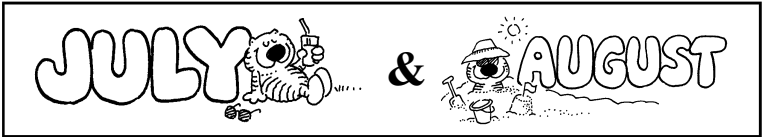
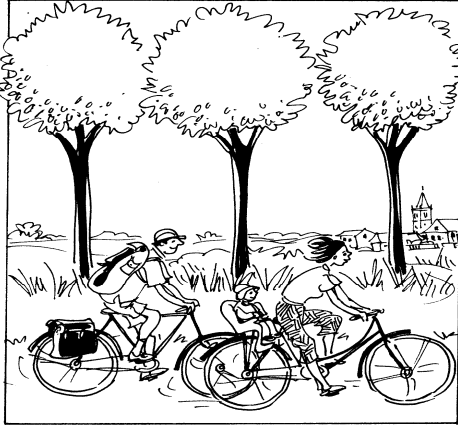


in the power of the Spirit...



# Christ Church Mount Pellon



Price 50p

*a loving, nurturing fellowship which,  
in the power of the Spirit,  
awakens all people to the love of Jesus  
and spreads the Gospel through words and actions.*



[www.christchurchpellon.org.uk](http://www.christchurchpellon.org.uk)

Church Address: Church Lane, Mount Pellon, Halifax, HX2 0EF

# Christ Church

## Regular events

### Sunday Club

**Children are welcome at all our services!** There is always a crèche available for younger children at every 10.45 service, and age-appropriate groups at all 10.45 services except Parade Sundays and holiday times. Just turn up for a fun morning discovering more about God's love for you. For more details contact Liz Dingsdale (**834439**).

### House Groups

***Tuesdays, Thursdays and Fridays, 7.30 p.m. alternate weeks***  
Get together with others to explore fellowship, faith and prayer to help you in your daily discipleship. For more details and dates contact Karen Hellewell (**365027**)

### Uniformed Groups

***Mondays 6.00 – 7.00 p.m.*** **Rainbows** (for ages 5 - 7)

Contact: Jane Webster **885878**

***Mondays 6.30 – 8.00 p.m.*** **Brownies** (for ages 7 - 10)

Contact: Tracey Jagger **248365**

***Mondays 7.30 – 9.00 p.m.*** **Guides** (for ages 10 - 15)

Contact: Ann Cockerill **363892**

### Lunchbox

A monthly chance to worship together, followed by a chance to chat over lunch. Mondays, 11.45 a.m. For dates and more details contact Pam Higgs (**320554**)

### Chatterbox

Our parent & toddler group meets during term time every **Monday, 1.00 – 3.00 p.m.** and also **Wednesday, 1.00—3.00 p.m.** – all are welcome! Just turn up for a chance to have a coffee and a chat while the children play, do craft, sing and have a story and lots of fun! For more details, contact Ann (**363892**).

# From the Vicar

Dear Reader

July is here already, how time passes. It does not seem two months since John went on sabbatical. Although he has been greatly missed, the time has gone very quickly.

I wish I could say the same about the academic year. July 5<sup>th</sup> will mark the end of my first year of training, with an essay deadline of July 17<sup>th</sup>. I am really looking forward to the summer break and a holiday away with Paul. I am also looking forward to reading something light, maybe a romantic novel.

Reading theology is not the easiest subject, and sometimes I have to re-read something until I can make sense of it. This is sometimes what we have to do with the Bible. We need to delve deeper into a passage, and maybe read something several times to understand its meaning for us and our lives. This is where Housegroups can play a big part in helping us to grapple with scripture. Housegroups are a really good place to study together, pray together and care for one another. It is a place where we can unpack scripture and make sense of Sunday's sermon. Housegroups are also a good place to get to know one another better and to invite friends.

David wrote in last month's magazine that the success of Christ Church and St Augustine's was down to the willingness of so many of our congregation, and he is absolutely right. However there is still so much more that needs to be done. Why not commit to joining a Housegroup for three months, that is only 6 meetings, and discover with others what God

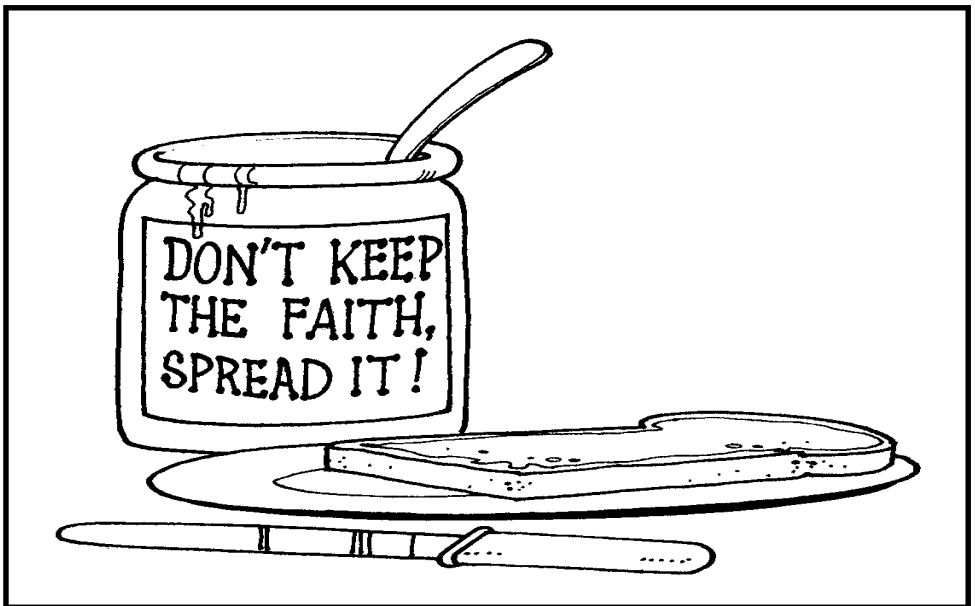
is calling us to do as a community of worshipers, in mission and in service to our God.

Housegroups will be starting afresh in September. Please prayerfully consider if you could be part of the growing number of groups. There is a sign up sheet at the back of church, or contact Karen Hellewell, she would love to hear from you.

Enjoy your summer.

Yours in Christ

Sue Heptinstall  
Reader



**Congratulations!**

To Barry and Michelle Vasey on their recent wedding

*Sincere apologies to them that their names were wrongly reported in the June magazine*

## **SUPER SUB!**

The minister was worrying about how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. So he was annoyed to find that the regular organist was ill and a substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here's a copy of the service," the minister said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances." Finally the moment came, and the minister announced solemnly: "Brothers and sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need £10,000 more. Any of you who can pledge £100 or more, please stand up."

At that moment, the substitute organist played 'God Save the Queen'. And that is how the substitute became the regular organist.

# PARISH CALENDAR

## JULY 2009

Wednesday, July 1st            7.00 p.m.            Sharks Youth Group

### **Sunday July 5<sup>th</sup>: Fourth Sunday after Trinity**

9.15 a.m.            Holy Communion

10.45 a.m.            Family Communion

6.30 p.m.            Evening Worship  
at St Augustine's

Tuesday, July 7<sup>th</sup>            10.00 a.m.            Holy Communion  
at Asquith Court

### **Sunday July 12<sup>th</sup>: Fifth Sunday after Trinity**

8.00 a.m.            Holy Communion

10.45 a.m.            Morning Worship

6.30 p.m.            Evening Worship

### **Sunday July 19<sup>th</sup>: Sixth Sunday after Trinity**

8.00 a.m.            Holy Communion

10.45 a.m.            Family Communion

6.30 p.m.            Evening Worship

## **Sunday July 26<sup>th</sup>: Seventh Sunday after Trinity**

9.15 a.m.	Holy Communion
10.45 a.m.	Prayer Service
6.30 p.m.	Evening Worship

## **AUGUST 2009**

## **Sunday August 2<sup>nd</sup>: Eighth Sunday after Trinity**

9.15 a.m.	Holy Communion
10.45 a.m.	Family Communion
6.30 p.m.	Evening Worship at St Augustine's

## **Sunday August 9<sup>th</sup>: Ninth Sunday after Trinity**

8.00 a.m.	Holy Communion
10.45 a.m.	Morning Worship
6.30 p.m.	Celebration Service

## **Sunday August 16<sup>th</sup>: Tenth Sunday after Trinity**

8.00 a.m.	Holy Communion
10.45 a.m.	Family Communion
6.30 p.m.	Evening Worship

## **Sunday August 23<sup>rd</sup>: Eleventh Sunday after Trinity**

9.15 a.m.	Holy Communion
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10.45 a.m. Prayer Service  
6.30 p.m. Evening Worship

**Sunday August 30<sup>th</sup>: Twelfth Sunday after Trinity**

9.15 a.m. Holy Communion  
10.45 a.m. Family Communion  
6.30 p.m. Evening Worship

**SEPTEMBER 2009**

**Sunday September 6<sup>th</sup>: Thirteenth Sunday after Trinity**

9.15 a.m. Holy Communion  
10.45 a.m. Family Communion  
6.30 p.m. Evening Worship  
at St Augustine's

**MAGAZINE DEADLINE**

The Parish Magazine is distributed on the last Sunday of each month. The copy deadline for the September magazine is  
**Sunday, 15th August 2009**

*Contact Kath Sharman on 363058 or email  
Kathleen.sharman@btinternet.com*

# The secret of happiness

There are three mistakes we can make when it comes to planning our future happiness.



Some of us suffer from '**DESTINATION DISEASE**', to quote the writer John Maxwell. We look ahead and think: when we reach **THAT** point in our lives, we'll be happy. It might be a trip, a new job, a new home, retirement. But in fact, our happiest moments in life will be found all along the way, not at some point predetermined by us. That is a recipe for future disappointment!

Others of us suffer from **SOMEBODY SICKNESS**. Are you looking for that certain somebody to make you happy? Sure, 'somebody' may bring you occasional happiness, but it will not be permanent. No other person can totally fulfil you - they have deep needs of their own. You have to take responsibility for your own happiness in life. The Bible urges us to 'delight in the Lord' - because He never fails us.

Still others of us suffer from **YESTERDAY BLUES**. We like to crown the past with a halo, and remember only the good times. If your past was great, be thankful, but live - and be happy - where you are now - in the present! The Psalms urge us to remember: "THIS is the day the Lord hath made, let us rejoice and be glad IN IT."

# HOLIDAY CLUB AT MOUNT TABOR AND HIGHGATE



'Let the children come to me'  
**VOLUNTEERS NEEDED!**

From **MONDAY 10 AUGUST - FRIDAY 14 AUGUST** we are hoping to run a holiday club for local children aged 5-11 years. The idea is to have two separate sessions each day:

**10AM - 12 NOON AT MOUNT TABOR**

**METHODIST CHURCH**

**2 - 4PM AT HIGHGATE METHODIST CHURCH.**

The same programme will be repeated at each church and will include some circle time, crafts and activities, games, refreshments and Christian teaching.

We do need to make sure we have enough volunteers so ..... If you can help in any way, even if only for one 2 hour session, then please volunteer. We need all kinds of helpers from various age groups, to help with crafts and games, to serve refreshments, to just be available for children to sit and talk to.

I need to know how many volunteers we have by **Sunday 21 June**. You can mail me at [deniseyeaddon@aol.com](mailto:deniseyeaddon@aol.com) or phone **01484 851 646**.

## Nearly omnipotent

The curate was giving his young daughter a cuddle before she went to bed. As he picked her up and hugged her tight, she said: "Daddy, you're so strong! I really think you'll be God one day!"

## WELCOME BREAK?

*Definition of a holiday resort:  
Somewhere where you can go when you are worn out and from where you come back a complete wreck!*



The Church BBQ

## FAMILY

I ran into a stranger as he passed by,  
“Oh excuse me please” was my reply.

He said, “Please excuse me too;  
I wasn’t watching for you.”

We were very polite, this stranger and I.  
We went on our way and we said goodbye.

But at home a different story is told,  
How we treat our loved ones, young and old.

Later that day, cooking the evening meal,  
My son stood beside me very still.

When I turned, I nearly knocked him down.  
“Move out of the way,” I said with a frown.

He walked away, his little heart broken.  
I didn’t realize how harshly I’d spoken.

While I lay awake in bed,  
God’s still small voice came to me and said,  
“While dealing with a stranger, common courtesy you  
use,  
but the family you love, you seem to abuse.

Go and look on the kitchen floor,  
You’ll find some flowers there by the door.

Those are the flowers he brought for you.  
He picked them himself: pink, yellow and blue.

He stood very quietly not to spoil the surprise,  
you never saw the tears that filled his little eyes.”

By this time, I felt very small,  
And now my tears began to fall.

I quietly went and knelt by his bed;  
“Wake up, little one, wake up,” I said.

“Are these the flowers you picked for me?”  
He smiled, “I found ‘em, out by the tree.

I picked ‘em because they’re pretty like you.  
I knew you’d like ‘em, especially the blue.”

I said, “Son, I’m very sorry for the way I acted today;  
I shouldn’t have yelled at you that way.”

He said, “Oh, Mom, that’s okay.  
I love you anyway.”

I said, “Son, I love you too,  
and I do like the flowers, especially the blue.”

## FAMILY

Are you aware that if we died tomorrow, the company  
that we are working for could easily replace us in a  
matter of days.

But the family we left behind will feel the loss for the  
rest of their lives.

And come to think of it, we pour ourselves more into  
work than into our own family,  
an unwise investment indeed, don’t you think?

So what is behind the story?

Do you know what the word FAMILY means?

FAMILY: FATHER AND MOTHER I LOVE YOU

# Shark News



## Wednesday meetings at Christ Church

Come and Chat and Chill Out with friends at our Wednesday SHARK evenings – in Church from 7 – 9 pm. Join in activities including social events, drama, fundraising, taking an active part in the worship at Christ Church,

**SHARKS** is open to all young people from school year 7 and under 19. Those 19 and over are welcome to attend as helpers subject to Criminal Record checks.

**Sharks** will also be receiving their own regular news letter and if anyone would like to contribute any articles or comments please speak to Norman or Karen or contact us via e-mail:

[norman.mcdonnell@blueyonder.co.uk](mailto:norman.mcdonnell@blueyonder.co.uk)

or post to Norman McDonnell, 46 Charlesworth Terrace, Halifax, HX2 0EW.

Of course **SHARKS** can only take place if we have enough adults to assist. If you would like to come along and join in the fun please contact Norman who will gladly add you to the fortnightly rota. This would probably result in you committing yourself to one Wednesday every 4 weeks subject to numbers.

Look forward to seeing you there. Norman & Karen

*"A perfect  
summer day  
is when  
the sun  
is shining,  
the breeze  
is blowing,  
he birds  
are singing,  
and the  
lawn mower  
is broken."*

James Dent

## PELLON LUNCHEON CLUB

Thursdays  
at Pellon Baptist Church Hall



Food served at 12.30 pm  
Two course lunch - £2.50

For more information  
contact Norma on 839861



### UNWANTED MOBILE PHONES AND USED PRINTER INK CARTRIDGES

**Kit Merrill collects these items on behalf of Christian Aid. When sent for recycling each phone adds £3.50 and each cartridge about £1.33 to Christian Aid funds. Please Help. Kit would also be pleased to receive any used large padded envelopes as he recycles these to send the phones and cartridges to Christian Aid**

***Please bring your items to church,  
or contact Kit directly on 01274 876141***



# Parish Noticeboard

Time	Preacher	Reader	Readings
<b>Sunday 5<sup>th</sup> July: 4<sup>th</sup> Sunday after Trinity</b>			
10.45 am		Audrey Mitchell	2 Corinthians 12.2 – 10 Mark 6.1 – 13
6.30pm	Karen Hellewell	Susan Levis	2 Samuel 5.1 – 5, 9 – 10
<b>Sunday 12<sup>th</sup> July: 5<sup>th</sup> Sunday after Trinity</b>			
8.00am	Tina Turner	Audrey Mitchell	Ephesians 1.3 – 14 Mark 6.14 – 29
10.45 am	David Fawcett	Kath Sharman	Mark 6.14 – 29
6.30pm	David Ramanauskas	Rosemary Power O'Mahoney	2 Samuel 6.1–5, 12b–19
<b>Sunday 19<sup>th</sup> July: 6<sup>th</sup> Sunday after Trinity</b>			
8.00am	Tina Turner	Audrey Mitchell	Ephesians 2.11 – 22 Mark 6.30 – 34, 53 – 56
10.45 am	Tina Turner	Lynn Lumb	Ephesians 2.11 – 22 Mark 6.30 – 34, 53 – 56
6.30pm	David Ramanauskas	Paul & Patricia Newman	2 Samuel 7.1 – 14a
<b>Sunday 26<sup>th</sup> July: 7<sup>th</sup> Sunday after Trinity</b>			
9.00am	Anthony Foster	Trevor Greenwood	Ephesians 3.14 – 21 John 6.1 – 21
10.45 am	Frank Carlass	Michael Cockerill	John 6.1 – 21
6.30pm	Sue Heptinstall	Dave Fawcett	2 Samuel 11.1 – 15
<b>Sunday 2<sup>nd</sup> August: 8<sup>th</sup> Sunday after Trinity</b>			
10.45 am	John Hellewell	Paul Newman	Ephesians 4.1 – 16 John 6.24 – 35
6.30pm	<b>Evening Service at St Augustine's</b>		

# For July 2009

Prayer	Sidespeople	Coffee	Bread	Chalice
			<b>Green</b>	
Ann Cockerill	Douglas Drake	Freda, Tess & Pam	Trevor & Eileen Hesselden	Christine & Ann Cockerill
Ann Cockerill				
			<b>Green</b>	
Preacher	Jim Jones		Jim Jones	Preacher
Janet Abel	Kath Griffiths	Susan & Hazel		
David Ramanauskas				
			<b>Green</b>	
Preacher	Jim Jones		Jim Jones	Preacher
Karen Hellewell	June Lockwood	Anne, Steve & Kit	Margaret & Eddie Beaton	Rosemary & Norman
John Hellewell				
			<b>Green</b>	
Lynn Lumb	Ann Cockerill	Kathleen & Claire		
Sue Heptinstall				
			<b>Green</b>	
Caroline Spencer	Angela Ward	Margaret, Eddie & Grace	Barrie Kitchen	June & Amanda



# Parish Noticeboard

Time	Preacher	Reader	Readings
<b>Sunday 9<sup>th</sup> August: 9<sup>th</sup> Sunday after Trinity</b>			
8.00am	John Hellewell	Audrey Mitchell	Ephesians 4.25 – 5.2 John 6.35, 41 – 51
10.45am	Iain Lawson	Jane Webster	John 6.35, 41 – 51
6.30pm	David Ramanauskas	Karen Hellewell	2 Samuel 18.5 – 9, 15, 31 – 33
<b>Sunday 16<sup>th</sup> August: 10<sup>th</sup> Sunday after Trinity</b>			
8.00am	John Hellewell	Audrey Mitchell	Ephesians 5.15 – 20 John 6.51 – 58
10.45am	John Hellewell	Ann Rollinson	Ephesians 5.15 – 20 John 6.51 – 58
6.30pm	Sue Heptinstall	Susan Levis	1 Kings 2.10 – 12; 3.3 – 14
<b>Sunday 23<sup>rd</sup> August: 11<sup>th</sup> Sunday after Trinity</b>			
9.00am	John Hellewell	Valerie Schofield	Ephesians 6.10 – 20 John 5.56 – 69
10.45am	John Hellewell	Michael Cockerill	John 5.56 – 69
6.30pm	John Hellewell	Sue Heptinstall	1 Kings 8.22 – 30, 41 – 43 Luke 13.10 – 17
<b>Sunday 30<sup>th</sup> August: 12<sup>th</sup> Sunday after Trinity</b>			
9.15am	<b>Service at St Augustine's this morning</b>		
10.45am	?Sue Heptinstall	Lynne Shaw	Ps. 45.1–2,6–9; James 1.17–27; Mark 7.1–8,14–15,21–23
6.30pm	David Ramanauskas	Paul & Patricia Newman	Song of Solomon 2.8 – 13
<b>Sunday 6<sup>th</sup> September: 13<sup>th</sup> Sunday after Trinity</b>			
10.45am		Trevor Greenwood	James 2.1 – 17 Mark 7.24 – 37
6.30pm	<b>Evening Service at St Augustine's</b>		

# For August 2009

Prayer	Sidespeople	Coffee	Bread	Chalice
			<b>Green</b>	
Preacher	Jim Jones		Jim Jones	Preacher
Jane Webster	Barrie Kitchen	Fran & Susan		
Ann Cockerill				
			<b>Green</b>	
Preacher	Jim Jones		Jim Jones	Preacher
Janet Abel	Audrey Mitchell	Joyce, Margaret & Trevor	June Lockwood	David & Christine
David Ramanauskas				
			<b>Green</b>	
Preacher	Jim Jones		Jim Jones	Preacher
Ann Cockerill	David Ramanauskas	Patricia & Paul		
Sue Heptinstall				
			<b>Green</b>	
Karen Hellewell	Val Schofield	Rosemary & Jean	Dorothy Faller	Ann & Rosemary
John Hellewell				
			<b>Green</b>	
Lynn Lumb	Trevor Greenwood	Freda, Tess & Pam	Ann & Michael Cockerill	Norman & June

## Disturb us, O Lord

Disturb us, O Lord, when  
We are too pleased with ourselves;  
When our dreams have come true,  
Because we have dreamed too little.  
We arrived safely,  
Because we sailed too close to shore.  
Disturb us, O Lord, when  
With the abundance of things we possess,  
We have lost our thirst  
For the waters of life;  
Having fallen in love with life,  
We have ceased to dream of eternity.  
And in our efforts to build a new earth,  
We have allowed our vision  
Of the new Heaven to dim.  
Disturb us, O Lord, to dare more boldly,  
To venture on wilder seas  
Where storms will show your mastery;  
Where losing sight of land,  
We shall find the stars.  
We ask you to push back  
The horizons of our hopes;  
And to push us into the future  
In strength, courage, hope and love.  
We ask in the name of our Captain,  
Who is Jesus.

*Attributed to Sir Francis Drake, 1577.*

# WHO TO CONTACT DURING THE SABBATICAL

*The list at the back of the magazine contains many of the numbers you might need. In addition, please contact the following as appropriate:*

## **For wider church matters:**

Stephen Bradberry, Rural Dean 358282

Robert Freeman, Archdeacon 01484 714553

## **Music & choir**

Paul Heptinstall 341436

Rosemary Wright 256246

## **Weddings, funerals & flowers**

June Lockwood 356740

## **Admin, Rotas, Room bookings, Magazine**

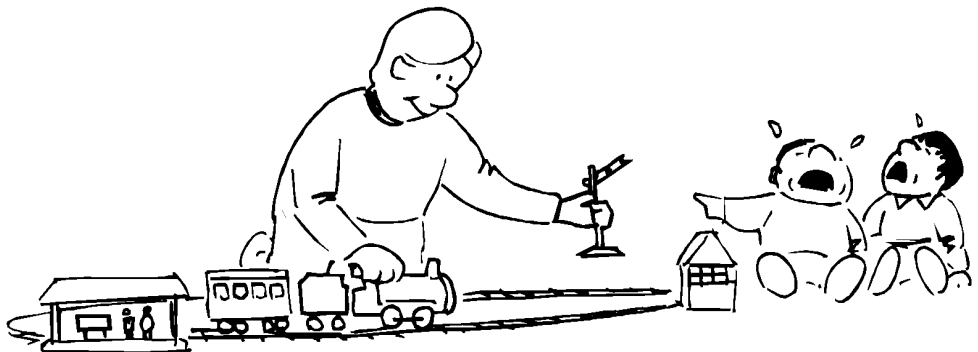
Kath Sharman 363058

## **PCC**

Anne Rollinson 311269 (or wardens)

## **Church Building & graveyard, Finance**

Barrie Kitchen 358178



The Vicar loved helping out at the Tots Club

## God's strength ...

“My grace is sufficient for you for my strength is made perfect in weakness.” Jesus was speaking directly to Paul. Paul had beseeched God three times to remove a ‘thorn in the flesh’ which was obviously his worst bugbear. It obviously caused him a great deal of aggravation, pain, distraction, torment and trouble and he couldn’t understand why God seemed impervious to his prayers and supplications. He would be so much better at taking the Gospel to the entire known world if he were free of this severe limitation.

Ever felt in a similar situation? “Why, oh why,” we wail, “don’t you DO something, God?” We strain at the leash, crashing about in sheer frustration at what seems to us to be so obvious a solution. “Get rid of the problem, God. Preferably now.”

One woman related how severe trouble in her marriage had brought her a new understanding of Jesus’ sufferings and an amazing new intimacy with God, but the young woman listening lashed out. “I don’t actually WANT to enter the fellowship of your sufferings at this moment, Lord, if I’m utterly honest. I’d like my husband changed. You know what I mean, don’t you, God?” Well actually, he did. The answer to that dilemma was to let the Lord Jesus love the husband through the young woman. He didn’t change the husband. He changed her.

Dr Marjory Foyle, an eighty-five year old psychiatrist and former medical missionary with what is now UCCF, is still travelling the world lecturing and speaking. Do yourself a favour and read her book ‘**Can it be me?**’

A painfully shy child who had been traumatised by her father’s upsettingly violent relationship with her mother and the subsequent marriage break-up, she went on in adult life to find unimaginable wholeness in Christ and a great career in Nepal and India, ultimately becoming Director of the Nur Manzil Psychiatric Centre. At one time, however, she fell into a massive depression

herself. Through excellent medical care, talking therapy, prayer and shedding a whole lot of negatives in her life, she slowly emerged even stronger.

A former President of the Royal College of Psychiatrists describes her as one of the most influential psychiatrists in the world on stress and mental health issues among missionaries and other expatriates.

2 Corinthians 12:9 is her life's verse. **“My grace is sufficient for you for my strength is made perfect in weakness. Therefore most gladly will I rather boast in my infirmities that the power of Christ may rest upon me.”**



## Café **HOPE**

### HIGHGATE METHODIST CHURCH

Pellon Churches together invite you to their

### **Community Café**

**Tuesdays – 10.00 to 11.30 am**

Meet new friends, or bring your own along for a coffee and a chat, or just somewhere to chill out.

**NEW!** On the *last* Tuesday of every month –  
Handmade Jewellery for sale

If you need a lift contact John Hellewell on 365027 or  
Kathleen Griffiths on 323676



## CHURCH FLOWERS

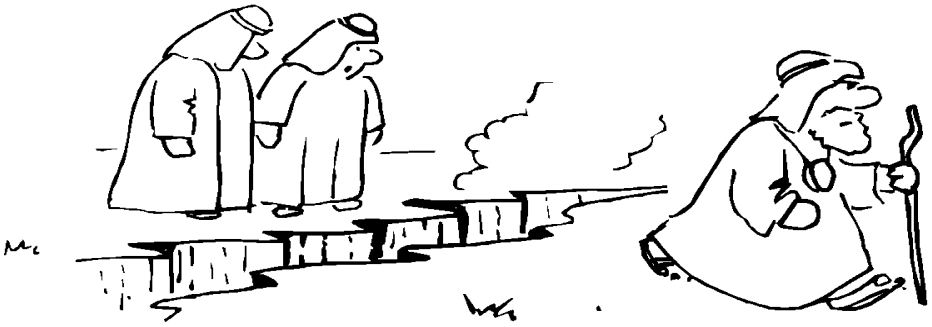
7<sup>th</sup> June      Treasured birthday memories of Jack Greenwood, a loving husband and Dad from Elsie, David and family.

21<sup>st</sup> June      An arrangement to celebrate the anniversary of “The Church of England Flower Arrangers Association”

*There are six branches of ‘The Church of England Flower Arrangers Association’ in England, at Portsmouth, St Albans, Derby, Liverpool, Southwell & Nottingham and London. A number of churches and cathedrals within these areas belong to the CEFAA if their church flower arrangers are members. Graeme and I are members and receive news Leaflets which keeps us in touch with everyone else. We call this anniversary “Chain of Flowers” when we all think of our colleagues throughout the country and we all place a flower arrangement in our churches, asking that the Association prayer be said at one of the services that day.*

June Lockwood

Many thanks to everyone who puts donations in the Flower Box.  
It all helps to focus on the Glory of God.



**'Well that Moses certainly has a way of settling a disagreement'**

## **COMMUNICANTS AND COLLECTIONS**

	<b>Communicants</b>	<b>Loose</b>	<b>Stewardship</b>	<b>Total</b>
3rd May	n/a	n/a	n/a	n/a
10th May	n/a	n/a	n/a	n/a
17th May	n/a	n/a	n/a	n/a
24th May	n/a	n/a	n/a	n/a
31st May	n/a	n/a	n/a	n/a

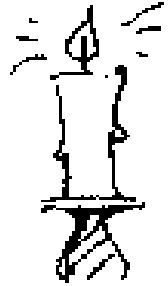
**This information was unavailable at the time of publication so it will be included in the next magazine in September**



## From the Registers...

### BAPTISMS

*None this month*



### WEDDINGS

20<sup>th</sup> June      Neil and Vanetta Horsfall

*our warmest congratulations and  
best wishes for the future*



### FUNERALS

*None this month*





"IT'S THE SAME EVERY BANK HOLIDAY!"

*'Though our  
feelings  
come  
and go,  
God's  
love for us  
does not.'*

C.S. Lewis

## Why you should row with your spouse

If you argue with your husband or wife, you are likely to live longer than if you don't, according to recent research. Apparently, the occasional marital row is far better for your health than bottling up the tensions inside of you. A study of 192 marriages by researchers at the University of Michigan School of Public Health has discovered that couples who suppress their emotions are twice as likely to die as those where at least one partner expressed their anger.

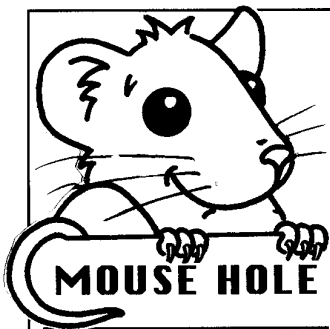


As one professor explains, marriage must be built on "reconciliation after conflict." If you don't express your anger, but swallow your words, they can quite literally kill you.

# What is true love?

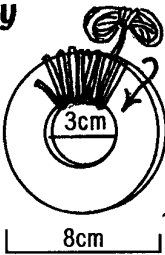
*Here are the answers that a group of four to eight year olds gave....*

- ◆ “When my grandmother got arthritis, she couldn’t bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That’s love.” *Rebecca- age 8*
- ◆ “When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.” *Billy - age 4*
- ◆ “Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.” *Karl - age 5*
- ◆ “If you want to learn to love better, you should start with a friend who you hate.” *Nikka - age 6*
- ◆ “Love is like a little old woman and a little old man who are still friends even after they know each other so well.” *Tommy - age 6*
- ◆ “I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.” *Lauren - age 4*
- ◆ “When you love somebody, your eyelashes go up and down and little stars come out of you.” *Karen - age 7*
- ◆ “You really shouldn’t say ‘I love you’ unless you mean it. But if you mean it, you should say it a lot. People forget.” *Jessica - age 8*

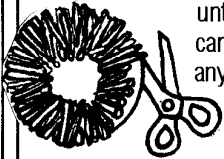


### Woolly Sheep

1. Cut two rings out of cardboard and wind white wool around and through



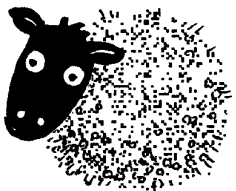
until you can't wind any more.



2. Cut between the rings then tie in the centre with a length of wool.

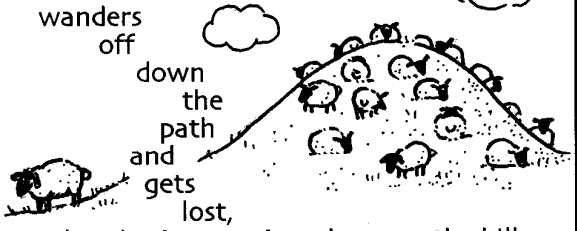


3. Pull the cardboard off and fluff up into a pom-pom, then glue on a black card face.



### The Lost Sheep

There's **one hundred** sheep on the top of the hill,  
**One hundred** sheep on the hill,  
**One** wanders off



down the path and gets lost,

So there's **ninety nine** sheep on the hill.

There's **ninety nine** sheep on the top of the hill,  
**Ninety nine** sheep on the hill,  
 The shepherd goes looking for his one lost sheep,  
 Leaving **ninety nine** sheep on the hill.



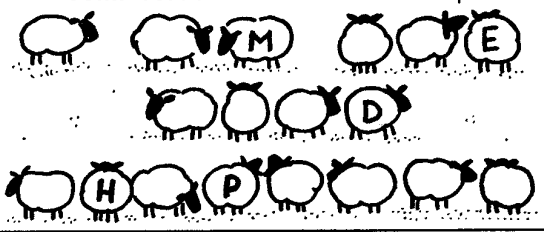
Up **high** and down **low** the shepherd looks,  
 Calling the sheep by name,  
 Desperate to find his one lost sheep  
 And bring it home again...

There's **one hundred** sheep on the top of the hill,  
**One hundred** sheep on the hill,  
 The shepherd has found his one lost sheep,  
 So there's **one hundred** sheep on the hill!



Read the parable of the lost sheep in Luke 15:4 - 10

Find out who Jesus is... look up John 10:14 and fill in the blank sheep.



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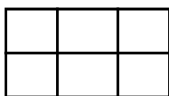
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# Christ Church Church Directory



<b>Vicar:</b>	<b>Rev. John Hellewell</b>	<b>365027</b>
	New Vicarage, Church Lane, Mount Pellon	
	<i>RevJHell@blueyonder.co.uk</i>	
<b>Readers:</b>	<b>Karen Hellewell</b>	<b>365027</b>
	<b>Sue Heptinstall</b>	<b>341436</b>
	<b>David Ramanauskas</b>	<b>330770</b>
<b>Wardens:</b>	<b>Jane Webster</b>	<b>885878</b>
	<b>Steve Daveney</b>	<b>251532</b>
<b>P.C.C. Secretary</b>	<b>Kath Sharman</b>	<b>363058</b>
<b>P.C.C. Treasurer</b>	<b>Barrie Kitchen</b>	<b>358178</b>
<b>Pastoral Care</b>	<b>Rosemary Power O'Mahony</b>	<b>330770</b>
<b>Prayer Line</b>	<b>Liz Dingsdale</b>	<b>834439</b>
<b>Housegroups</b>	<b>Karen Hellewell</b>	<b>365027</b>
<b>Evangelism</b>	<b>David Ramanauskas</b>	<b>330770</b>
<b>Children &amp; Youth</b>	<b>Liz Dingsdale</b>	<b>834439</b>
<b>Child Protection</b>	<b>Angela Ward</b>	<b>356755</b>
<b>Magazine Editor</b>	<b>tbc</b>	
<b>Electoral Roll</b>	<b>Anne Rollinson</b>	<b>311269</b>
<b>Church Flowers</b>	<b>June Lockwood</b>	<b>356740</b>
<b>Baptism enquiries</b>	<b>Ann Cockerill</b>	<b>363892</b>
<b>Wedding enquiries</b>	<b>June Lockwood</b>	<b>356740</b>

## **Christ Church (Pellon) C of E (VC) Primary School**

<b>Head</b>	<b>Helen York</b>	<b>350792</b>
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*Church Address: Church Lane, Mount Pellon, Halifax, HX2 0EF*