

The Log

Harvest

A time for hope
in all seasons.



St Lawrence with St Paul
Following Jesus in Loving Community
Longridge

The Parish Magazine
October 2024

£1.00

www.stlawrencewithstpaul.org.uk

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HARVEST THANKSGIVING – Sunday 13th October

All Services at St. Lawrence's Church

8.00am	Holy Communion
10.00am	All Together Service
6.30pm	Harvest Songs of Praise

The Church will be open from 2pm – 4pm for people to view the flowers and displays and enjoy tea and cakes.

The traditional Harvest Walk lead by Peter & Lib Turver will leave St. Lawrence Church at 1.30pm and return for tea and cakes at approximately 3.30pm



DIOCESAN HARVEST APPEAL.

Harvesting a Love of Learning

The Bishop of Blackburn writes In July, we were privileged to have a visit from Bishop Leo Rodrick, the Bishop of Multan in central Pakistan. During his time in the diocese, he was able to meet members of the Vision and Strategy team and join in with the joyous year 6 leavers' service at the Cathedral.

As a Diocese, we are strengthening our links with Christians around the world. This year, we are encouraging our parishes and schools to learn about the lives of Christians in Pakistan.

The Diocese of Multan is made up of 75 parishes with 52 priests and a number of church primary schools. Most of the population live in villages. The climate is warm and dusty. Islam is the predominant religion (98.99%) with Christians making up 0.86%. Christians are free to worship and Bishop Leo reports that churches are growing. He asks us to pray for the security of Christians. One of the priorities of the Multan diocese is to improve the low levels of literacy that exist especially for women and children. The Harvest Appeal, this year, will go towards a women's literacy programme.

Donations to the appeal can be made in various ways and these are listed on the Diocesan website. There will be a plate for donations at all Services at our Harvest Thanksgiving on the 13th October. You will also be able to donate by debit/credit card via the card reader.

VICAR'S NOTES

Although my sabbatical finished at the end of August this is the first chance since my return to express my sincerest thanks in The Log to all who helped lead St Lawrence with St Paul while I was away from my study. Special thanks must go to Revd Simon who has been such a superstar! Now as the leaves change colour and Autumn season really kicks in there continues to be lots to celebrate and look forward to in the days ahead.

Durham Pilgrimage

As you may be aware this year's church vision emphasis is 'Following Jesus with the Northern Saints' and during the weekend of September 21-22nd thirty-seven of us were able to go on a pilgrimage to Durham Cathedral where we were hosted brilliantly by St John's College and the Very Revd Dr. Philip Plyming who is my former boss and now Dean of Durham Cathedral. You can see a full write up of our pilgrimage starting on page 10.

Harvest Festival 2024

This year's Harvest Festival takes place on Sunday 13th October and our theme for this year is 'A Time for Hope in all Seasons'. Our services will take place at St Lawrence Church as follows:

- 8.00 am Holy Communion
- 10.00 am All Together Worship
- 6.30 pm Harvest Songs of Praise

In addition, our very popular family friendly harvest walk will once again leave from St Lawrence Church at 1.30pm and we're very grateful to Peter and Lib Turver for plotting a suitable route. If you can't take part in the walk for whatever reason don't let that stop you from coming to St Lawrence Church between 2-4pm to look at the beautiful flowers and creative harvest displays while also enjoying a cake-based treat and a cup of tea/coffee etc. I know how brilliantly St Lawrence Church will be decorated on our Harvest Sunday so I would really encourage you to visit.

This year we will be especially pleased to share any financial donations you are able to give between the Bishop's Harvest Appeal and the St Lawrence Lychgate Restoration Appeal - <https://www.justgiving.com/campaign/lychgate>. I look forward to seeing you there.

All Souls Service

This year our All-Souls Service will take place on Sunday 27th October at 6.30pm in St. Lawrence's Church. This calm and meaningful service gives people the chance to remember loved ones who have died and are held close to the heart. Each year we invite those families who have suffered a bereavement over the last twelve months, but the service is open to everyone in the parish.



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VICAR'S NOTES

During the service there is an opportunity to come forward and light a candle in memory of those you love but no longer see and also for their name(s) to be read out. So often the years go by, but the pain and sadness can still be there so if you would like to have a loved one's name read out as part of the service, please write their name on the list you will find in both churches, or email our Parish Administrator, Michael Dawson at secretarystlandplongridge@gmail.com to add their name to the order of service.

Remembrance Sunday

This year Remembrance Sunday falls on 10th November. A short community service will take place at the Longridge War Memorial starting about 10.45am ready for the nation to fall silent at 11.00am.

In addition to this at St Paul's Church there will be our usual All Together Remembrance service at 9.30am and for those who prefer a more formal service, the town's Civic Remembrance Service will start around 11.20am when we're joined by the Mayor, Town Councillors, uniformed organisations and Longridge Band.

For those wishing to receive Holy Communion on Remembrance Sunday, a Parish Communion service will take place at our 6.30pm service at St Lawrence Church.

Screens and Live Streaming 10am Sunday Service

I'm very pleased to say that thanks to the generosity of so many of you we have been able to complete our Audiovisual project at St Paul's Church. This will gradually enable us to reduce our use of paper orders of service and greatly expand our ability to engage with congregation members in new and exciting ways. Over the month of October we will begin to learn how to use the new equipment so please excuse any early teething issues.

Junior Choir

In September we conducted a successful interview for a new Junior Choir Director and we're very hopeful we'll be able to start running Junior Choir for children in school years three to six again after the October half-term holidays. We also look forward to introducing the successful candidate to you in the next addition of the Log.

Christmas Fair

In order to avoid a clash with the 'Longridge does Christmas' events taking place this year it is our Christmas fair will take place on Saturday 23rd November. The specific theme is yet to be determined but you can be sure it will be full of glitter and fun as we look forward to remembering and celebrating the birth of our Saviour Jesus.



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A time of hope in all seasons – Inspirational Words brought to us by Ali Ng.

As I write this, it is the autumn equinox. The weather headline read:

“Flip-flops are out and umbrellas are in, as the autumn equinox starts, bringing with it heavy rain and thunderstorms.”

Now living in Lancashire and as I do, working in Cumbria we are used to rain but how often are we grateful for it? How often do you open the curtains in the morning and leap with joy, praise God and say - wonderful it's raining. I'm surmising not that often! I certainly look out and think “Oh another wet dog walk” or “Oh deep joy another journey aquaplaning up the M6!”

Our bible reading for harvest from the book of Joel, reminds us however, that we should be thankful for the rain and there are many parts of the world where there will be deep joy when rain comes.

“Be glad, people of Zion, rejoice in the Lord your God, for he has given you the autumn rains because he is faithful. He sends you abundant showers, both autumn and spring rains, as before.”

Joel 2:23 NIV

For God does bless us abundantly and not just with rain! Many of you will have seen the stunning harvest moon in mid September.

On this day, the Chinese believe that the moon is at its brightest and fullest size, coinciding with harvest time in the middle of autumn. Mid Autumn festival as it is known, celebrates the end of the Autumn harvest with lanterns, dancing and a delicacy called moon cakes.

As we turn to celebrate Harvest as Christians we give thanks to God for his abundant provision and let's not forget there have been many a harvest dance in times gone by! In celebrating Harvest, we are also hoping that we will be blessed with abundant harvests in the times to come.

As Christians, how is hope different?

As Christians we are set apart because we have certain hope. God is the foundation of hope because He has given us His Spirit. Genuine hope will strengthen us for the challenges that we face because we know that we don't face those challenges alone.

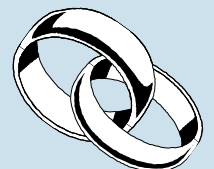
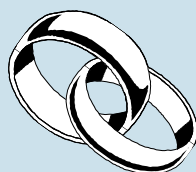
As we navigate the complexities of life, hope is not just for the good times, it is for every season. God's promises are eternal and his faithfulness endures. So, no matter what you are facing today remember that hope in Christ is alive. Let this hope encourage you and in turn become a beacon of light to others who are in need of hope for their season.



GOLDEN WEDDING CELEBRATIONS

Many congratulations and our very best wishes to:

Geoff and Kathleen Sturzaker who were married in St. Lawrence Church on the 21st September, 1974 spending their honeymoon in the Lake District.



Clergy & Church Officers

Vicar	Rev. Mike Barton	The Vicarage, Church Street	01772 783281	revmikebarton@gmail.com
Curate	Rev. Simon King	9 Willows Park Lane	07789 645138	revsimonking@gmail.com
Retired Clergy:	Rev. John Ball		07754 771220	
	Rev. Adrian Mairs	8 Hacking Drive	01772 356015	adrian.s.mairs@gmail.com
			07899 905768	
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	Dorothy Laver	19 The Pastures, Grimsargh	07719 389529	dorothy.laver@gmail.com
Deputy Wardens	Graham Kelsall			graham@oaktreehouse.net
	Mae Heys	29 Fell Brow	07740 068099	
PCC Secretary	Barbara Burton	7 Chaigley Road		brbrbrtn6@gmail.com
PCC Treasurer	Graham Kelsall			graham@oaktreehouse.net
Safeguarding Officer	Elizabeth Hemmingway			psostlandplongridge@gmail.com
Parish Administrator	Michael Dawson	See hours below	01772 783281	secretarystandplongridge@gmail.com
Health & Safety Officer	Chris Martin			
Electoral Role Officer	Michael Dawson			

Parochial Church Council

Chairman	<i>Rev. Mike Barton</i>
Hon. Secretary	<i>Barbara Burton</i>
Hon. Treasurer & Stewardship Recorder	<i>Graham Kelsall</i>
Members:	Clergy and Churchwardens Amii Bateson, Karen Boardman, Rob Bretherton,, Helen Clements, Michael Dawson, Andrew Filder, David Hartley, Mae Heys, Philip Jones, Vernon Kinrade, Rosemary Lyons, Chris Martin, Barbara McCormick, Annamarie Rogers-Waterman, Val Wardley, Stephanie Willan.

Organisations

Parish Administrator	<i>Michael Dawson</i>	Handbell Ringers	Leader <i>Judith Kaye</i> Park View, Fleet Street, PR3 3ED judithkaye@sky.com 01772 785114
Parish Office Monday and Wednesday 9:30—12:30 Friday 9.30—15.30	01772 783281	Children's Church	<i>Carolyn Barton</i> carolynbarton@hotmail.co.uk
Altar Flowers		Mothers Union	7.30pm on 1st Tuesday Enrolling Member <i>Judith Kaye</i> Park View, Fleet Street, PR3 3ED judithkaye@sky.com 01772 785114
Hon. Sec. St. Lawrence <i>Dot Little</i> 01772 783998 <i>JudithKaye</i> 01772 785114		Prayerline	If you would like our prayer team to pray for you e-mail <i>Murial Anderson</i> 12 Plessington Court, Brewery Street, Longridge Murialanderson33@gmail.com 07823 762089
Hon. Sec. St. Paul <i>Donna Rowe-Green</i> 07880 348597		Tuesday Club	7.30pm on 2nd Tuesday Chairman <i>Fred Little</i> 26 Hoghton Road 01772 783998 Hon. Sec. <i>Adrienne Atkinson</i> 01772 783091 adbil1959@gmail.com
Choir	Organist and Choir Director <i>Paul Warren</i> paulbionicears@gmail.com	Walkie Talkies	<i>Hannah Green</i> 20 Darwen Close 01772 783558
Church Lads & Church Girls Brigade	Wednesday Nights Berry Lane School Term Ti mes Martins 6 pm, Young Members 6.30 pm JTC/Seniors 7.00 pm Commanding Officer <i>Janet Redding</i> 3 Chapel Street janetredding@clcgb.org.uk		
Crafty Café	Last Monday each month, Centenary Room 1.30 - 3.30pm also: Contacts <i>Helen Bailey</i> 01772 783178 <i>Bev Keating</i> <i>Jean Saunders</i> 01772640146		

Longridge C of E Primary School

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Clerk to the Governors

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School Office 01772 782378

bursar@longridge-cofe.lancs.sch.uk

Pre-School 01772-780078

PTFA Hon. Sec. *Katie Keighley*

Sidesmen and Sideswomen

Karen Boardman, Bev Keating, Janet Heap, Peter Turver, Lib Turver, Graham Kelsall, Yvonne Ball, Val Wardley, Phil Walker, Marina Walker, Emma Pettit, Carl Pettit, Becky Filder, Andrew Fielder, Lawrence Ingham, Marilyn Kinrade, Barbara Burton, Ian Cookson, Ruth Buckley, Jennifer Sturzaker, Kai Ng, Helen Eccles, Keith Thompson, Judith Singleton, Liz Hemmingway.

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RUTH BUCKLEY—SHARING A PRAYER

As a result of recent surgery and now chemo treatment I have been continuously told to rest! Unfortunately this goes against the grain with me as I constantly like to be 'on the go' - walking, cycling and even open-water swimming. However I am slowly learning to stop and rest! My choice of a 'prayer to share' develops this theme of restlessness and then resting in God.

Almighty God, You have made us for yourself
 And our hearts are restless till they find their rest in you
 Pour your love into our hearts and draw us to yourself
 And so bring us at last to your heavenly city
 Where we shall see you face to face
 Through Jesus Christ your son our Lord
 Who is alive and reigns with you
 In the unity of the Holy Spirit. One God, now and for ever
St. Augustine of Hippo

Also I liked to share the words of a song I love and have found very reassuring which reminds us to continue resting in God's arms.

Resting in the stillness of the arms of the Lord
 Under His shadow, I fear no harm
 Covered and protected by my refuge and my strength
 Evil cannot alarm.
 Trusting in the presence of the Word that endures
 Hiding His promises in my heart
 Still small voice of Jesus whispers comfort to me
 Bids all my fears depart
*Perfect love of Jesus drives away my fear
 Confidence and purpose fill my soul
 So I will offer all I am to serve my God
 Who loves and makes me whole*
 Knowing I'm adopted as a child of the King
 Gives an assurance that I'm secure
 Looking to a future in the glory of God
 With Him forever more.



I recently came upon a video showing just some of the wonderful things Mothers' Union has been involved in. In 2022 MU made a difference to the lives of over 3.4 million people worldwide, supporting over 750,000 through face-to-face work and community projects and 2.7million people indirectly. The Burundi Literacy & Finance programme has been running for over 20 years with over 165,000 taking part and some 85% of these are now able to read & write which in many cases helped reduce the number of domestic abuse incidents. In Rwanda another project, for families headed by a female, has encouraged the growing of different food crops which can be harvested sooner enabling them to feed the community with sustainable crops and provide an income. In Great Britain & Ireland more than 2000 families have enjoyed an "Away from it All" holiday supported by their MU branch, thousands of craft items have been produced to support people in different ways and this is just the tip of the iceberg. Mothers' Union must be one of the least known organisations in our country and yet we support great things around the world.

More locally our branch meets on the first Tuesday of each month (except August and January) at 7.30pm in the Centenary Room at St Paul's, all are welcome at our meetings which always end with a cup of tea and time for a chat.

Diary dates

Oct 1st Elizabeth Martin – My life in the police and other stories

Nov 5th Chris Martin – Fire & Explosions throughout the years

JAK

PHOTOGRAPHS FROM THE NORTHERN SAINTS PILGRIMAGE



Chapel of the Holy Cross



Outside St. John's



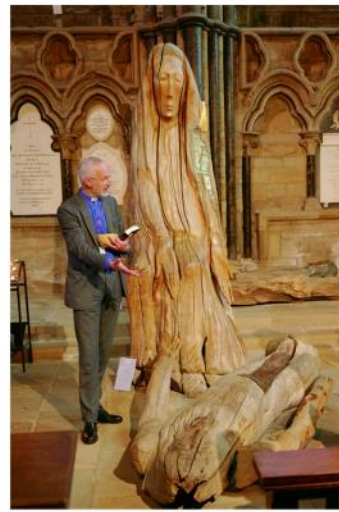
The Dean with Revd Mike



Looking down the nave



Statue of St. Cuthbert



Chapel of The Nine Altars



In Galilee Chapel



Group of pilgrims



Bede's Tomb



Canopy above St. Cuthbert's Tomb



Refreshments in the Solarium



Durham Cathedral



St Cuthbert's Coffin

NORTHERN SAINTS PILGRIMAGE TO DURHAM CATHEDRAL **Saturday and Sunday, 21st and 22nd September.**

After 9 months of planning and preparation the Durham Pilgrimage took place on Saturday 21st and Sunday 22nd September 2024. 36 parishioners set off by coach from Longridge bang on 9.00am on the Saturday. We were met by 2 others, who had travelled independently making a group total of 38. On the way, the coach stopped in Ripon and a welcome coffee stop ensued.

When we arrived in Durham, we had a challenging walk on a bridge over the River Wear and up some steps and some hills and some more steps. 10 minutes later we reached our destination of St. John's College where we received a warm welcome. It was then straight to lunch which was impressive.

Rooms were then allocated, and everyone settled in, before being whisked off to a welcome and orientation talk from the Very Revd. Dr. Philip Plyming, Dean of Durham Cathedral, who is a close friend of Rev Mike. The venue was simply amazing; the Anglo-Saxon Chapel of the Holy Cross and one of the oldest parts of the cathedral. It was built in the 8th century and was atmospheric. Dean Philip then explained our itinerary and proceeded to give us a detailed account of St Cuthbert and, indeed, his connection to Durham Cathedral.

Two of the many stories he related were especially impactful. The first concerning St Cuthbert's practice of standing in the sea, praying for hours often through the night with freezing water up to his shoulders. Secondly, the fact that on the occasions that Cuthbert's body was exhumed it proved to be incorruptible, in other words his body had not decayed.

The Dean explained that Cuthbert had 4 key missions: evangelism involving long and strenuous journeys on foot, his humility and desire for a simplistic lifestyle, his love of all elements of creation and his passion and dedication to prayer. Cuthbert's body was eventually located in Durham to keep it safe from the frequent Viking raids on the Northumbrian coast and, indeed, further inland.

This was spellbinding and was enjoyed and appreciated by everyone. I wish I could say the same for Rev Mike's joke about the otter, although to be fair it did make everyone laugh.

Our first port of call was the St Cuthbert's Museum. A host of interesting exhibits were to be found there. Highlights included the ancient original Durham and Lindisfarne Gospels, the remains of St. Cuthbert's coffin and the wondrous cross of St. Cuthbert. After our tour of the museum, we headed up to the Solarium in the Dean's residence and wondered at the ceilings, chandeliers, mural paintings and wall coverings. Refreshments were available and an opportunity to sit and relax.

Next came the guided tour of the cathedral again led by Dean Phillip. We started in the Galilee chapel. The painting of St Cuthbert on a side wall of the altar was highlighted and well received.

The next stop was one of the Chapels of the Nine Altars. The wooden carved works of art, featuring the Virgin Mary and the dying Jesus and also the dead body of Jesus, were mesmerising. The next stop was the shrine containing the tomb of St Cuthbert, the simplicity of which was in keeping with his modesty and love of the simple life. Dean Philip emphasised the fresco above the tomb, which featured Jesus Christ and the 4 Gospels. How appropriate that this was positioned directly above Cuthbert's tomb given his passion to spread the word of Christ the Lord!



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Dean Philip read out the prayer of St Cuthbert and we all had a silent period of reflection and prayer. Rev Mike thanked the brilliant Dean Phillip and we were encouraged to pray for him in his work to spread the Good News at Durham Cathedral.

Next up was an impressive Service of Evensong with the Durham Cathedral choir in attendance.

After a hectic schedule, it was time for dinner. We were not disappointed. Three excellent courses which everyone seemed to enjoy. After dinner, impromptu singing broke out and a lively rendition ensued. Some Enchanted Evening, Oh What a Beautiful Morning, Edelweiss, Country Roads, Amarillo, Sweet Caroline, Yesterday and An American Trilogy all featured. A couple of quiz rounds also took place and a competitive spirit abounded. After a busy day people headed off to bed just after 9.30pm.

Sunday morning started with a cracking breakfast and then a stroll back to the cathedral. The cathedral was full for the Eucharistic Service and an impressive choir was again in attendance along with three celebrants. In the midst of the service, we were also treated to the baptism of little Alexander. At the start of the service, as well as announcing the baptism, the presence of the Longridge pilgrims was acknowledged, which was quite heart warming. Following the services we had refreshments before either pottering around Durham or attending Matins back in the cathedral. As well as our deep dive into the life of St Cuthbert and Durham Cathedral itself, the weekend allowed us to get to know each other better, have plenty of fun and brought us closer together. Overall, there seemed to be a positive response from participants to the experience of our Northern Saints Pilgrimage to Durham Cathedral.

John & Bev. Keating.

GRACE NOTES

As many of our readers will know, GraceNotes is a group of singers dedicated to going into the care homes of our parish (and some beyond the parish) to provide musical entertainment for residents.



GraceNotes was originally set up as a kind of outreach initiative as part of *Vision 2026* and it's fair to say that, under the leadership of Muriel Anderson the then "Vision Champion", the initiative has been, and continues to be, very successful. We are grateful to Muriel for all that she has done as a member of GraceNotes over the years and indeed to Gerald and Gill Mack, during their time with us, for providing their musical expertise on keyboard and clarinet respectively.

Of course, Gill and Gerald have now moved to Bradford and Muriel has also decided it's time for her to step down. We have been blessed that Carly Fitzpatrick - guitar in hand - has been prepared to take up the reins and become our leader and musical accompanist and we are about to embark upon our "second season" under her guidance. Carly has enabled our important mission to continue and audiences still derive demonstrable pleasure from the entertainment the group provides.

We're always on the lookout for new members and especially now, with our numbers a little depleted, we would welcome anyone who would derive enjoyment from being part of the group. It's important to say that we have no pretensions of being a choir; we do what we do for our own enjoyment and to bring joy and a bit of a memory-jog to those whom we visit. We typically rehearse and perform on a Wednesday afternoon.

If you think GraceNotes is something you might like to be involved in then do please have a word with Rev'd Mike, or either of the churchwardens, or talk to Carly by calling 07972 548684.

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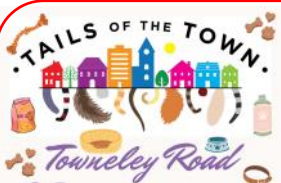
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All things Bright and Beautiful

As we prepare to celebrate our Harvest Thanksgiving Services nature is already looking towards autumn and winter. Some of our migrating birds have already started their long journeys to Iberia, Africa and further afield whilst birds from Greenland, Iceland and Russia are making their way to us for our 'warmer winter'.

Once again the weather has had a mixed effect on the flowers, birds and insects. After poor breeding or flowering weather earlier in the year many are showing their resilience to produce a second crop with the recent more settled weather. Across the country butterflies have been in short supply this year with cold and wet during their main breeding season although I have seen a late crop of 'Red Admirals and Peacocks' in recent weeks. Yesterday as the sun burnt off the fog it was a delight to witness clouds of dragonflies (Migrant and Brown Hawkers and Common Darters) flying backwards and forwards over the reed bed of a local wetland to lay eggs in the water for next year's insects.



Left to its own devices nature has its own way of coping with problems of the weather – after all the weather is a part of nature itself.

The more I see of nature the more I feel the wonders as I felt as a child. As an adult I understand the scientific explanation of evolution that brought the natural world as it is today but the more I experience nature I am led to believe there has to be something more, some guiding hand behind it all. I ask myself how a bird finds the way over thousands of

miles on migration, or how does an Osprey see fish underwater from 100 feet in the air or an owl find voles in the dark. Taking photographs has allowed me to see the intricate colouring of birds and animals and especially dragonflies. The intricate detail on the face of a tiny dragonfly or damselfly is enthralling.

Severe hearing loss may prevent me from taking part in church worship any longer but submerging myself in the natural world all around us proves to me that God is out there and still doing wonderful things.



Malcolm Welch.

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SCHOOL NEWS – from Headteacher Catherine Parkin



Welcome to our new Reception Class

Our Reception children made a brilliant start in school last month. Mrs Carr and Mrs Miller are really enjoying getting to know them and helping them to settle in, but they are not the only ones helping them. Their Year 5 buddies can be seen here reading with them. Well done Year 5!



Questful RE



RE in Reception is a little different from other year groups. The children work through a series of 'Chatterbox' units. Each unit of work begins by exploring some carefully chosen items from the box and the children discuss each one. The first unit of work is 'I Am Special.' The children looked at some pictures of different people and talked about

how each one was unique. They also looked at some personalised objects which linked with them practising to write their names. The self-portraits they painted have made a beautiful display for the corridor.



Inside Out



Year 6 welcomed Lucy and Rachel who deliver the Inside Out programme for the Children and Family Wellbeing Service. They helped to develop the children's understanding of healthy relationships and friendships, something which can prove challenging for many children as they grow into young adults. The class got to study different scenarios and decide how they would handle certain situations. They also thought about the positive characteristics which build and strengthen friendships and those which harm them. This work is part of the school's Personal, Social and Health Education (PSHE).



School Worship

Our school worship this term has centred around the Christian value of trust. We listened to the story of Abraham who was told to leave his home town and journey



to a new land. Abraham trusted in God, packed up his extended family and possessions, and put himself in God's care and protection. He was rewarded for his trust in God by being promised as many descendants as there were stars in the sky. This term we are going to add stars to our



worship display and fill a sky full of things we are trusting God with.

Children and Young People



The new term started with Children's Church learning all about the story that Jesus told of the Prodigal Son and how it teaches us how much God loves us. The children played 'Prodigal Son bingo' and then made postcards and play doh models along the themes of the story.

After the All Together Service and the Soap Box Derby, Children's Church resumed and we began putting together our display for Harvest. We don't want to give anything away but so far we have been painting a lot! It's going to be a wonderfully colourful display which we look forward to showing everyone.

Open the Book



After seven and a half years of sharing Bible stories with Berry Lane Primary School, we have covered every story in the Lion Storyteller Bible, plus an extra two stories from the Children's Bible in 365 stories.

At the beginning of this Autumn term, we went right back to the beginning, sharing the story of Creation. During the month of October, we will cover the Fall and the story of Abraham.

Our Open the Book Team is recruiting. If you would like to share the Gospel in school, or help with wardrobe or props, please have a word with Revd. Mike. We love what we do, as it brings so much pleasure to the children (as well as the team). These are the stories children will remember, as we help to lay the foundations of faith with them,

and help them to understand the difference God can make in their lives.

Muriel Anderson

FELLOWSHIP, FUN & FUNDRAISING GROUP

Autumn Family Social – Saturday 28th September.

By the time the children have tired themselves out on the bouncy castle and we adults have eaten our hotpot and tried to solve the clues of the quiz the October Log will be at the print stage so the report of this event will be in the November Log

Harvest Walk – Sunday, Sunday 13th October.

Peter and Lib Turver have kindly agreed to lead the Harvest Walk again this year, leaving St. Lawrence Church at 1.30pm and returning by 3.30pm for tea and cakes. Do join us if you can – the pace will be quite easy going – although understandably the children usually find a burst of energy as we near St. Lawrence Church as they look forward to the array of cakes awaiting them in the Parish Room.

Autumn Lunch – Sunday 20th October.

Following last year's very enjoyable lunch, the Fellowship, Fun and Fundraising Group would like to again invite you to join us at The Cross Keys at Whitechapel at 1.00pm for Sunday lunch on the 20th October. It's a lovely opportunity to enjoy food and social time together so do consider coming along. The cost of the lunch is £19.50 for 2 courses and £23.50 for 3 courses. The set menu is as follows:-

<p>Starter Soup of the day. Prawn platter. Chicken Liver Parfait. Garlic peppered mushrooms.</p>	<p>Main Course Roast Beef. Roast leg of Lamb. Roast Duck (£2.50 supplement) Chicken with a leek and bacon sauce. Haddock and prawn Mornay. Steak and Ale pie chips and mushy peas. Cheese and onion pie chips and mushy peas.</p> <p style="text-align: center;">Choice of desserts.</p>
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If you'd like to join us please let Dot or Graham know (contact details on Page 7 of the Log.) To help the Cross Keys we will require your menu choices on booking please.

Looking ahead.....

Christmas Tree Fair.

Please note: The Christmas Tree Fair will be a week earlier this year on the 23rd November and NOT the usual last Saturday in November. This decision has been taken so as not to clash with the three-day Longridge Does Christmas event on the 28th/29th and 30th November. We can confirm that Father Christmas is fine to arrive in Longridge a week earlier and we look forward to the turkey balm's being as good as ever. More details in the November Log.

Christmas Wreath Making Workshop.

We give advance notice that Kay Lomax has kindly agreed to run two Wreath Making Workshops again this year for us. The number at each workshop is limited to 15 so please book your ticket in advance by emailing Graham Kelsall – graham@oaktreehouse.net or Dot Little 783998.

Date: Wednesday 4th December.

Venue: The Pavilion on the Showfield off Lower Lane

Time: Choose either 3pm – 5pm or 7pm – 9pm

The cost remains the same as last year - £40 and includes all materials including the wire frame, moss, backing, wire, pins, glue, greenery, ribbon and a selection of natural decorations such as pine cones, oranges/limes/cinnamon sticks etc.

(You will simply need to bring gardening gloves, apron, scissors and/or secateurs and battery lights if you want lights on your wreath)

Mulled wine/tea/coffee and mince pies will be available.

Valley Singers Christmas Concert.

The Valley Singers, who hold several concerts each year to raise money for local charities, have kindly offered to perform their Christmas Concert this year in St. Lawrence Church in aid of the Lychgate Appeal. The concert will be on Sunday afternoon 22nd December at 2.30pm. Again further details in the November Log but do make a note of the date.

Jigsaw Festival – 18th & 19th January.

In preparation for our fifth Jigsaw Festival people have been completing jigsaws for us and we already have a wonderful assortment in readiness for the festival weekend. If you have good quality boxed jigsaws you are willing to donate, please do let us have them so that our eager team of jigsaw makers can complete them. As our event is in January its difficult to sell made up Christmas Jigsaws but there will be lots of Christmas Jigsaws for sale at the Christmas Tree Fair.

CONGRATULATIONS TO SYBILLA SELBY

who celebrates her 100th Birthday on the 5th October – born 5th October, 1924.

Ruth Buckley tells us about the friendship she shares with this remarkable lady.

I first met Sybil in 2020 at the beginning of the first lockdown. She was standing in her doorway in College Villas as I walked past and I wondered if she had anyone to do her shopping - she assured me her son did that for her.

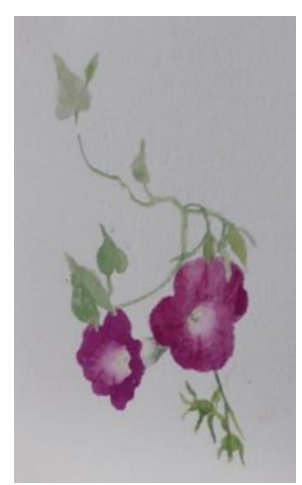
The conversation continued and I discovered her maiden name was Buckley and, as a child she used to visit the Buckley's in Southport! 'Could you be related to my husband' I said! Anyway... to cut a long story short, I don't think she is, but our friendship was forged!

Since then I have spent many an hour hearing about Sybil's childhood home near Oakworth Station, travelling to Keighley by bike, plays she wrote and concerts she has performed in; the family's move to Poulton and John, her beloved husband, teaching painting at Alston Hall and her involvement there, working alongside Dot Little.

I only wish space allowed me to show Log readers some of Sybil's wonderful drawings and paintings, her poetry and her studies of flowers often from the many painting holidays she led with John.

The Morning Glory flower is one of Sybil's favourites which she grows in her 'lean-to'. They flower for one day only, then fade! She counts them every day and we compete to see who has the most blooms! She usually wins! She collects the seeds every Autumn and starts again every Spring.

Mine are grown from her seeds. **Many congratulations Sybilla.**



BRIGADE NEWS

Wednesday 11th September, we started back after the summer holidays and we couldn't be more pleased to see all our members smiling faces. We've been lucky to also welcome some new members and we hope they enjoy their time with us.



We start this half term thinking about Harvest and giving thanks to God for the gifts of crops, the food we share and those who produce it. We've started work on our Harvest Display which follows the theme of 'A time for hope in all Seasons'. We've been thinking about the different seasons of the year and what they represent and making appropriate crafts for each.

The Martins and Yteam enjoyed their first few nights back, we were so pleased to see they remembered their drill over the summer.

We sat and shared what we got up to over the break before playing some games with the parachute.

We will be looking at life skills within Martins and Yteam this term. We started by making sandwiches and toast and practicing their spreading skills. Some very tasty sandwiches were made. Martins and Yteam have also started working on the harvest display. They will be focusing on Winter and Summer as their seasons and therefore made a start on Christmas decorations- it's never too early.



The JTC and Seniors enjoyed their first night back with playing games and taking part in a dragons den themed evening. One of their focuses for this term will be an enterprise project where they will work in teams to create Christmas themed items which they can sell at the Christmas fair- items like baubles, Christmas cards and stockings. To get their thinking caps on we designed products which would make everyday life easier- we had a 3d printed food machine, a drinks machine that made any

drink you could think of, water fountains all up berry lane and contact lenses which doubled as a Virtual Reality mobile phone. The second week the JTC and Seniors made a start on their contribution to the harvest display. They have Autumn and Spring and began by making pumpkins which got very messy.



We were very fortunate to be invited to Chipping Steam Fair presentation evening to be awarded a very generous donation of £500 for the work our members did over the steam fair weekend this year. We are very grateful to be able to volunteer at the event each year and can't thank the committee enough for their generosity.

I'd also like to say a personal thank you to all those within our church family who've shown the brigade a great deal of support over the past month. It's been a difficult time for us all and will continue to be so for some time. We feel blessed to know we have the support available and will do all we can to ensure the good work that Janet did continues for many years. Thank You.

Olivia Stewart.

Tuesday Club

It was lovely to welcome familiar faces but also some new faces to our first Tuesday Club meeting of the 24/25 programme and certainly our speaker Graham Walton didn't disappoint.

Although Graham will have given his presentation 'Living with Seven Women' many times, perhaps hundreds of times over the years, the overriding message throughout his presentation was one of love – the love that he and his wife Janet have given their six daughters from the moment they were born back in November 1983. That love and that closeness still as strong with the girls now having turned 40 and built lives of their own.

Back in 1983 and after long months of unsuccessful fertility treatment the couple had virtually given up hope of having children of their own and were looking to adopt a baby when Janet found she was not only pregnant but carrying six babies, Hannah, Lucy, Ruth, Sarah, Kate and Jennifer. From that first scan Janet Walton spent the rest of her pregnancy in Liverpool Maternity Hospital and when the six little girls were born they were the worlds first all-female surviving sextuplets.

It was fascinating to hear how the couple coped in those early days and then the day those six little girls started school – the first time they had all been dressed the same because Graham and Janet felt that as they all had different characters they should be dressed differently. A wonderful heartwarming story and lovely too that Janet was in the audience and able to chat to people after the presentation.

For our next meeting on the 8th October we will welcome a representative from Preston Street Pastors – a talk our treasurer Keith Thompson has heard and highly recommended. Street pastors are volunteers who do a wonderful job patrolling Preston City Centre on Friday and Saturday nights, helping to ensure that young people enjoying a night out are safe and also spending time with the homeless. Do come along and hear more about the important work they do.

DONATIONS

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The Lychgate Restoration Appeal remains ongoing and donations gratefully received.

St. Lawrence Flower Rota.

October 6th In memory of Dorothy Laver's family.
13th Harvest (Altar flowers in memory of Tom & Anne Seed)
20th In memory of Annie & Bill Walker & Lily Woodacre.
27th In memory of Alan & Doreen Tweedie



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October - Ellen Dawson.

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HYMNS WE LOVE - The Lord's my shepherd

This is a surprisingly unusual hymn. It's very well known, yet it's not present in the old Ancient & Modern hymnbook that was used here until 15 months ago. I had always wondered why this was so, and I found the answer to this whilst researching this hymn.

Without doubt, "The Lord's my Shepherd" is a very well-known hymn, being used at weddings and funerals alike, as well as several times during the church's year.

So, the first question is, who wrote this hymn? And here we come across something unusual, it is the work of a committee. Long loved in Scotland, it only rose to popularity in England when it was chosen by the late Queen Elizabeth for her marriage service in 1947.

"The Lord's my Shepherd" first appeared in the form we know it in the Scottish Psalter of 1650, which was drawn up by a committee known as the Westminster Assembly of Divines. The hymn is a *metrical* form of the 23rd Psalm.

An earlier paraphrase of the 23rd Psalm, which began "The Lord is only my support", had appeared in the earlier Scottish Psalter produced in 1564 by John Knox and others, but it is completely different from the one sung now:

The Lord's my Shepherd, I'll not want;
He makes me down to lie
In pastures green; he leadeth me
The quiet waters by.

My soul he doth restore again,
And me to walk doth make
Within the paths of righteousness,
E'en for his own name's sake.

Yea, though I walk through death's dark vale,
Yet will I fear none ill;
For thou art with me; and thy rod
And staff me comfort still.

My table thou hast furnishèd
In presence of my foes;
My head thou dost with oil anoint,
And my cup overflows.

Goodness and mercy all my life
Shall surely follow me;
And in God's house for evermore
My dwelling place shall be.

For their version, the divines meeting at Westminster put together lines taken from several different sources. The first line comes from Zachary Boyd (1585-1654). In 1646 he wrote a metrical version of the 23rd Psalm which began:

The Lord's my shepherd, I'll not want.
He makes me by good will
Ly in green pastures, he me leads
Beside the waters still.

The second line comes from a Psalter produced in 1643 by Francis Rous (1579-1658), and his version began:

My Shepherd is the Living Lord
 And He that doth me feed
 How can I then lack anything
 whereof I stand in need?

In pastures green and flourishing
 He makes me down to lye:
 And after drives me to the streames
 Which run most pleasantly.

Most of the other lines come either from a metrical version of the psalm produced in 1639 by Sir William Mure of Rowallan (1594-?), or from a revised version of the old 1564 Psalter which was compiled by the Westminster Assembly of Divines IN 1646.

For nearly 300 years this version of the 23rd Psalm was not much sung outside the Church of Scotland. It didn't appear in an Anglican hymnbook until 1965, 18 years after its use at the wedding of Princess Elizabeth and Prince Philip. And that explains why this hymn was so conspicuous by its absence in our old Ancient & Modern hymnbook.

The most common tune for this hymn is Crimond (used in the aforementioned royal wedding). The tune Crimond is often attributed to Jessie Irvine (1836-87), whose father was minister of the village Crimond in Aberdeenshire. It first appeared in 1872 in the *Northern Psalter*, where it was set to the hymn "I am the Way, the Truth, the Life.

Paul Warren

CHOIR NOTES

Choir practices have resumed following the summer break, but alas! September is a popular month for retired people to take their holidays, resulting in some low choir practice attendances, which hopefully will soon improve.

With an anthem schedule drawn up, we now have Harvest anthems in our sights, and it won't be long before we will have the Advent and Christmas anthems to enjoy working on.

I know I'm always trying to encourage some of you, the congregation, to join the choir. I had been hoping to get the choir to sing an anthem on Sunday evening 22nd September but due to holidays and illness that wasn't able to happen. If no one takes the plunge in joining the choir, then such things (ie insufficient choristers to sing an anthem) will invariably happen from time to time.

On a brighter note, on the Friday before choir practices resumed, Eileen and Terry very kindly hosted a barbecue at their house. This was very much enjoyed by all - a big thank you to Eileen and Terry for hosting this event.



Our local Foodbank inform us that they are currently short of the following items:-

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AN AMERICAN TRILOGY - PART 2
Clarksdale and Memphis and Arkansas...

We re-join Chris and Elizabeth as they leave New Orleans..... our next stay was about 400 miles north for a two night stay in a small mid-south American town called Clarksdale on the banks of the Sunflower River in the Mississippi Delta. Founded by Englishman John Clark in the 19th Century, Coahoma County was originally famous for being a large cotton plantation area. This industry declined as machinery took over and people left to pursue jobs and dreams in bigger cities. In its wake, the culture left behind the rich sounds and music of the blues. The Hollywood actor Morgan Freeman has a famous blues club called 'Ground Zero' here. We followed the route of the Mississippi blues trail, in the footsteps of famous musicians such as Ike Turner, Muddy Waters, Sam Cooke and Bessie Smith. The rock bands ZZ Top were instrumental in creating the Delta Blues Museum which we visited.



Ground Zero blues club and beer delivery !



Famous Blues Legend Murals adorn the town buildings

Clarksdale has numerous 'juke joints' and music festivals. We visited a famous joint called 'Red's' where we listened to local celebrity 'Deak Harp' play a set on his harmonica. Chris invested in a harmonica, so if you hear the strains of a deep south blues riff around Berry Lane, look no further! Around the town there are also large murals paying homage to the towns culture and rich musical history. Hollywood actor Morgan Freeman also owns Ground Zero

Blues club here.



Redds Joint authentic blues bar and local musician Deaks Harp's shop sign

Clarksdale is also famous for being the home of playwright Tennessee Williams. It was in the town that he gained inspiration for many of his characters and famous plays, such as Cat on a hot tin roof, The Glass Menagerie and A street car named desire. Our local tourism host 'Bubba' secured us a fascinating visit at his home and at the family church where Williams and his grandparents worshipped. One of my favourite exhibits in his home, was the drawing of a rainbow Williams did when young. He wrote a caption on the drawing that reads: "I have just found the beginning of the rainbow and I hope it is so interesting that you won't want to find an end".

Driving in the Delta makes you realise that you are firmly in the 'Bible Belt'! Churches large and small are dotted every few miles along the route up to Memphis. We experienced the polite, southern charm from everyone we met, and we also noticed how open people were about their faith and their relationship with Jesus Christ. It was truly refreshing and inspiring. Sometimes our natural English 'reserve' can prevent us from openly declaring our faith or bringing Jesus into our everyday conversations. This may be from worrying about how we are perceived, or feeling embarrassed. The Pentecostal tradition in America is certainly something that we can all take from and find the courage to talk about Jesus with pride and joy.

Our next stop was a holy grail of a different kind! Memphis will forever be linked with the King of Rock n Roll Elvis Presley. It was during our stay here that we visited Elvis humble two room birth place and childhood chapel in Tupelo. We also saw the Hardware Co. Store, George W. Booth where Elvis mother bought him his first guitar in 1946.



Tupelo, On the porch at the humble birthplace of Elvis

Elvis birth place, bronze sculpture man and boy

Going through the famous Graceland gates and seeing Elvis's home for the first time is quite something. The house has an open country house, comfy and homely feel to it. It was fantastic to see the legendary jungle room and the stained glass Peacocks in the living room.



A long held dream, sitting at the front of Graceland, Memphis

Of course, Graceland is also the resting place of Elvis and his parents and grandparents, together with his daughter Lisa Marie and Grandson. The



graves are set in front of a quiet fountain where all visitors stand quietly to pay their respects and reflect quietly on Elvis's life and immense talent.



The resting place of Elvis and his family memorial

After our visit to the Graceland home, we crossed the road to the vast Graceland Exhibit

complex which holds the world's largest collection of Elvis memorabilia, documents and personal effects. It is a fitting testimony to the man and his musical talent. Several large buildings hold numerous themed displays, filled with exhibits from Elvis public and private life from the 1950' - 1970's. This includes all his films and time in the US Army and relationship with his Svengali type manager Colonel Parker.

My favourite exhibit was the black leather suite he wore for his comeback special in 1969. Elvis was one cool guy! Amazing to see was the collection of over 100 jumpsuits, tunics, capes, belts, shoes and jewellery worn by Elvis from 1969 to his death in 1977. The complex also houses thousands of discs and his large collection of cars and motorbikes. This includes the famous pink Cadillac and several Rolls Royce's. We were lucky to board his famous airplane the 'Lisa Marie' and marvel at the gold fixtures and fittings and his private jet.



A new career for Chris, Elvis Tribute Act?

It can be overwhelming to see the thousands of material items related to Elvis. He is also a man that was awarded the Presidential Medal of Freedom posthumously in 2018 for his global contribution to music in the 20th Century. There is a tendency to idolise a man who had flaws like all of us. In 1972 Elvis said "... the image is one thing, the human being is another, it's very hard to live up to an image'.

Elvis kept his faith all his life. His last words at one of his last concerts were 'Til we meet again, may God Bless you'. He kept his religious upbringing close to his heart all his life, and this greatly influenced much of his musical legacy. Elvis won his only three Grammy award wins all for his gospel songs and album 'How Great Thou Art'. Well worth a listen!

We stood alone outside the iconic gates of Graceland at the end of the day, a special memory we will never forget.



During our Memphis stay we explored the city and also visited the Rock and Roll Hall of Fame and visited the Civil Rights Museum now in the Lorraine Motel and the site of the sad assignation of civil rights leader Martin Luther King. It was important to consider the history of the black African slaves, how they lived and inspired the civil rights movement that still exists today.

Lorraine Motel, home of the Civil Rights Museum and Martin Luther King's last day.

For the music buffs out there, it was a treat to see the Hammond Organ and Fender Jazzmaster Guitar used to compose 'Suspicious Minds' on sung by Elvis Presley. This song is one of the top forty songs of the 20th century. The composer Mark James also wrote the hits 'Always on my mind' and 'Moody Blue'.

One day we ventured into the state of Arkansas and visited the fascinating Bill Clinton Presidential Library in Little Rock. It was here we also saw the amazing 'Matsiko world orphan choir' give an uplifting concert. The aim of the choir is to use the unifying power of music to uplift spirits and inspire racial harmony. Donations go towards the education of vulnerable children around the world. The smiles and joy that radiated from these children was a fantastic experience and memory to cherish.



CLINTON PRESIDENTIAL CENTER OVAL OFFICE

The next President and First Lady?!

One of our most unique and stand out experiences during our trip was taking part in an uplifting Revival Service at the Mount Temple, Church of God in Christ church in Memphis, which proved to be a truly unique opportunity. The church is of the Pentecostal and evangelical tradition, and mainly African-American in membership. It has numerous missionary and outreach programmes and International Ministries dedicated to Evangelism, Women, Music, Sunday Schools, Prisons, Military and Youth.

On our arrival, we sat in a huge auditorium that holds 2000 worshippers. Members of the church welcomed us with kind open arms. The gospel choir and rock band and visiting guest bishop led us through a Revival service. We sang uplifting songs, prayers and listened to an energetic, empowering sermon about the power of love and the Holy Spirit in action. People held their hands high and danced and ran and danced in the aisles, overcome with emotion and the power of fellowship and Holy Spirit. This congregation puts the P in praise with a capital P!

A link to the Revival service we attended is here: (let us know if you spot us!)

[Temple of Deliverance LIVE! | Pentecost Revival! 9:30am - YouTube](#)

OUR WORSHIP AND READINGS

Following Jesus with the Northern Saints

Our regular Sunday 'in church' services are as below.

St Paul's Holy Communion Service with Children's Church at 10:00am (arrival from 9:30am)

St. Paul's 'All together' Service 10:00am on 2nd Sunday of the Month

St Lawrence's at 6:30pm (arrival from 6:00pm)

The readings that will feature in these services are listed below.

Our regular mid-week Holy Communion Service takes place on Thursday at St Paul's at 10am

6th October Trinity 19

10am St Paul's Holy communion with Children's Church

Hebrews 1.1-4, 2.5-12

Mark 10.2- 16

6.30pm St Lawrence's Evensong

Psalm 125, 126

Hebrews 1.1-4, 2.5-12

Mark 10.2- 16

13th October –Trinity 20

10 am St Lawrence—'Harvest All Age Worship'

Joel 2: 21-27

Matthew 6 : 25-33



6.30pm St Lawrence's Harvest Songs of Praise

Joel 2: 21-27

Matthew 6 : 25-33

20th October—Trinity 21

10am St Paul's Holy communion with Children's Church

Hebrews 5 : 1- 10

Mark 10 : 35-45

6.30pm St Lawrence's Evensong

Psalm 141

Hebrews 5 : 1- 10

Mark 10 : 35-45

27th October—Last Sunday after Trinity (Bible Sunday)

10am St Paul's Holy communion with Children's Church

2 Timothy 3.14—4.5

John 5 : 36b-47



6.30pm St Lawrence's

'All Souls Service'

3rd November—Fourth Sunday before Advent

10am St Paul's Holy communion with Children's Church

Hebrews 9 : 11- 14

Mark 12 : 28- 34

6.30pm St Lawrence's Evensong

Psalm 145 v1-9

Hebrews 9 : 11- 14

Mark 12 : 28- 34

Thanksgiving for the Birth of a Child, Baptisms, Marriages

Arrangements for these should be made with Rev. Mike or via the Church website

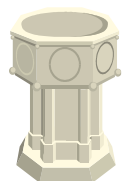
Do you know anybody who is in hospital or ill at home?

If so, please let Rev. Simon know so that they may be visited.

BAPTISMS

We congratulate and pray for those who have been recently Baptised into our Church family:

Gregory Torben Ginder-Poulsen on 1st September 2024 at St. Lawrence's Church



FUNERALS

We commend to God those who have died recently and pray for those who mourn their loss

Daniel Stephen Clegg

Margaret Rose Seed

Janet Redding

Norman Nelson

Gordon Fender

John Rae Smith

Richard Francis (Frank) Walker

June Jones

Christopher Timothy Pye



The Last Word

From the Vicar



On returning from my summer sabbatical, it was extremely heartening to hear how brilliantly Revd Simon, along with others, led the church during my absence. During this time one of the activities I undertook was to walk the Pennine Way with my dog Barley. So setting off from Edale on 4th June I began my long walk to Kirk Yetholm in the Scottish Borders. I'd done a bit of research beforehand and planning to camp out most evenings. I'd filled my backpack with lots of equipment. During the first couple of days, I wondered 'what have I done?' and I think my dog was thinking the same! My bag was so heavy and my feet full of blisters, not to mention the multiple hailstorms in the middle of June! However, along the way I got chatting to a woman who had more long-distance hiking experience. Visually comparing the size of her bag with mine she said, 'Mike, why are you carrying so much weight?'



It was the right question to ask because I had packed for every eventuality along the whole of the 268-mile route. For instance, I was carrying a gas burner and dry food rations I wasn't going to need until day seventeen out of eighteen in total. I'd also packed two thick guidebooks because I wasn't sure which would be best. Then I was carrying way too much water given the amount I was consuming and the number of pitstops along the way. Needless to say, that evening I unpacked the contents of my backpack and repacked it with just the essentials. Fortunately, my parents in law lived close by so I was able to drop off all the unnecessary items until they were returned when needed.

This experience caused me to reflect on the unnecessary weight of worry I often carry around with me and Jesus' words in the Gospel of Matthew 6:34, "**Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**" Often in my desire to control the future, I can worry about events that may never happen which stops me enjoying the present day as much as I might. Perhaps you sometimes do the same thing?

I'm also conscious of Jesus words about traveling light when he sent his disciples out to share the good news in Matthew 10:9-10, "**Do not get any gold or silver or copper to take with you in your belts— no bag for the journey or extra shirt or sandals or a staff, for the worker is worth his keep.**"

Therefore, since coming back from Sabbatical I'm resolved to try and travel life's journey a bit 'lighter' by regularly asking the question '*what needless weight of worry am I carrying today?*' I heartily recommend it. Granted the weight of some worries may need to be picked up again further along the route, but by that point you'll probably find other worries can be discarded and to continue my walking analogy, your legs will be much stronger and your blisters will have healed.

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