequacy when faced with the prospect of writing about a subject that she, and possibly others, might feel her wholly unqualified to even consider. But she lays out her stall early:

'Writing this book has made it very clear to me that holiness is much less developing self-discipline than it is about learning to entrust yourself to t who loves you. It is about taking the risk of allowing God to interact with truth of ourselves, no strings attached... Holiness is about God being pres our being present to God...the problem is to be present ourselves. God is but where are we?'

(Judy Hirst, Struggling to be Holy, DLT, 2006)

God is always there, always waiting with an open heart, for us to recognise his presence, to be present with him and to be in relationship with him. It seems so little to ask and yet we can often work hard to avoid it. This sort of openness makes us feel vulnerable, like a child waiting for a report card at the end of term - am I good enough or will I have failed to reach the required grade?

Our relationship with God, grounded in his unending love for us, makes this question irrelevant and yet we return to it over and over. 'Struggling to be Holy' reminds us that: 'God can live with the reality that we are sinners even if we find it hard to do so.' God is big enough to deal with and work with each one of us, even though we are compromised and imperfect.

As Rowan Williams says so helpfully in his inspiring book 'Being Disciples':

'Becoming holy is being so taken over by the extraordinariness of God that you are not interested in what you are really interested in, and it is what radiates from you to reflect to other people. There's the catch: if you want to be holy, stop thinking about it. If you want to be holy, look at God. If you want to be holy, enjoy God's world, enjoy it as much as you can in love and service'
(Rowan Williams, *Being Disciples: Essentials of the Christian Life*, SPCK, 2001)

+ Sarah
Bishop of Shrewsbury

Mothers' UNION

Christian care for families

Diocese of Lichfield



Introduction from Sheran Harper

This summer we give thanks to God for the gift of life and for our loving and compassionate families and friends.

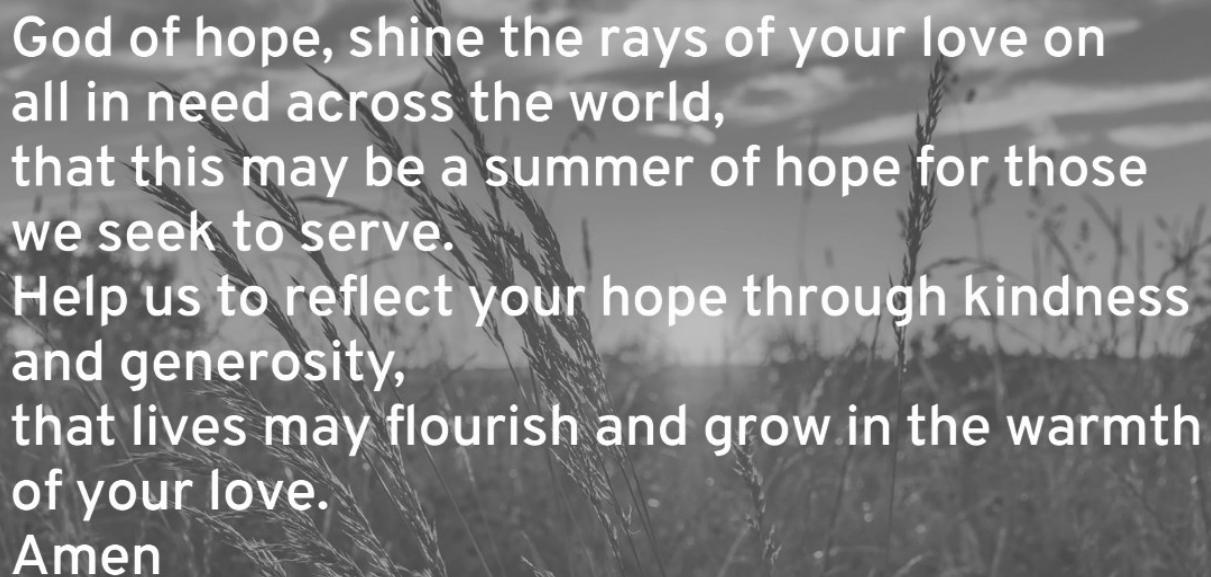
We owe our unique role for women within the Church to our founder Mary Sumner. This year we celebrate 145 years of Mothers' Union and pay tribute to Mary Sumner on the 100th anniversary of her death for all she achieved in life, empowering women and mothers worldwide, and establishing the home as a place of religious education and growth.

In June or July, please join us in gathering your loved ones around you and host a safe and socially distanced Cream Tea, to help raise funds for women around the world.

If you'd like to support in another way, why not take part in our 5km MU on the Move Challenge? You can walk or run a distance of 5km on a June or July day of your choice, and invite friends and family to sponsor you. Feel free to spread the distance over a number of days if you prefer and enjoy the sights and sounds of summer that way.

However we all choose to connect and take part, we welcome God into our hearts and give thanks for his loving kindness.

Let us wish one another a bright Summer of Hope.



God of hope, shine the rays of your love on
all in need across the world,
that this may be a summer of hope for those
we seek to serve.
Help us to reflect your hope through kindness
and generosity,
that lives may flourish and grow in the warmth
of your love.
Amen

DIARY DATE St Michael's MU are planning to have their Strawberry Tea on **August 9th at 2.30pm** at St Michael's Church.

Cream Tea Recipe: Blueberry Muffins

Preparation time: 20
minutes

Cooking time: 20 minutes

Total time: 40 minutes

Serves: 12



Ingredients

100g butter

140g golden caster sugar

2 large eggs

140g natural yogurt

1 tsp vanilla extract

2 tbsp milk

250g plain flour

2 tsp baking powder

1 tsp bicarbonate of soda

125g fresh or frozen blueberries

¼ tsp salt

1. Preheat the oven to 200°C, gas mark 6. Line a 12-muffin tin with paper cases.
2. Whisk the butter and sugar together until pale and fluffy, then add the eggs and whisk for 1 minute.
3. Mix in the yogurt, vanilla extract and milk.
4. Separately, combine the remaining dry ingredients, then add the dry mix to the wet ingredients and stir in. Gently fold in the blueberries and distribute the mixture equally into the muffin cases.
5. Bake for 5 mins, then reduce oven to 180C, gas mark 4 and bake for 15-18 mins more until risen, golden, and a cocktail stick inserted into the muffins comes out clean.
6. Let them cool in the tin for 10 minutes, then carefully lift out to finish cooling on a wire rack, decorate and serve.



summer of
hope

Creative Prayer



In 2021 we look back with gratitude and forward with faith. In prayer, we give thanks and pray for ongoing vision for the future of Mothers' Union worldwide.

I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Take a moment to reflect on this verse and use it to focus your prayer for the future of Mothers' Union worldwide. If at home, you may like to write your prayer or depict it through drawing or craft

Prayer plait

Take three lengths of different coloured ribbon, one representing the vision of Mary Sumner, one 145 years of Mothers' Union, one our hope for the future. Tie them together in a knot at the top and then plait them together, securing them at the end with another knot. As you weave your plait, use this verse and prayer, or pray your own for each strand, affirming that our hope for the future is held and strengthened by the vision and service that has brought us thus far.

*As I weave this symbol of
strength;
a threefold plait, not easily
broken,
so I also weave my prayers of
hope
for a future made firm by
being entwined
with past vision and present
service.
Amen*

Yesterday today forever Jesus is the same

Hebrews 13:8

Use your plait as a bookmark reminder to pray for Mothers' Union.

If able to gather in person you may like to decorate a prayer tree with prayer plaits - each person tying theirs to the tree as a symbolic offering of gratitude to God and faith for the future. On a virtual gathering the plaits may be held up as all share in prayer.

*As we look forward with faith for all
that is to come
help us to build a future together
which will enable our work to
flourish;
through far-reaching vision
and commitment to your will.
Amen*

Suggested hymn for prayerful reflection:

Be thou my vision

If possible, listen to the hymn or find the words and quietly sing as you reflect

*O King of glory, my victory won;
Rule and reign in me 'til Thy will be
done;
Heart of my own heart, whatever befall;
Still be my vision, O Ruler of all.*

Traditional Irish hymn



2021 marks 100 years since the death of Mary Sumner. In prayer, we give thanks for her life, her vision and her legacy.

The Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation. Psalm 100:5

Take a moment to reflect on this verse and use it to focus your prayer of thanks for Mary Sumner. If at home, you may like to write your prayer or depict it through drawing or craft

Light a candle in gratitude as you read Mary Sumner's personal prayer:

*All this day, O Lord,
let me touch as many lives as
possible for thee;
and every life I touch, do thou by thy
spirit quicken,
whether through the word I speak,
the prayer I breathe,
or the life I live.*

Amen

If at home, take some time to prayerfully reflect on the changes that Mary Sumner made through her life and vision, which were seeds for the growth to come over the years. Use the image of a seed, the flourishing plant and the forest to stir your thoughts.

If you have a garden or a nearby park, you may like to take a prayer walk around them, using the evidence of growth around to inspire your praying.

If together, virtually or actually, use the images to bring one word or sentence prayers to God, of thanks for seeds of vision planted by Mary Sumner and share examples of the growth we've seen over the years.

*Loving Lord,
We give you thanks for the far-
reaching vision
of our founder, Mary Sumner.
We look back with gratitude and
praise for her witness, and for all that
has been achieved thus far in the
name of Mothers' Union worldwide.
Amen*

Suggested hymn for prayerful reflection:

God is working his purpose out

If possible, listen to the hymn or find the words and quietly sing as you reflect

*All we can do is nothing worth
unless God blessed the deed;
vainly we hope for the harvest-tide
till God gives life to the seed;
yet nearer and nearer draws the time,
the time that shall surely be,
when the earth shall be filled
with the glory of God
as the waters cover the sea.
Arthur C Ainger: 1841 – 1919*



2021 marks 145 years of Mothers' Union. In prayer, we give thanks for the service and inspiration of members across the years and across the world.

Since we are surrounded by such a great cloud of witnesses...
let us run with perseverance the race marked out for us.

Hebrews 12:1

Take a moment to reflect on this verse and use it to focus your prayer of thanks for what has been achieved thus far by Mothers' Union across the world. If at home, you may like to write your prayer or depict it through drawing or craft

From a candle lit in gratitude for the life and vision of Mary Sumner, use a taper to light a multi-wick candle or a cluster of tea lights, a symbol of the growth of Mothers' Union over 145 years. Focus on the flames as you read the Mothers' Union prayer:

Loving Lord

*We thank you for your love so
freely given to us all.*

*We pray for families around the
world.*

*Bless the work of the Mothers'
Union as we seek to share your
love through the encouragement,
strengthening and support of
marriage and family life.*

*Empowered by your Spirit, may
we be united in prayer and
worship, and in love and service
reach out as your hands across
the world.*

In Jesus' name.

Amen

Then from the cluster of lights, light a candle lamp, a symbol of our prayers for God's leading for the future of Mothers' Union

**Your word is a lamp to guide
me and a light for my path.**

Psalms 119:105

*Loving Lord, we praise your name
as we look back down the years and
see the imprint of your faithfulness
on all that has come to pass.
We place our trust in the light of
your love to guide us forward in
your ways.*

Amen

The symbolic prayer offering using candles can be a personal reflection or shared in a virtual or actual gathering

**Suggested hymn for prayerful
reflection: Hope of our calling**

If possible, listen to the hymn or find the words and quietly sing as you reflect

*Hope of our calling: hope with strength
empowered,
Inspired by all that we have seen and
heard;
This call is ours, for we are chosen too,
To live for God in all we say and do.*
©Ally Barrett





St Michael on Greenhill
CAMAS Fundraiser

Strawberry Tea



& Grand Raffle

Saturday 24 July

3 – 5 pm

11 Willowsmere Drive



**Tickets (£6 adults, £3 children, £14 (2+2) family)
& raffle tickets (50p each) available from Camas
parents and Ted Green on 01543-262342**

St. Michael's Churchyard

The Churchyard Working Party met on Saturday May 22nd., the first time for 8 months. It was good to be back and we had a very busy and enjoyable session. The main activity was the planting of bedding plants in the **Church Tower Beds**. Thanks to the generosity of members of the Congregation I was able to purchase a large number of plants. They included French and African Marigolds, Lobelia, Busy Lizzie, Pansy, Petunia, Viola and Begonia. The plants should provide a very attractive and colourful welcome to the Church and Churchyard for many months to come.



Working Party members standing by the newly planted Front Tower Bed.

After the planting we set to work clearing ivy and other rampant plants from headstones and gravestones. This sometimes seems like a never-ending job, but I think we are making good progress. Lots of headstone and gravestone inscriptions can now be clearly seen and read. This is a most important task which will no doubt need to continue to be done on a regular basis.



Working Party member David Easton by the bedding plants in the Side Tower Bed.

I would like to invite you to join us as a member of our Working Party. Now Government restrictions have eased we hope to continue meeting **monthly on Saturday mornings**. We are a friendly group and we hope to reinstate our **Mid-morning Refreshment Break** when Church regulations allow. The Break normally includes tea/coffee and cake provided in Church. This is also a good opportunity for a rest and chat before continuing our tasks.

Here are the Working Party dates that have been planned for July and August:

Saturday July 3rd.

Saturday August 14th.

Sessions are held from 10.00 a.m. to 1.00 p.m.

Please let me know if you would like to join us. You will be made very welcome.

The Churchyard Meadow is looking good and we look forward to seeing a large variety of wild flowers growing there throughout this month and into August. It is pleasing to see that the wild flowers are becoming the dominant plants in the meadow. This is partly due to sowing yellow rattle in the Autumn. This plant, once established, prevents grasses growing too strongly and taking over meadow areas.

Do please go and see the Churchyard Meadow. It can be found near to the Oak tree that grows in the centre of the large grassed area.



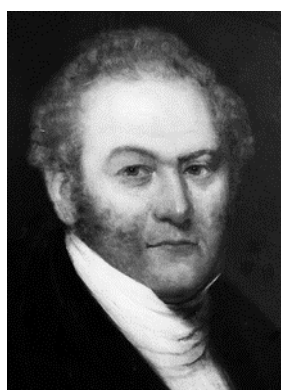
Yellow Rattle growing in the Churchyard meadow.

Ray Allen 01543 251654

<https://www.churchofengland.org/resources/world-mission/mission-agencies>

OUR HISTORY

What started in a small way as a mission to educate English-speaking settlers in Newfoundland became, through broad vision and lively faith, a great missionary enterprise that paralleled the spread of the English language world-wide, through the 19th and 20th centuries.



Founded by Samuel Codner in 1823, the Society rapidly became a significant partner in laying the foundations of the Anglican infrastructure in most of the continents of the world. Since its inception it has pioneered evangelism and church-planting amongst English-speaking people.

Following the end of the Napoleonic Wars and the subsequent expansion of the British Empire, the Church also developed its work in the colonies. The Society was often a major player in the spread of the gospel. It occupied a sphere where it could do much good and where other societies were often either unable or unwilling to develop.

Pioneering educational work was always an important auxiliary aspect of the Society's early work. By 1846, the Newfoundland

School Society had become the principal school society working across the empire, promoting literacy and numeracy amongst adults and young people alike, regardless of their denomination.

The range and diversity of the work of the Society since its beginnings can be seen in the following examples of ministry:

- City Mission work of Montreal
- Missions to railway workers in Canada
- Running a 'Railway Saloon Church' in Sudan
- Flying parsons and the Anglican Medical Service in Australia
- Deaconesses in Australia
- Sunday School by Post in Canada, Australia, East Africa and Europe
- Funding a second Anglican bishopric for Europe
-

Seasonal chaplaincies to holidaymakers in Switzerland, France, Italy, Spain and North Africa

Initially, the Society's 'continental' work in Europe was incidental to its work in British colonies. However, it began ministry to English-speakers on the continent from 1825 and as more English-speaking people moved to live and work in Europe so the 'continental' work of the Society increased. Europe is the major focus of ICS's outreach but we also minister around the Mediterranean, North Africa as well as the South Atlantic and South America. From its earliest days, the Society has always ministered to anyone (be they diplomats or refugees) who speak English, regardless of nationality or background.

To find out more about the work of the ICS visit
<https://www.ics-uk.org/>

ST MICHAEL'S CONCERTS FOR 2021 LICHFIELD FESTIVAL

The 2021 Lichfield Festival runs from the 8th. to 18th. July and here at St. Michael's we are again fortunate to be hosting **THREE** excellent events.

The first event comprises two concerts by Chloe Hanslip (Violin) and Danny Driver (piano) at **4pm. and 8pm. on Sunday 11th. July.**



The second being two further concerts by the above duo on **Sunday 18th. July at 4.30pm and 7pm** (both in memory of Caroline Green)

The third event is by young artists, The Mithras Trio at **12 noon and 2.30pm on Saturday 17th.July.**



(For full details and prices see the Festival website on www.lichfieldfestival.org or telephone 01543 306271)

If the previous Festival events at St Michael's are anything to go by you will be treated to a cornucopia of works by Beethoven, Delius, Haydn, Schumann and many more.

ENJOY your Festival!!

News from the Hawksworth Family in Hong Kong:

We continue to enjoy the warm hot, if slightly humid, weather of HK!

Rupert and Gabriel continue to enjoy school. Gabriel will be moving to morning sessions from August. Both boys have made many friends at school and play with each other after school on the playground, speaking a mix of English and Cantonese.

Ellie continues to enjoy school. Recently the school had a Renaissance fair in which Ellie adopted the role of a weaver woman.

She was able to demonstrate the complexities of weaving and even gave a short talk about what a weaver does and how they live.

Milo is well and also continues to enjoy school. Recently he has had his full cast removed and replaced with a much smaller splint. He has movement in his elbow and does daily physio to increase movement in the lower part of his arm.



Peter continues to enjoy the choir at St. John's Cathedral. Although the choir only meets twice a month I can already see that Peter both looks forwards to, and benefits from, going each time.

We haven't done much exploring of HK this month but we continue to enjoy our local beach, Little Palm Beach.

Recently Rupert and I found some purple crabs. We'd not seen them before and were a source of much interest.

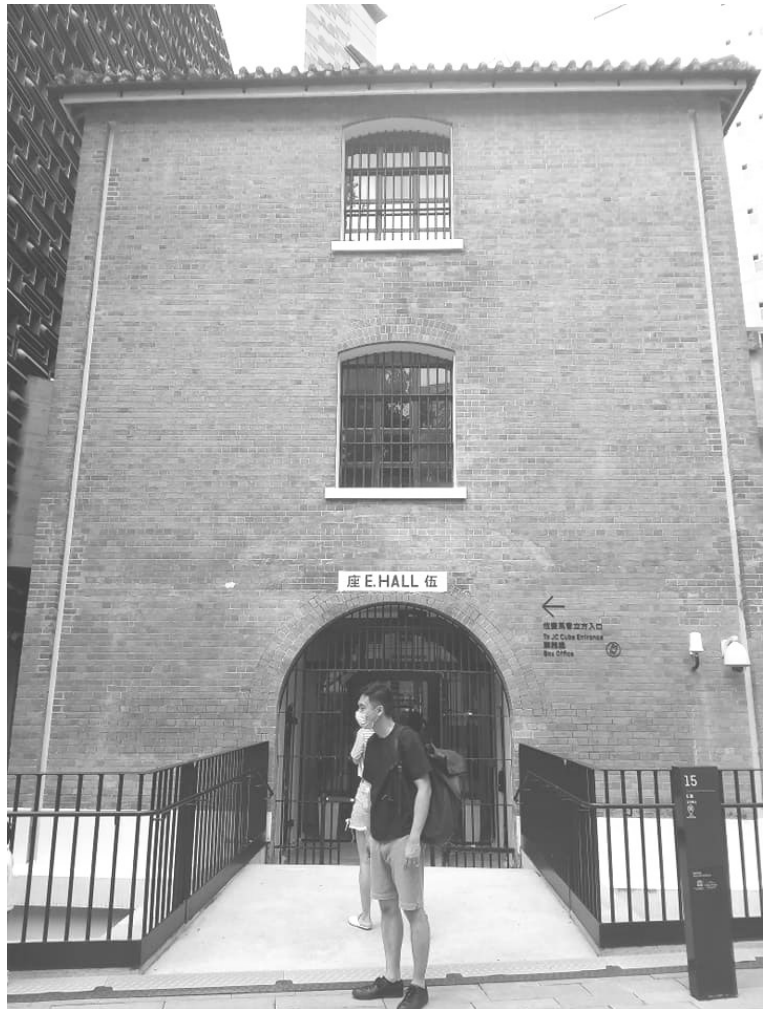
Ellie loves to swim in the sea and will often swim out a long way and back again. She loves to do dolphin stroke in which she's fully submerged in the water. Her confidence continues to grow.

Last week was my birthday. I was presented with many cards from home and from the children. My friend, Lorraine, and I spent the weekend at the Conrad Hotel in Central enjoying an afternoon tea on Saturday, followed by a champagne brunch on Sunday.



We managed to squeeze in a trip to the old jail in Central.

Hong Kong really is such a wonderful place to visit. It's an interesting mix of old and new and there's always something to discover.



The weather generally is hot. Average daily temps reach between 27° and 33°. The typhoon season is about to start. We've already had a couple of days when it's rained for 24hrs.

Due to the heavy rain, we've seen an increase in the amount of wildlife - namely lizards and spiders. It's true what they say, the hotter the climate, the bigger the insects!

We hope everyone in Lichfield and at St. Michael's church are well!
Much love to all and please stay safe.

With love,
The Hawksworths xx

DATES FOR YOUR DIARY

JULY 3rd – Historic Walk in St Michael's Old Churchyard led by Trevor James.

JULY 9th – Festival Event @ St Michael's

JULY 11TH – Festival event @ St Michael's

JULY 16TH – School Leavers' Service @ St Michael's

JULY 17TH – Festival Event @ St Michael's

JULY 24th – Strawberry Tea and Grand Raffle @ 11 Willowsmere Drive

AUGUST 9TH – MU Strawberry Tea @ St Michael's

AUGUST 22ND – CAMAS Trip

OCTOBER 2ND – Lichfield Wildlife Group Fungus Foray

NOVEMBER 9th Tuesday Club - **The Korean War**, speaker Ted Green

SAFE AND SECURE OUTSIDE VISITS



Previously we have been recommending **Shugborough Park** as a safe place to visit during the pandemic. With prior booking, it is extremely well-organised and the café continues to be open. On their visits over the last year, Trevor and Alison have been sure to explore the Walled Garden, just to enjoy its setting as it changes over the seasons. However, on the last visit, very substantial changes were visible around the Walled Garden location. The area to the south has been cleared revealing basically a second matching walled garden, where the evidence of a matching in-filled pond is clearly evident; and to the east what is labelled the Walled Garden Annexe has also been cleared. This will all be a wonderful sight to enjoy in the future.

Anyone wishing to travel further afield, **Wollaton Park** at Nottingham is a very good location. There is plenty of car parking and there is plenty to see, including being able to see inside the glasshouse in the formal garden with a splendid display of camelias.

Boscobel House, Bishop's Wood, near Brewood offers the possibility



of a leisurely walk within its grounds, during which it is possible to see their rare breeds of sheep and pigs, together unusual birds such as Indian runner ducks. It is possible to explore the formal garden and access the site of the Royal Oak.

In good weather there is a sign-posted route to **White Ladies**, lasting about twenty minutes

in each direction. Café is open for takeaways and the shop is open. Free parking for English Heritage members but prior booking is required.



RANDOM ACTS OF KINDNESS



Take action and carry out a random act of kindness for someone else. Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health.

Today, why not...

1. Carry out a random act of kindness for somebody else
2. Note a random act of kindness someone does for you

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>



Kindness UK is an independent, not-for-profit organisation based in London and considers itself the first point of call for initiatives, unbiased information and research on the subject of kindness.

Kindness UK believes that every day should be filled with kindness and our goal and sole aim is to promote, share and unite on this basis.

<https://kindnessuk.com/>

PROVERB
PRAYERS

BE DO GOOD

3.27-33

²⁷ Do all you can for everyone who deserves your help.

²⁸ Don't tell your neighbour to come back tomorrow, if you can help today.

²⁹ Don't try to be mean to neighbours who trust you.

³⁰ Don't argue just to be arguing, when you haven't been hurt.

³¹ Don't be jealous of cruel people or follow their example.

³² The LORD doesn't like anyone who is dishonest, but he lets good people be his friends.

³³ He places a curse on the home of everyone who is evil, but he blesses the home of every good person.

Loving Father, thank you for sharing your word with me and showing me how to behave towards others so that we can all get along together and do your will.

Thank you for reminding me not to put off until tomorrow what can and should be done today. Send your Spirit to support me as I try to do good, not only for my family and friends but for all people, even those I find it hard to get on with or who are not like me.

I love you God and I want to be your friend



Angie King

Memorial Book

Having the name of a loved one written in our Memorial Book is another way of remembering their life. The Book is kept in the case in the Prayer Corner and pages are turned twice a week, so that names are visible through the glass on the date nearest their death.

It costs £10 to insert a name. Please complete the form below and return it to a member of the Ministry Team with the remittance.

Memorial Book

Name of Deceased (as you wish it to appear in the Memorial Book)	
Date of Death:	Age at Death:
Name of Contact (in case of any problems or queries)	
Telephone Number:	

Please make cheques payable to
'PCC of St Michael and St Mary'

From the Registers

18/05/2021	St Michael	Gwyneth Bates	88
22/05/2021	St Michael	John Hinch	74
26/05/2021	St Michael	David Cobb	84
17/06/2021	St Michael	Margaret Latham (interment of ashes)	
17/06/2021	St Michael	John Latham (interment of ashes)	



Bible Readings

Sunday 4th July
Fifth Sunday after Trinity
[Green]
2 Cor. 12.2-10
Mark 6.1-13

Sunday 11th July
Sixth Sunday after Trinity
[Green]
Eph 1.3-14
Mark 6.14-29

Sunday 18th July
Seventh Sunday after Trinity
[Green]
Eph 2.11-end
Mark 6.30-34, 53-end

Sunday 25th July
James the Apostle
[Red]
Acts 11.27-12.2
Matt. 20.20-28

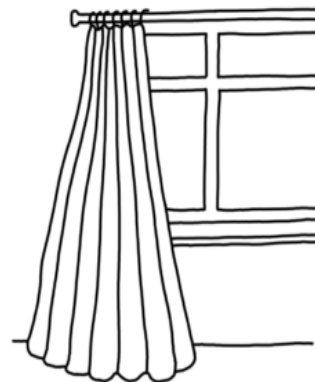
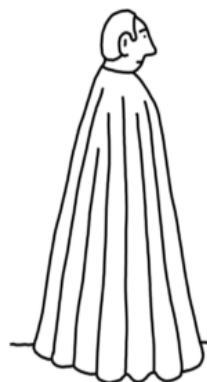
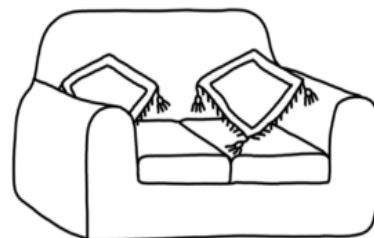
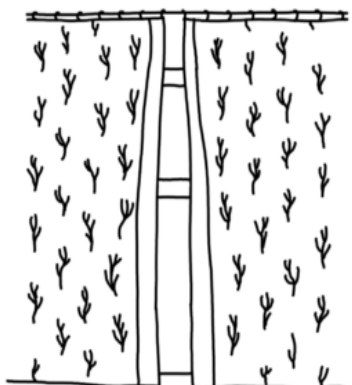
Sunday 1st August
Ninth Sunday after Trinity
[Green]
Eph 4.1-16
John 6.24-35

Sunday 8th August
Tenth Sunday after Trinity
[Green]
Eph 4.25-5.2
John 6.35, 41-51



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Please contact the office ☎ 01543 262211

✉ office@stmichaelmaryjohn.org.uk

And Finally

Lichfield's Beautiful Cathedral has been awarded a £164,000 grant from the Government's £1.57 billion Culture Recovery Fund to help with recovery and re-opening costs following the pandemic and the various lockdowns.

The Cathedral has remained open for worship throughout, whilst adhering to strict Covid guidelines, and has served the people of Lichfield magnificently as a Giant Vaccination Centre since early 2021.

Well done, and our grateful thanks go to Lichfield Cathedral and everyone involved with this tremendous effort.

Editor

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Who's Who

<p>St Michaels PCC</p> <p>Churchwardens: <i>Lyn Shiel 320437</i> <i>Sue Jones 415242</i></p> <p>Assistant Wardens: <i>June Frayn 264920</i> <i>Liz Clarke 268862</i> <i>David Easton 255308</i> <i>Brenda Liptrot 251863</i></p> <p>Treasurer: <i>Viv Oliver 258054</i></p> <p>PCC Secretary: <i>Phil Clayton 682141</i></p> <p>Stewardship Recorder: <i>Sandy Baker 256320</i></p> <p>Electoral Roll Officer: <i>Mike Godfrey 264255</i></p>	<p>St John's PCC</p> <p>Churchwardens: Christine Higgs 410351 John Alsop 480240</p> <p>Assistant Churchwarden: Linda Rubisch 481294</p> <p>Treasurer: Paul Wright 01543 483230</p> <p>PCC Secretary: Christine Higgs 410351</p> <p>Assistant Treasurer Linda Rubisch 481294</p> <p>PCC Lay Vice Chair: Christine Higgs 410351</p> <p>Electoral Roll: Angie King office@stmichaelmaryjohn.org.uk</p>
<p>St Michael's Church</p> <p>Verger: <i>Lynn Rock 252634 or 07765 312411</i></p> <p>Sacristan and Head Server: <i>Maggie Easton 255308</i></p> <p>Organist and Choirmaster: <i>Dudley Ray 07847 643373</i> dudleyrayuk@yahoo.co.uk</p> <p>Music Group: <i>Richard Brooks 07918 906 350</i></p> <p>Transport Rota: <i>Brenda Liptrot 251863</i></p> <p>Pastoral Care: <i>June Frayn 264920</i></p> <p>Flowers: <i>Brenda Liptrot 251863</i></p> <p>Safeguarding: <i>Maureen Brand 264880</i></p> <p>Junior Praise: <i>Viv Oliver 258054</i></p> <p>Bell ringers: <i>Gillian Eastwood 07568134115</i> Thursdays, 7:30pm to 8:55pm. gillieastwood@gmail.com</p> <p>Mothers Union: <i>Elizabeth Allen 304938</i></p> <p>Social Team: <i>Contact via the office 262211</i></p>	<p>St John's Church, Wall</p> <p>Verger: Hilary Barker 01543 482027</p> <p>Pastoral Care: Christine Gilbert 07369 245023</p> <p>Safeguarding: Maureen Brand 264880</p> <p>Other Useful Numbers</p> <p>St Michael's School: 227425</p> <p>Parish Magazine</p> <p>Magazine Distributor: <i>Barbara Homewood 255909</i> E-mail brian@britcave.co.uk</p> <p>Magazine Editor: <i>David Shiel 01543320437</i> shielfamily@gmail.com</p>
<p>Scouting and Guiding</p> <p>Group Scout Leader Carl Hall 07988 685378 chair@7thlichfield.org.uk</p> <p>Rainbows: <i>Becky Bickley 07703 671568</i> <i>Vicki Davies Friend 07970 549284</i> <i>Hannah Heath 07854 824443</i></p> <p>Brownies: <i>Julie Cragg 301098</i></p> <p>Guides: <i>Lisa Webb 07900 164587</i></p>	

