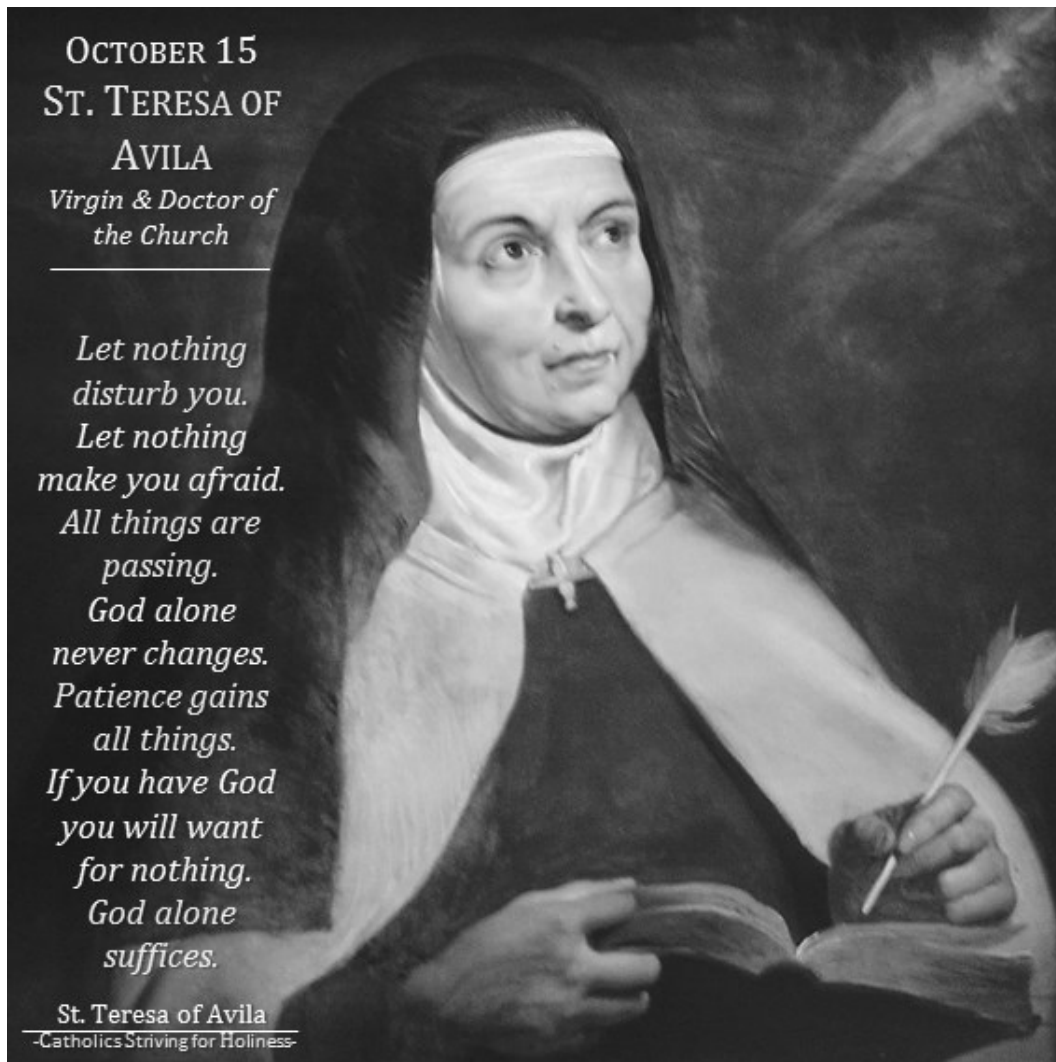


THE PARISH MAGAZINE

October 2020



Teresa of Avila
Teacher of the faith 1582

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

85p

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Reflection for October...

Faith. Now there's an interesting word. What does it mean?

According to my old school dictionary, there are several similar meanings. Here's one or two I like:

Trust (in)

Belief in divine truth, without proof.

What I have found throughout my life is that faith has many sources proclaiming that they know *True* faith. What's that, I wonder? How does a new-comer know what's true? How do you find out? I suppose the simplistic answer is, it's about your life experience!

I started on a faith journey when I was a very young child. My Mom and Dad were members of small churches in the Harborne area and they met through the social happenings in those churches. They always seemed to me to have a firm belief in God, and this way of life influenced me.

By the time I was old enough to be nosey, that groundswell of belief was inside me. As an only child I had no siblings to poke fun at me, so I had no small voices questioning me and what I believed in. My Dad used to have the Bible Reading Fellowship notes through Church, and they interested me enough to encourage him to get me the children's version, in green print. Read the set verses and then the commentary in the booklet. That got me into the Bible and eventually a habit

which accompanied me to many places, both business and personal, right up to recent times.

I used to travel by train a lot, to work, both in Birmingham and London. My routine was to settle into my seat as we left International and read until Rugby. I would start on a passage at International and mark the place as we arrived in Rugby. If I was really into what I was reading I would read on a bit! After I retired, I was out and about on my motorcycle following the Round Britain Rally. You are sent a spreadsheet of clues to the location of landmarks in most counties of the UK. You travel to and find as many as you can on that year's list. Photographs are required of what you find, and correct photos collect you points! The rally awards are based on the number of points you collect in the rally. There's an awards dinner in Lichfield in February of the following year.

That's when I started camping, to enable more exploring and less panic. Unfortunately my Elizabeth felt it was becoming unsafe for me, as I got older.

2018 was the last one I entered, and the one that almost killed me. The last landmark I went to was a bridge over the river Usk in Wales. The one before was a ruined church in a river. I remember leaving the ruined church, then nothing until I woke up in Hospital in Cardiff.

It took over a year to recover enough to walk and my memory was severely compromised. Some clever surgeons from the Royal Orthopaedic Hospital fitted the new metal knee. A Total Knee replacement on my left leg

As I started to recover, I realised what had happened and I prayed my thanks to our Lord for saving me and begged him to allow me to recover fully. Elizabeth and I have been out this morning, as usual, with Bertie, our Cocker spaniel. Our dog tracking system tells me we walked just over a mile and walking is becoming much easier.

Thank you, my Father

My Father,

Thank you for your love and kindness shown to me throughout my life. I am most unworthy of everything you have done for me.

Thank you for the love of those no longer with us

Ted and Doreen Salt

William and Ellen Salt

Linda Salt and Steve Hoare

Ramoth and Mary Miller

Dorothy Salt

Please bless their souls as they rest in your glory

In Jesus' name

Amen

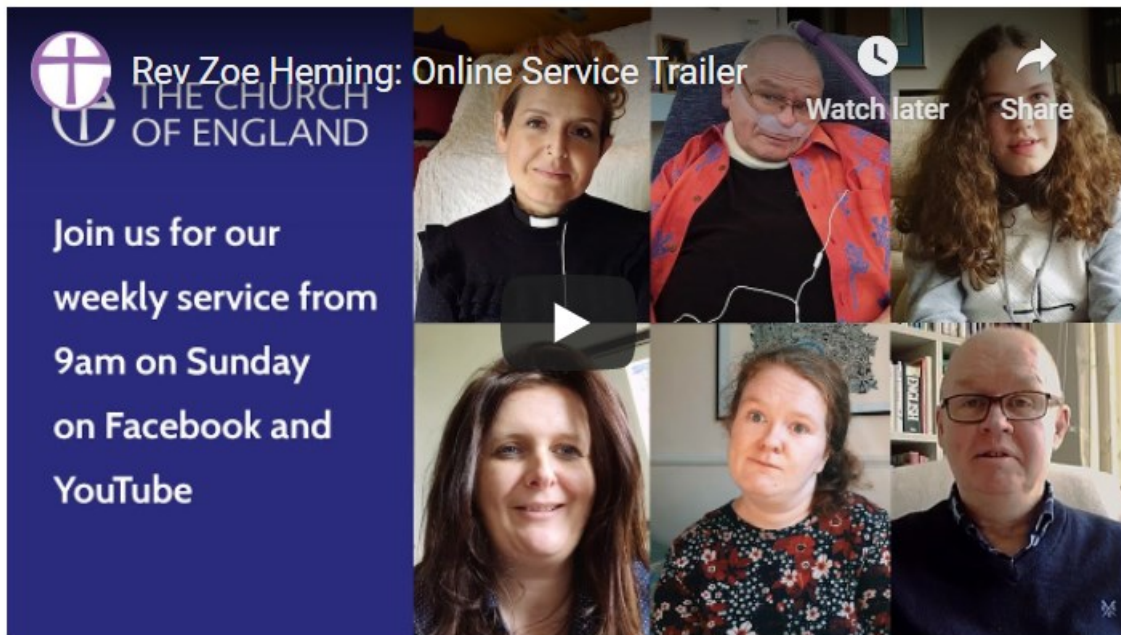
Peter Salt

DIOCESE NEWS

Published 18th September 2020

<https://www.lichfield.anglican.org/news/shropshire-vicar-leads-national-online-service.php>

‘Everyone is made in the image of God’ Christians with disabilities lead powerful national online service



Widespread use of online worship following the coronavirus lockdown has helped ‘set free’ previously overlooked gifts of Christians with disabilities, the Church of England’s weekly online service will hear.

Rev Zoe Heming, a vicar in Shropshire, in the Diocese of Lichfield, and a wheelchair user who lives with chronic pain, will lead the service with contributions, testimony and readings from people with disabilities and long-term illness.

In her introductory remarks, she will say that the pandemic has hit the most vulnerable hardest. But she will talk about how online worship has helped many Christians with disabilities – previously living in ‘permanent lockdown’ - to fully participate in worship for the first time.



“We know that coronavirus has hit the most vulnerable members of the community the hardest. It has changed so much about how we live and how we worship together,” she will say.

“For so many people who were already living in a more permanent lockdown and isolation through disability and long term illness - and often through inaccessible church buildings and services - like never before, previously over looked and wasted gifts have been set free to be a blessing to our church.”

The service, with the theme of belonging, was broadcast from 9am on Sunday 20th September 2020 on the

Church of England's website

<https://www.churchofengland.org/more/media-centre/join-us-church-online/weekly-online-services/everyone-made-image-god>

Facebook page

<https://www.facebook.com/thechurchofengland>

And YouTube channel.

<https://www.youtube.com/thechurchofengland>

Describing her own experiences, Rev Zoe will say: “Living with chronic pain for many years and becoming a wheelchair user has been a journey of faith - a painful journey – that has led me to discover new gifts and my own prejudices and the things and barriers that exclude people like me from being able to fully participate and belong to the Church.”

She will add: “The Christian faith teaches us that everyone is made in the image of God.”

The service will feature testimony and a poetry reading from Church of England lay minister Peter Philips, from Lichfield, a retired social worker and prison chaplain, who has Motor Neurone Disease.



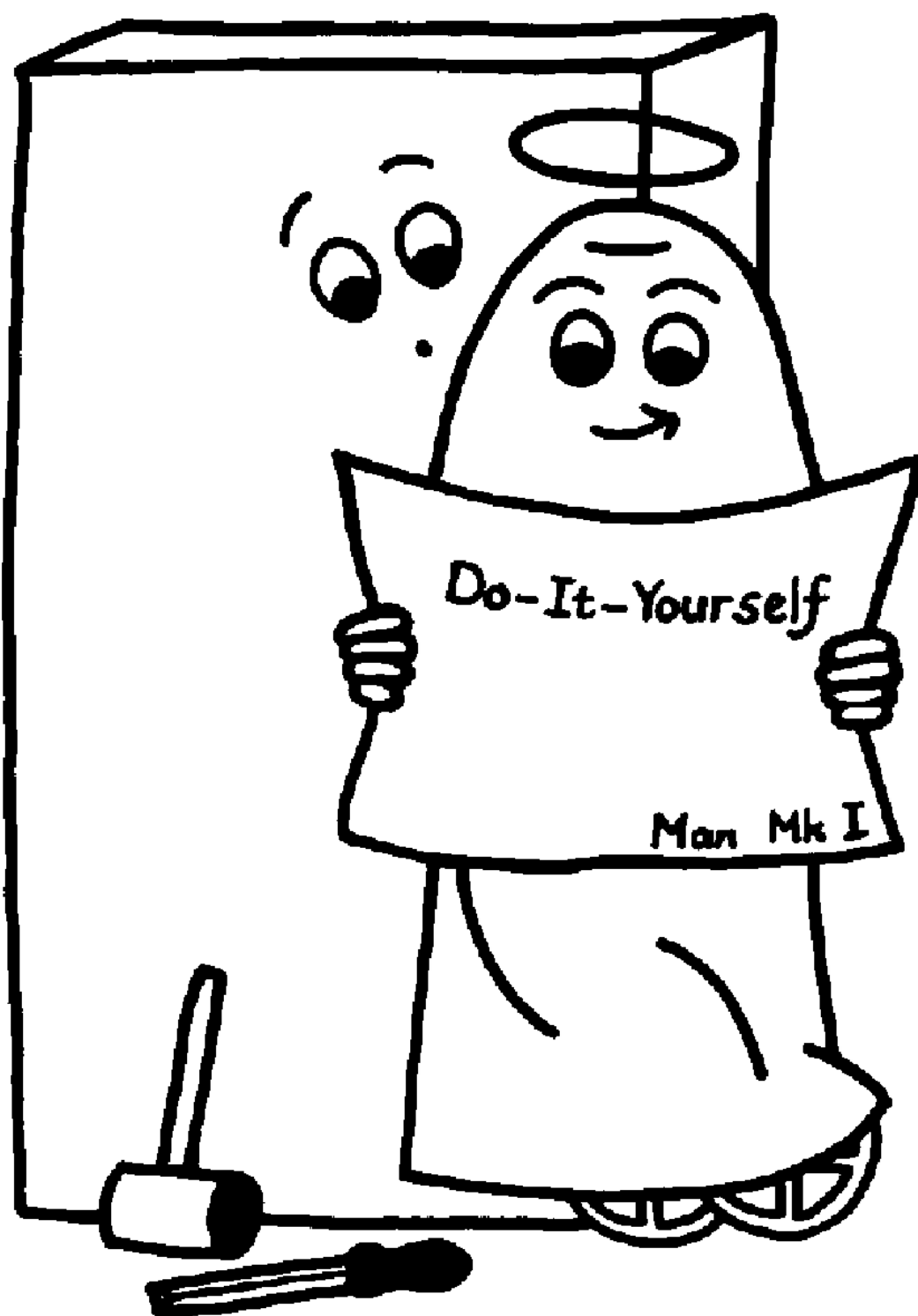
He will say: “My health has deteriorated over the last 18 months or so but what has been more remarkable is that my life has been completely changed – for the better.

“I believe that through each one of us God is working and calling us to get out there and proclaim His Kingdom here on earth.”

[Members of the Wave Community](#) will read the Parable of the Workers in the Vineyard from the Gospel of St Matthew. Prayer will be read by Ian Grantham, who is housebound, with Zoe Corney, who lives with ME, who will read the Lord’s Prayer.

The UK Makaton Blessing will also feature at the conclusion of the service.

LARGE COPIES of the magazine are available on request



God made everyone
in his image



Teresa de Cepeda y Ahumada,

Born March 28, 1515, Ávila,
Spain

Died October 4, 1582, Alba de
Tormes;

Canonized 1622;

Feast day October 15

Spanish nun, one of the great mystics and religious women of the Roman Catholic Church, and author of spiritual classics. She was the originator of the Carmelite Reform, which restored and emphasized the austerity and contemplative character of primitive Carmelite life. **St. Teresa was elevated to doctor of the church in 1970 by Pope Paul VI, the first woman to be so honoured.**

Her mother died in 1529, and, despite her father's opposition, Teresa entered, probably in 1535, the Carmelite Convent of the Incarnation at Ávila. Within two years her health collapsed, and she was an invalid for three years, during which time she developed a love for mental prayer. After her recovery, however, she stopped praying. She continued for 15 years in a state divided between a worldly and a divine spirit, until, in 1555, she underwent a religious awakening.

In 1558 Teresa began to consider the restoration of Carmelite life to its original observance of austerity, which had relaxed in the 14th and

15th centuries. Her reform required utter withdrawal so that the nuns could meditate on divine law and, through a prayerful life of penance, exercise what she termed “our vocation of reparation” for the sins of humankind. In 1562, with Pope Pius IV’s authorization, she opened the first convent (St. Joseph’s) of the Carmelite Reform. A storm of hostility came from municipal and religious personages, especially because the convent existed without endowment, but she staunchly insisted on poverty and subsistence only through public alms.

John Baptist Rossi, the Carmelite prior general from Rome, went to Ávila in 1567 and approved the reform, directing Teresa to found more convents and to establish monasteries. In the same year, while at Medina del Campo, Spain, she met a young Carmelite priest, Juan de Yepes (later St. John of the Cross, the poet and mystic), who she realized could initiate the Carmelite Reform for men. A year later Juan opened the first monastery of the Primitive Rule at Duruelo, Spain.

Despite frail health and great difficulties, Teresa spent the rest of her life establishing and nurturing 16 more convents throughout Spain. In 1575, while she was at the Sevilla (Seville) convent, a jurisdictional dispute erupted between the friars of the restored Primitive Rule, known as the Discalced (or “Unshod”) Carmelites, and the observants of the Mitigated Rule, the Calced (or “Shod”) Carmelites. Although she had foreseen the trouble and endeavoured to prevent it, her attempts failed. The Carmelite general, to whom she had been misrepresented, ordered her to retire to a convent in Castile and to cease founding additional convents; Juan was subsequently imprisoned at Toledo in 1577.

In 1579, largely through the efforts of King Philip II of Spain, who knew

and admired Teresa, a solution was effected whereby the Carmelites of the Primitive Rule were given independent jurisdiction, confirmed in 1580 by a rescript of Pope Gregory XIII. Teresa, broken in health, was then directed to resume the reform. In journeys that covered hundreds of miles, she made exhausting missions and was fatally stricken en route to Ávila from Burgos.

Teresa's ascetic doctrine has been accepted as the classical exposition of the contemplative life, and her spiritual writings are among the most widely read. Her *Life of the Mother Teresa of Jesus* (1611) is autobiographical; the *Book of the Foundations* (1610) describes the establishment of her convents. Her writings on the progress of the Christian soul toward God are recognized masterpieces: *The Way of Perfection* (1583), *The Interior Castle* (1588), *Spiritual Relations*, *Exclamations of the Soul to God* (1588), and *Conceptions on the Love of God*. Of her poems, 31 are extant; of her letters, 458.

<https://www.britannica.com/biography/Saint-Teresa-of-Avila>

A Miracle of St. Teresa of Avila

One of the most famous miracles attributed to her and presented at her canonization is similar to the miracle of Jesus and Lazarus. The wall of a building fell on Teresa's young nephew and he was crushed. Apparently dead, he was brought to Teresa. She held her little nephew in her arm and prayed deeply. Minutes later, the boy came back to life.



Quotations

A collection of *quotes* attributed to Spanish mystic and Carmelite nun Saint *Teresa* of *Avila* (1515-1582).



“Always think of yourself as everyone's servant; look for Christ Our Lord in everyone and you will then have respect and reverence for them all.”

“All things must come to the soul from its roots, from where it is planted.”

“Be gentle to all and stern with yourself.”

“It is love alone that gives worth to all things.”

“Never affirm anything unless you are sure it is true.”

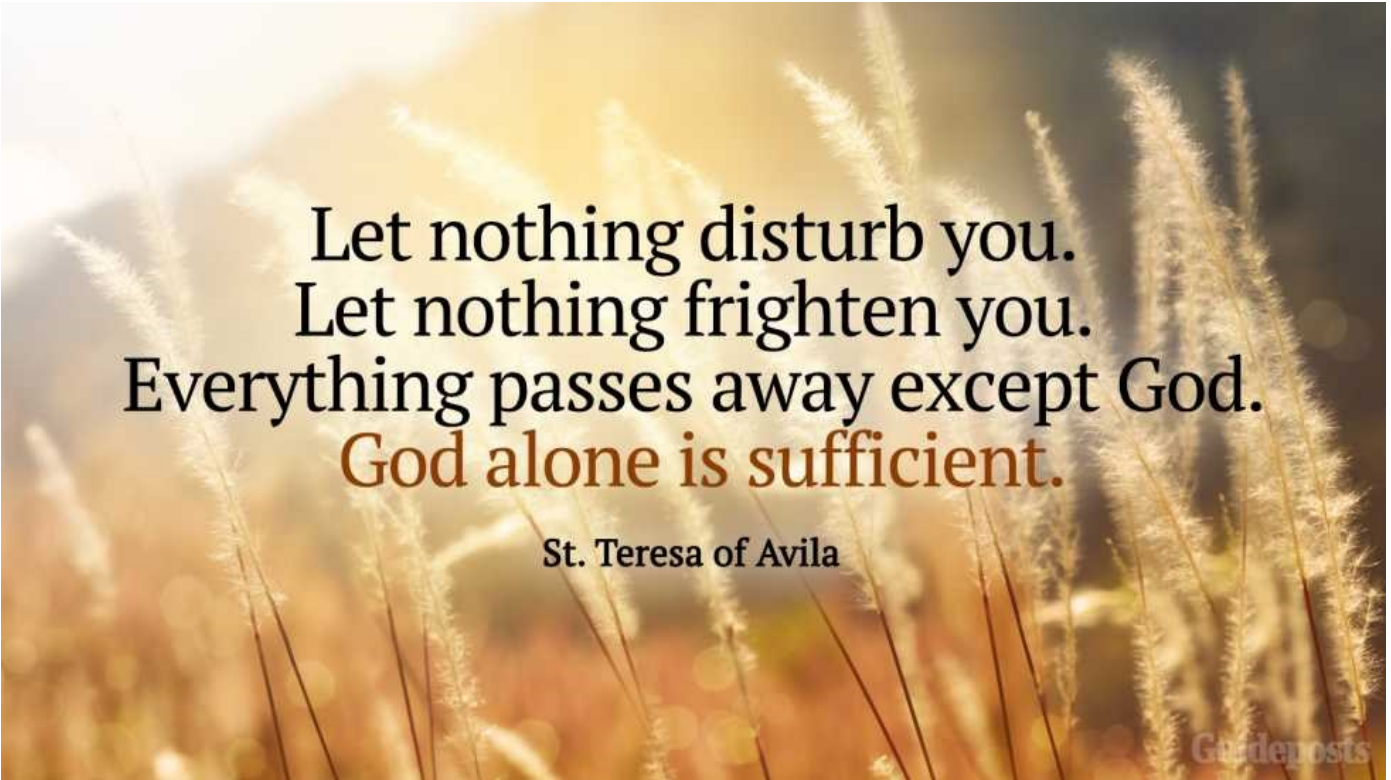
“Never compare one person with another: comparisons are odious.”

“Never exaggerate, but express your feelings with moderation.”

“O my God, what must a soul be like when it is in this state! It longs to be all one tongue with which to praise the Lord. It utters a thousand pious follies, in a continuous endeavour to please Him who thus possesses it.”

“Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.”

“Pain is never permanent.”



Let nothing disturb you.
Let nothing frighten you.
Everything passes away except God.
God alone is sufficient.

St. Teresa of Avila

“Reflect upon the providence and wisdom of God in all created things and praise Him in them all.”

“The feeling remains that God is on the journey, too.”



To have courage for whatever
comes in life - everything
lies in that.

St. Teresa of Avila

Guideposts

"There are more tears shed over answered prayers than over unanswered prayers."

God gave us faculties for our use; each of them will receive its proper reward. Then do not let us try to charm them to sleep, but permit them to do their work until divinely called to something higher."

"God has been very good to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person."

"I do not fear Satan half so much as I fear those who fear him."

"It is here, my daughters, that love is to be found - not hidden away in corners but in the midst of occasions of sin. And believe me, although we may more often fail and commit small lapses, our gain will be incomparably the greater."

"Christ has no body now, but yours.
No hands, no feet on earth, but yours.
Yours are the eyes through which
Christ looks compassion into the world.
Yours are the feet
with which Christ walks to do good.
Yours are the hands
with which Christ blesses the world."

"I am afraid that if we begin to put our trust in human help, some of our Divine help will fail us."

"I would never want any prayer that would not make the virtues grow within me."

"It is love alone that gives worth to all things."

"Mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us."

"One must not think that a person who is suffering is not praying. He is offering up his sufferings to God, and many a time he is praying much more truly than one who goes away by himself and meditates his head off, and, if he has squeezed out a few tears, thinks that is prayer. "

"Our greatest gain is to lose the wealth that is of such brief duration and, by comparison with eternal things, of such little worth; yet we get upset about it and our gain turns to loss."

"Suffering is a great favour. Remember that everything soon comes to an end . . . and take courage. Think of how our gain is eternal."

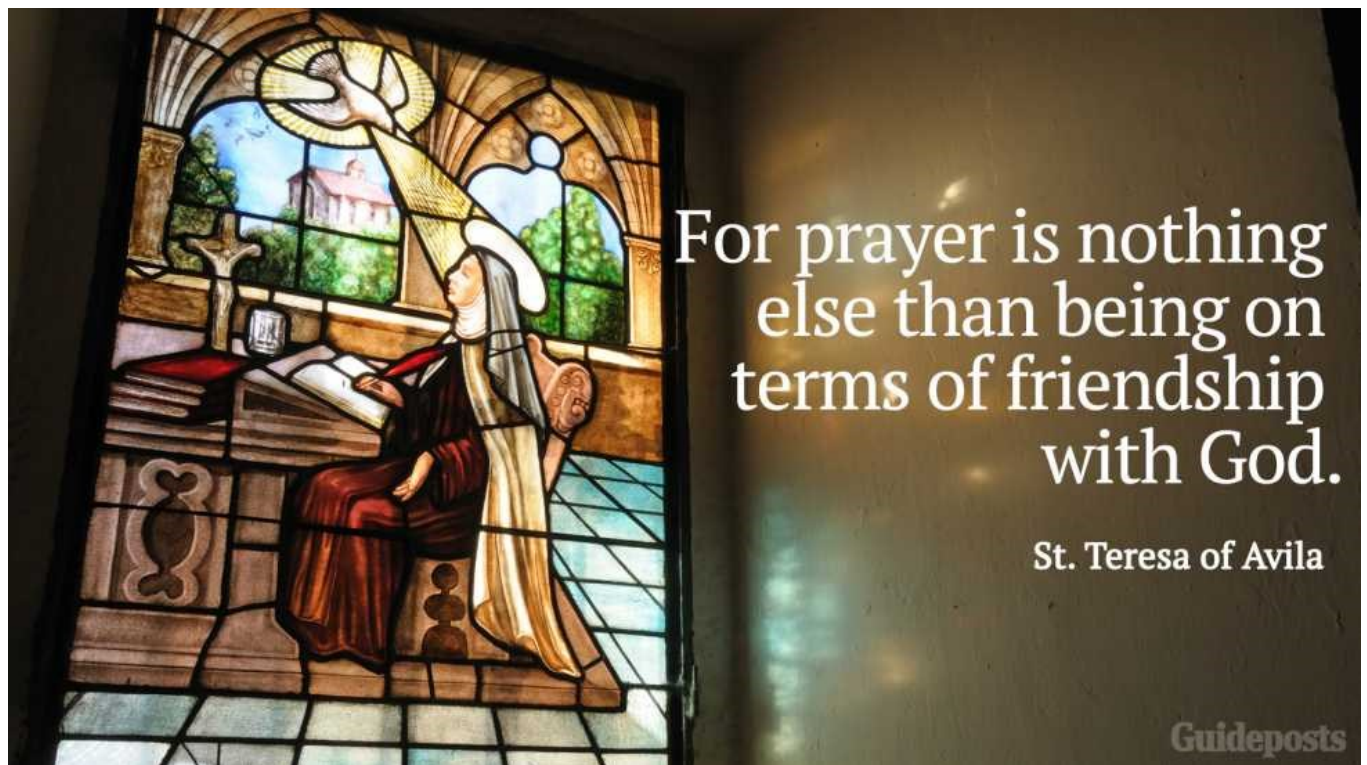
“Remember that you have only one soul; that you have only one death to die; that you have only one life, which is short and has to be lived by you alone; and there is only one Glory, which is eternal. If you do this, there will be many things about which you care nothing. “

“The most potent and acceptable prayer is the prayer that leaves the best effects. I don't mean it must immediately fill the soul with desire . . . The best effects [are] those that are followed up by actions-----when the soul not only desires the honor of God, but really strives for it. “

“The tree that is beside the running water is fresher and gives more fruit.”

“To reach something good it is very useful to have gone astray, and thus acquire experience.”

“Truth suffers, but never dies.”



“Vocal prayer . . . must be accompanied by reflection. A prayer in which a person is not aware of Whom he is speaking to, what he is asking, who it is who is asking and of Whom, I don't call prayer----- however much the lips may move.”

“We can only learn to know ourselves and do what we can - namely, surrender our will and fulfil God's will in us.”

“We shall never learn to know ourselves except by endeavouring to know God; for, beholding His greatness, we realize our own littleness; His purity shows us our foulness; and by meditating upon His humility we find how very far we are from being humble.”

“What a great favour God does to those He places in the company of good people!”

“You pay God a compliment by asking great things of Him.”



Deadlines!

For **NOVEMBER** Magazine: Deadline is
MONDAY 12th October
Contact David Bull

Pew Sheet:
every Thursday 7:30am
Contact Parish Office



Mothers' UNION
Christian care for families

Diocese of Lichfield

Mothers' Union Thank You Key Workers Appeal



Since 1965 Mothers' Union has run the "*Away From It All*" (AFIA) programme of experiences and holidays across Britain and Ireland and has helped many families rebuild relationships that had become strained, fractured or even been kept apart.

Most of us had our lives turned upside down in a matter of days due to the COVID-19 pandemic. We had to come to terms with restrictions on everyday activities, such as seeing family and going to Church and School. Many of us also had to become technology gurus overnight and reinvented our dining tables to be our new offices! It was an adjustment for us all. But while all this was happening, an army of individuals were keeping us all going – from shop workers to care workers, refuse collectors to bus drivers, nurses to delivery

drivers. Without them, our lockdown would have been so much harder. They ensured we were as safe as possible, often putting themselves at risk in the process.

We now want to say a huge thank you for all they have done, which is why we have used all our experience from AFIA to launch our *Thank You Key Workers Appeal* in order to recognise those who have continued to go above and beyond to help others. While all the work our key workers have done has been a triumph of compassion and care, it has meant a great deal of personal sacrifice – including the very important quality family time.

We want to provide similar AFIA day experiences and short breaks for key workers to help them rebuild family connections and togetherness. We especially want to provide this for families who have been kept apart or who are on low incomes, so they will be prioritised.

The appeal officially launched on the 5 July and we have been working hard to increase awareness of it outside the Mothers' Union movement, so that we can not only raise vital funds but also raise the profile of the amazing work we do through AFIA every year! You can find out more about the appeal at www.mothersunion.org/thank-you-keyworker-appeal and we invite you to share this link with anyone you think might also like to say thank you to a key worker. You can also nominate a key worker that you think really deserves an opportunity such as this.

To apply or nominate please visit: www.mothersunion.org/thank-you-keyworker-appeal



September Reflection

Dear Friends,

How good it is to touch base with you once more. It sometimes doesn't seem possible that we have now reached September, the season of mists and mellow fruitfulness is here once more. This is the time to wonder at the beauty of God's creation and celebrate all that is provided from his bounty.



At this time of year, I am fortunate enough to be able to walk out into the garden and pick, beans, onions, tomatoes, apples, pears and blackberries. A rich harvest indeed, time to care and share as well as store carefully so that I will be able to benefit from this bounty through the months ahead.

One of the hymns I enjoy is: - *give thanks with a grateful heart, give thanks to the Holy One, give thanks because He's given Jesus Christ His Son. And now let the weak say I am strong, let the poor say I am rich, because of what the Lord has done for us. give thanks.*

Hopefully most of us will be able to have some sort of Harvest celebration in church this year so that we can give thanks, even if this may be different from that which we are used to. We must never forget of course that many people are still suffering from hunger, so it is even more important to give, as best we are able, to the many food banks that are still very much needed. This is so much part of the work that Mary Sumner set out to do.

Even as we praise God for all his goodness and look in awe at his creation let us not forget, that this is a very difficult time for the Mothers' Union and the members of staff at Mary Sumner House. Dedicated workers and MU members of staff have had to accept either voluntary or compulsory redundancy, because the charity can no longer support all the paid staff, despite the generosity of all the members worldwide, who gave so generously to the appeal.

This losing of staff has caused much heartache, and your prayers are needed for the Trustee Board and our Worldwide President, Sheran, who, together with the Senior Leadership Team, has had to take this very tough decision.

As the Autumn colours begin to make themselves known we must never forget the beauty of the Lord and His goodness, and trust that He will enable all affected to move forward in faith into the new challenges that lay ahead.

In the autumn, I think we see our Heavenly Fathers generous heart more clearly than at any other time. The splendour of the autumn col-

ours shows his glory and his loving care. September, as the leaves begin to fall, enables us to see the bare bones of his creation, the arms outstretched to hold us and support us, especially in these challenging times with covid19 still here, if hopefully, in the background.

It has been good for me to be able to get out and about and mix with a few more people and I hope it has been the same for you too.

So as life begins to take on a new norm let us embrace all that the world has to offer, even if that world is not very big, let us give thanks for the relationships of family, friends and all who care for us.

If you are unable to get out, I pray that you will be able to have relations or maybe even friends come to visit and will at least be able to look through a window at God's creation. If like me you are fortunate enough to go for a walk in a park, take your time and drink in all that is surrounding you because God's world is full of so many little things, we can all miss if we don't keep our eyes wide open.

Please keep safe and well.

Love Jenny

Let us pray

Loving Lord,

Help us to be fruitful in our work for Mothers' Union. To grow initiatives that bring hope to the vulnerable and the downhearted, bringing new life where there is often despair. Amen

(from Families Worldwide)

More Safe and Secure Places to Visit

Kedleston Hall [National Trust]. Just to the west of Derby, this Palladian-style house is magnificent in the way that it stands in its landscaped park. Structurally it is intriguing because its south front was designed by Matthew Brettingham, the north side by James Paine and the interior is the work of Robert Adam, who had a significant later role in some of the development of the park. From the car park, there is a two-mile circular walk, which will enable you to enjoy at close range a Kedleston 'ha-ha' [see below]. Café is open. Prior booking essential.



Kedleston's Ha-Ha

Wightwick Manor [National Trust], situated to the west of Wolverhampton. Wightwick structurally is strongly influenced by the Arts and Crafts Movement. Various walks are signposted, with a great variety of trees and plants to enjoy, along with a display of a range of rocks which were discovered as the estate was developed and which had been carried there in the last Ice Age. There is a back route from the north, avoiding the city centre, via the outskirts of Brewood and Codsall. Café is open. Prior booking essential.



Exterior Arts and Crafts evidence at Wightwick Manor

St Michael's Churchyard

Autumn is a wonderful time in the Churchyard. It is great to see the deciduous trees gradually changing colour, giving us those beautiful golds, reds and yellows that we associate so much with England at this time of the year. In our Churchyard we have many tall, spreading mature trees typical of species that can be seen in the English countryside.

One of them is the Ash Tree. A lot of Ash trees have died in recent years due to the Ash dieback disease. Let us hope that our Churchyard ash trees will continue to grow for many years to come.

The Common Ash is a native English tree. When fully grown it can reach a height of 35 metres. Tall and graceful ash trees often grow together, forming a domed canopy. The tree can be identified by its smooth twigs that have distinctive black velvety leaf buds arranged opposite each other.

Look for ash trees in the Churchyard. **There are 3 large ones on the South side of the Church** growing near to the Health and Fitness Club building.



One of the large ash trees in the Churchyard.

Unfortunately The Churchyard Working Party that was due to take place on Saturday October 3rd. has been cancelled due to the increase in coronavirus cases. There will be no more meetings of The Working Party until further notice.

Ray Allen 251654



" Some members of the Working Party busy clearing vegetation from graves."

News from the Hawksworths in Hong Kong:

We've settled well into village life. The neighbours are lovely. The children have made friends with two Swedish children (Jonathan and Elisabeth) as well as two French/ Belgian children (Alices and Pacome). We were planning to have a bit of a house warming and invite the neighbours round for drinks, but as things stand with the virus and restrictions on group gatherings, it's not been possible. Still we're hopeful that we'll be able to resume some normality soon. As I write this, we haven't had a local case of Covid for over a week. Social distancing isn't a thing here as there are SO many people. However, everyone wears a mask all of the time when outside of the house. There are no exceptions. Clearly it's working as cases are dropping.

I met with a friend last Sunday in Sai Kung village. We went for tapas and drinks by the harbour side. It was lovely. There are lots of seafood restaurants and you get to choose which fish or crustacean you'd like. Bit bizarre as they're all swimming in tanks behind you, but you know it's fresh!

We've had a lot of lightning storms over the past week as two tropical weather systems moved through the South China Sea. It's both beautiful and frightening, the power Mother Nature has. Daily temperatures continue to be in the low 30's with humidity around the 85% mark. It was a bit of shock to the system at first but we're getting used to it now.

Both Ellie and Milo continue to enjoy school. At the moment they are learning from home but will go back into school from October 5th. They're both very much looking forward to finally meeting their friends and teachers in person. They'll still have to wear masks all the time but I think that's a small price to pay if it gives them some sort of

normality and routine to their day. Lessons are as they would have been back in the UK. The only real difference is that they are learning Mandarin. We're all learning bits of Mandarin as it's useful for when you're in the city. In more rural parts, such as our village, they only speak Cantonese. Still they're both useful languages.

We continue to explore HK and the surrounding islands. A couple of weeks ago we went to an island called Peng Chau. It's a 30 minute journey from Central on the fast ferry. People go there because of the beaches. There are lots of small sandy beaches with clear warm waters. We went with a work friend of Pete's and his wife and son, as well as another family from school. The children are all of a similar age so it was nice for them to meet each other and play.



We also found a beach much closer to home that we'd heard of but not found until last week. Little Palm Beach is a small sandy beach that faces north. It's only really used by locals as you wouldn't know about it unless you lived in the area. It also has a scuba diving centre across the road. The other side is much rockier and perfect for diving. There are lots of small fish that swim close to the shore as well as leaping fish! I hadn't seen them before, but every so often you see 10 or so

fish leap from the sea. The children loved seeing them.

We continue to be reminded of just how rural it is out here. We're part of the Ng Fai Tin village WhatsApp group and frequently get messages or pictures of what people have seen. There's quite often a monkey seen walking down the steps that take you to the main road. It's an adult Barbary macaque. They don't seem to be bothered by the presence of people, but you still have to be on your guard.



There have been sightings of pythons, thankfully not venomous, but there are also rat snakes and pit vipers. The latter two are venomous so we just have to be careful. Generally speaking snakes don't like loud noises, so when we're all walking together you can imagine just how noisy it is!

We've had a couple of rather large flying cockroaches in the kitchen. It wasn't a pleasant experience but we've managed to deter any more from coming into the house. We also have a resident Gecko. It's about an inch long and very fast. We've been told they're good for eating the mosquitos and flies, so he can stay!



There's a large bird population here too. We frequently see black kites, tree sparrows, black collared starlings and bulbuls. They all have a wonderfully loud call and the children love to spot them!

We also see lots of aeroplanes fly overhead as we live under a flight path or turning circle for the airport. We've noticed over the past couple of weeks that there has been an increase in the number of planes taking off. Although the flights are only to the surrounding countries (Japan, mainland China, Indonesia, etc.) we're hopeful that it's a sign that we'll be allowed to travel again soon! For now, we're happy to stay where we are and are looking forward to the Mid-autumn Festival that starts on October 1st!

Take care and stay safe!

With love,

The Hawksworths xx

Bible Readings

Sunday 4th October
17th Sunday after Trinity
[Green]
Philippians 3.4b-14
Matthew 21.33-end

Sunday 11th October
Harvest
[Green]
Deuteronomy 8.7-18
Luke 12.16-30

Sunday 18th October
Luke the Evangelist
[Red]
2 Timothy 4.5-17
Luke 10.1-9

Sunday 25th October
Last Sunday after Trinity
[Green]
1 Thessalonians 2.1-8
Matthew 22.34-end

Sunday 1st November
All Saints Day
[White]
1 John 3.1-3
Matthew 5.1-12

Sunday 8th November
3rd Sunday before Advent
Remembrance
[Red/Green]
1 Thessalonians 5.1-11
Matthew 5.1-14



From the Registers

Baptisms



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Marriages



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Funerals

02/09/2020	St Michael	Richard Keay	74
09/09/2020	St Michael	Debra Neal (interment of ashes)	51



Prayer Squares

A pattern for small knitted squares with a cross incorporated into the pattern to give to those who may welcome the knowledge that someone is praying for them, and to help them to pray.

You will need:

A small amount of DK yarn

(each square takes approximately 6g of yarn)

4mm (size 8) knitting needles



Method:

To create a neat selvedge: work to the last st on every row, bring yarn to front and slip last stitch

Cast on 23 sts.

Row 1 – Row 4: Knit

Row 5: K2, p19, k2

Row 6 (and every other even row): Knit

Rows 7, 9, 11, 13 and 15: K2, p8, k3, p8, k2

Row 17, 19 and 21: K2, p4, k11, p4, k2

Row 23 and 25: K2, p8, k3, p8, k2

Row 27: K2, p19, k2

Row 28 – Row 31: Knit

Cast off and sew in ends

To include with the prayer square

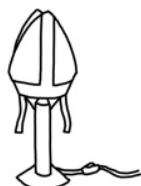
May this square, knitted and given in love,
be a reminder of my prayers for you at this time,
and bring comfort and assurance of the love of Christ
and his constant presence with you.

MITRES

USES DURING A PANDEMIC



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LAMPSHADE



POPCORN
HOLDER



HANGING
BASKET



GLOVE



PIPING BAG



MEASURING
DEVICE



OVEN MITT



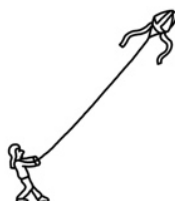
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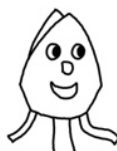
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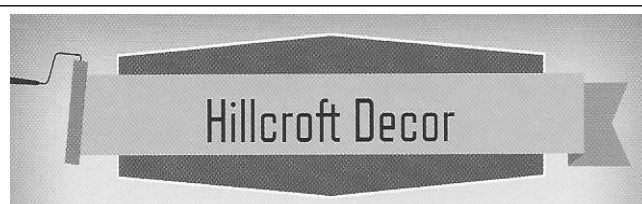
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