

ABBHEY HILL U.R.C. MAGAZINE



July &
August 2023

GIVING gift
FIRSTFRUITS
LOVE giving
that is saving
KINDNESS
generosity
Where your treasure is
there your heart will be also
GIVING
RAISE
SACRIFICE Grace
that's Free Gift of
God's giving
GIVING
God loves a cheerful giver

The Summer is upon us.....

The summer is upon us, and the weather is going to be hot! Apparently the few very hot days we had last year will only increase in number as the years roll by thanks to global warming and as a nation we will have to adapt to our changing climate. Change can be very difficult for many of us and especially when sometimes it's unclear what changes we should make. I'm all in favour of afternoon siestas as being one of the changes I may have to make but I don't think my manager at work will allow it!

At the Childrens nursery I work at, we are always changing what we teach and the way we teach it. Our changing climate is one of them. Children are now taught at an early age about our changing climate and what we can do to help heal the planet, no matter how small the action. They all now reach for a hat and sun cream before playing outside; they learn how important water is and how to keep our water consumption as low as possible. There is no more glitter on the craft table and scraps of paper from the paper recycle bin are now used to practice snipping with scissors and scribbling on. Monthly litter picks with the children have become the norm. Recycling, reusing, and reducing has become part of their curriculum and their everyday lives.

The most fun element in all of this at the nursery has been the conservation of water. All children love water. The two- to four-year-olds have become 'Water Warriors' switching off taps that children leave on after washing their hands and only taking water from the water cooler that they can drink without wasting the rest by throwing it down the sink. They have loved collecting rainwater to water the outdoor plants with and using any water left over at lunch time in the jugs to water the plants inside. One of the best things about them becoming water aware is that the children have been going home and continuing the good work, educating

parents. We have had reports of children telling off parents for putting too much water in the washing up bowl for just washing a few items and for running the tap when brushing their teeth.

This might seem over the top but if the youngest generation understand the changes we need to make, they will make the biggest changes for all of us in the future and hopefully reverse the damage that has been done. So, what or who is going to help our generation make changes to our everyday routines and habits to help global climate change? First, we have to embrace change and be open to new ways of doing all the things we are used to doing, which can be hard. Our Church Eco group is here to give us tips and provide new solutions for us all to try so that we can all do our bit, no matter how small.

Please have a look at the 10 water saving tips that the children from nursery took home to their parents to have a go at and let me know which ones you found the most useful.

Have a lovely summer, keep hydrated, close your windows and curtains on the hot days and switch off the lights, so they don't generate any extra heat and you never know, if you hear someone snoring around 2.00pm every afternoon, it might be me!

Jo Warren – Church Secretary and Elder

CHURCH SERVICES FOR JULY 2023



- 2nd Sunday** **11.00 Family Service led by George Jones.**
- 9th Sunday** **11.00 Family Service led by Claire Nutbrown-Hughes.**
- 16th Sunday** **11.00 Family Service with Communion led by
Jane Woods-Scawen.**
- 23rd Sunday** **11.00 Family Service led by George Jones.**
- 30th Sunday** **11.00 Café Church Service led by The Worship Group.**

CHURCH SERVICES FOR AUGUST 2023

- 6th Sunday** **11.00 Family Service led by George Jones.**
- 13th Sunday** **11.00 Family Service led by Stuart Scott.**
- 20th Sunday** **11.00 Family Service with Communion led by
George Jones.**
- 27th Sunday** **11.00 Family Service led by Martyn Todd.**

Dates for your Diary – July and August 2023

Here's a peek at the events that are coming up and being planned.
Lists will be up on the noticeboard for willing helpers and how to obtain tickets as necessary.

Event	Venue	Date	Time	Coordinators
Coffee Pot	Abbey Hill	Every Thursday	9.30 to 11.30	Betty and David Connelly
Community Listening Exchange hosted by Coffee Pot	Abbey Hill	3rd Thursday every month	10.00	Ivan Pointon and Ed Watson
Repair cafe	Abbey Hill	Every 3rd Saturday	2 til 5pm	Kenilworth Repair Cafe
Talisman Theatre Pride and Prejudice	Talisman Theatre	Thursday 29th June	7.00pm For 7.30 start	John Nichols
Plastic Free July Initiative	Look out for details			
URC Synod Officers are "on the road" again in 2023	Foleshill Road URC Coventry	Wednesday 19th July	between 10.30am and 4pm.	URC synod (Local contacts George Jones/Abbey Hill Elders for more info)
Future Events in planning				
Talisman Theatre BLACKADDER GOES FORTH	Talisman Theatre	TBA week of 28th Aug to 2nd Sept	7.00pm For 7.30 start	John Nichols
Stoneleigh Male Voice Choir	Abbey Hill	Saturday 21st October	TBA	TBA
Piano Recital	Abbey Hill	Saturday 28th October	TBA	TBA

Treasurer's Report - June 2023

We are nearly halfway through the year and I am pleased to report that the weekly offertory through envelopes, plate and bank is slightly above last year at about £2200 a month. Well done everyone.

On the other hand, communion offertories are only averaging £20 a month. It is our custom to make an offering during the communion service as an expression of our love for other people. Please use the labelled small brown envelopes on the table in the porch. Our charity for July will be RAYS ON SUNSHINE, which makes grants to seriously ill children for pleasurable activities.

The collection at the Christian Aid Service raised £181 which has been added to the Kenilworth Christian Aid Week collection.

In May, Easy Fundraising donated £72 to our church. This is 1% – 2% of what the people in the scheme spent earlier this year, online, at NO EXTRA COST TO THEMSELVES. All who shop online ought to be in this scheme. It's win-win. Details on the notice board in the porch.

David Connelly

Girl Guiding at Abbey Hill

At the end of this summer term, Tracey McNamara will be retiring after 20 years as Guide Leader for the Abbey Hill Company. Disappointingly, a replacement has not been found and so, very sadly, 8th Kenilworth Guides will no longer exist.

We've invited Tracey to join our morning worship on Sunday 9th July when we will bid our farewell to her and make a presentation to show our gratitude for her years of service.

Recently Tracey sent me the following message:

I would also like to thank the church for making us feel so welcome over the years. Church members have always said such kind things whenever we came along to a church parade and we are very grateful for that.

If you've had any connection with our Guides please join us on 9th.

Anne Holloway

Cafe Church Sunday 30th July - The Early Days

On Sunday 30th July our morning worship will take the form of Cafe Church. In line with our celebrations for 150 years of worship in our building, we've decided to use this relaxed style format as an opportunity for us to share our own early memories of worship, be that Sunday School, first church with the family or school assemblies. Am I the only person who remembers BBC Radio service for schools on a Thursday morning?

Many people have found their faith later in life and, in small groups sat round tables, it would be good to share these stories too.

We're all aware that songs and hymns have changed and this service will also give you a chance to sing some of your golden oldies from the days when we sang 'When a knight won his spurs' almost weekly!

Please could you have a think of some of the Sunday School songs and favourite hymns rarely sung these days, and let Kath Shortley or Anne Holloway know. On the morning itself, we're hoping that you might bring with you anything from your early church days (for example book of prayers for children, Bible stories in easy format, first hymn book, certificate of baptism or photographs). It will be good to share these in our groups round the tables.

Anne Holloway

ROTAS – JULY 2023

	Transport	Flowers provided by	Flowers arranged by
2/7	John Nichols	Heather Barton	Heather Barton
9/7	Di Wilson	Anne Gilmore	Vivien Nichols
16/7	Colin Ritchie	Pat Cowan	Betty Connelly
23/7	John Nichols	Di Wilson	Di Wilson
30/7	Di Wilson	Pat Scott	Barbara Gillard
	Projector & Sound	Stewards	Readers
2/7	John	Phil Inshaw / Eileen John	Rosemary Lawrence
9/7	Bronwen	Pat Cowan / Anne Gilmore	Ivan Pointon
16/7	David	Jo & John Williams	John Spenser
23/7	Alison	John & Vivien Nichols	Anne Gilmore
30/7	Ivan	Di Wilson / Julia Graham	John McKenzie
	Coffee	Car Park	Vestry
2/7	Susan Derwent / Di Wilson		Anne Holloway
9/7	Betty Connelly / Eileen John		Jo Warren
16/7	Pat Cowan / Glynis Hobbins		Anne Gilmore
23/7	Anne & Fred Holloway		Kath Shortley
30/7	Kath Shortley / Cheryl Ritchie		Vivien Nichols
	Communion Prep.	Comm. Servers	
	Vivien Nichols / Colin Ritchie		

ROTAS – AUGUST 2023

	Transport	Flowers provided by	Flowers arranged by
6/8	Colin Ritchie	Jo & Jo Williams	Anne Holloway
13/8	John Nichols	Hilary Scott	Helen Thomas
20/8	Di Wilson	Pat Cowan	Ayse McKenzie
27/8	Colin Ritchie	Jo Warren	Betty Connelly
	Projector & Sound	Stewards	Readers
6/8	John	Hilary Scott / Anne Banning	John Nichols
13/8	Alison	Betty Connelly / Kath Shortley	Kath Shortley
20/8	David	Anne & Fred Holloway	Lorna Spenser
27/8	Bronwen	Rosemary Lawrence / Donna Bloy	John Thomas
	Coffee	Car Park	Vestry
6/8	Rosemary Lawrence / Suzanne Hall		John Nichols
13/8	Alison Pointon / Hilary Scott		Colin Ritchie
20/8	Pete & Jo Warren		Jane Woods - Scawen
27/8	Jane Woods – Scawen / John Thomas		Anne Holloway
	Communion Prep.	Comm. Servers	
	Betty Connelly / Anne Holloway		

NEWS OF THE CHURCH FAMILY

NEWS OF THE CHURCH FAMILY FOR JULY & AUGUST

JULY BIRTHDAYS

As last year, there are quite a few birthdays to be celebrated in July. They include:-

July 5 th	Janet Turner
July 7 th	Anne Gilmore
July 12 th	Jo Warren
July 17 th	Edna Dixon
July 19 th	Barbara Gillard
July 23 rd	Jo Williams
July 24 th	Dave Thomas
July 27 th	Di Wilson
July 31 st	Fred Holloway

JULY WEDDING ANNIVERSARIES.

Among those who celebrate this month are:-

July 1 st	John & Ayse McKenzie
July 4 th	Jo Stratton
July 21 st	Pat & Ian Cowan
July 27 th	Roz Morris, & Di Wilson

AUGUST BIRTHDAYS.

Those celebrating their birthday in August are:-

August 3 rd	Cheryl Ritchie
August 10 th	Hilary Scott
August 14 th	Susanne Hall
August 23 rd	Julia Graham
August 28 th	Colin Ritchie

WEDDING ANNIVERSARIES.

August 8th Jayne Bryan
August 11th Betty & David Connelly
August 12th Jennifer Jackson
August 15th Gloria & Brian Cordery
August 17th Janet Turner
August 23rd Barbara & Richard Gillard
August 24th John & Sally Atkinson
August 31st Donna & Darren Hall

Thinking of

We continue to think of and pray for all our members and friends but especially those who are alone, housebound, sad or grieving, ill or in hospital.

Friends are the best medicine

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.

Henri Nouwen, Dutch Catholic priest, 1922-1996

PLEASE let PAT COWAN know on 01926 313904 if you have any news of our church family.

Eco Group Update

Members of the group reported on the plastic/environmental policy of some supermarkets.

Waitrose

Soft plastic and film can be recycled at 295 of Waitrose storesKenilworth is one of those. By 2023 all own brand packaging will be reusable or made from material that is recyclable or home compostable. This is 2 years ahead of the industry wide WRAP UK Plastic Pact.

If clean and dry the following are recyclable instore:- Carrier bags, bread bags., frozen food bags, delivery bags, cereal liners, toilet roll wrapping, salad, pasta and rice bags, cheese fish and meat wrapping, crisp biscuit and chocolate wrapping, baby and pet food pouches, bubble wrap.

This is sent to Glasgow where it is reprocessed to be used for a variety of purposes.

Morrisons - Aim by 2025 to

50% reduction in own brand primary plastic packaging.

100% of plastic packaging to be recyclable, reusable or compostable.

30% average recycled content in their plastic packaging. Supporting the circular economy.

70% of plastic to be recycled.

Do not support biodegradable and compostable packaging , lack of options for disposal by the customer. Also rigid recyclable packaging material not used as again difficult for customers to dispose of responsibly

Important that renewable source polymers [eg ethanol, from sugar cane] do not compete with the food supply chain.

Sainsbury's - Aiming to

Reduce plastic packaging by 2025 [WRAP Pact]see above

Plastic film recycling bins along with carrier and bread bags.

No plastic trays for chickens [saving 10million pieces of plastic a year.

SB the first retailer to vacuum pack all beef mince saving 450 tons of plastic a year.

Removal of single use plastic lids saving 71 million pieces of plastic per year.

SB has launched refillable pouches for hand cream, to help save plastic waste at home.

Tesco - Have 4 R's for packaging

1. Remove where possible
2. Reduce if can't remove
3. Reuse more of it
4. Recycle what is left

They have removed nearly 2.2 billion pieces of plastic from their business including:

1. 200+ million bags from deliveries,
2. 100+ lids from creams yoghurts and desserts
3. 75+ million tinned multi packs no longer plastic wrapped [but customers still pay the multi product price and can mix and match].
4. 50+ million pieces of plastic wrap, from cans of branded beers and cider.
5. 50+ million pieces of plastic from greetings cards

They also operate a traffic light system for own label and branded goods

Reflecting faith – the Pulpit

The pulpit is one of the four most obvious pieces of ‘furniture’ in a church; the others being the lectern, altar and the font.

Today the pulpit is usually the place where the preacher stands to give the sermon during a service. It is generally raised higher than the chairs or pews, so the preacher can be seen more easily by the congregation. Pulpits often have a ‘sounding’ board canopy above them, so that the words may ‘resound’ more audibly.

The pulpit may be simple or heavily ornamented; engraved with pictures and/or words in a creative manner. There are examples of some pulpits which require the preacher to climb up over a dozen steps to reach the preaching platform, while others have only five or six steps.

In Anglican churches they are likely to be situated between the nave, where the congregation sits, and the chancel, where the choir or church leaders sit. In Methodist chapels, pulpits are normally centrally placed, often above the altar.

In bygone generations, the pulpit was used for all sorts of announcements. Without any microphones, it was better to use a raised area from which to address people.

So the pulpits were used not only by priests for preaching, but also by the churchwardens for notices. The pulpit was also where Marriage Banns were called, excommunications were pronounced, and indulgences were advertised.

In fact, pulpits were not much used for sermons before the Reformation! This is because the clergy in those days were required to preach only four times a year.

Most commonly, the pulpit was used for the bidding prayers. These, partly in English, were said for the leaders of the Church, the King, the governing orders, the people, special needs, and, finally, for those parishioners who had paid to have their names read out.

This month

Have a close look at your church’s pulpit. What does both the pulpit itself and the sermons that you hear from it reflect about your faith?

All in the month of JULY

It was:

400 years ago, on 4th July 1623 that William Byrd, English Renaissance composer, died. Regarded as one of the greatest British composers, and best known for his sacred music.

175 years ago, on 7th July 1848 that Waterloo railway station in London opened.

150 years ago, on 19th July 1873 that British-born Australian explorer William Gosse discovered Ayers Rock and named it in honour of Sir Henry Ayers, the Chief Secretary of South Australia. It is now known as Uluru/Ayers Rock.

125 years ago, on 30th July 1898 that Henry Moore, British sculptor and illustrator, was born. Best known for his monumental semi-abstract bronze sculptures.

100 years ago, on 13th July 1923 that the Hollywood Sign was officially dedicated in Hollywood, Los Angeles. (It was originally erected as a temporary advert for a housing development called Hollywoodland.)

80 years ago, on 25th July 1943 that Britain's RAF bombed the Fokker aircraft factory in Amsterdam.

75 years ago, on 5th July 1948 that the National Health Service (NHS) began operating.

65 years ago, on 26th July 1958 that debutantes were presented at the British royal court for the last time.

60 years ago, on 12th July 1963 that the Moors murderers, Ian Brady and Myra Hindley, killed their first victim, 16-year-old Pauline Reade, on Saddleworth Moor.

50 years ago, on 30th July 1973 that pharmaceutical companies in the UK agreed to pay more than £20 million in compensation to about 400 children who were born with birth defects after their mothers took thalidomide during pregnancy.

20 years ago, on 27th July 2003, that a team from the BBC reported that the Loch Ness monster did not exist. They had combed every inch of the loch using 600 sonar beams guided by satellite navigation, and still found nothing. The search operation was covered in the documentary, *Searching for the Loch Ness Monster*.

15 years ago, on 31st July 2008 that NASA reported that its Phoenix Mars Lander had found frozen water in a soil sample taken from two inches below the surface of Mars.

10 years ago, on 19th July 2013 that Mel Smith, British comedian and screenwriter, died. Best known for the TV comedy series Not the Nine O'Clock News and Alas Smith and Jones.

Officers on the Road
at Foleshill Road United Reformed Church
Wednesday 19 July 2023, 10am-4pm

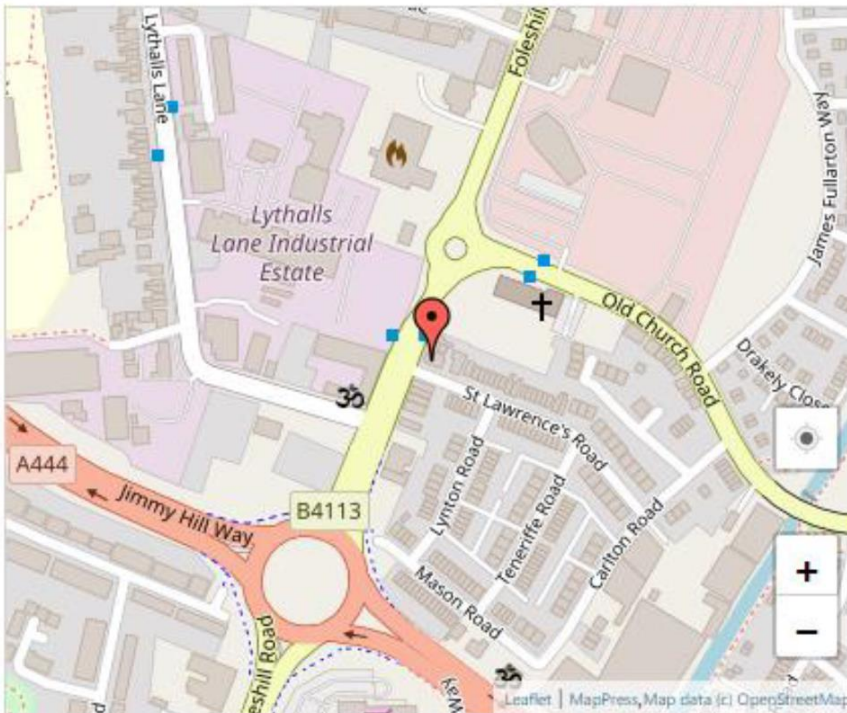
INVITATION

After a successful pilot at Rodborough in the Gloucestershire Area in 2022, the Synod Officers are “on the road” again in 2023. After the March event in Stafford, our next events take place in Coventry (Foleshill Road) on 19 July and Shropshire on 25 October. Areas that have not yet hosted a visit will have the opportunity to do so in 2024.

We are inviting people from churches across the Coventry & Warwickshire Area to come and meet us at Foleshill Road United Reformed Church. Call in to discuss something of particular interest to you, let us know how we can support you better, or just to put a face to a name. If it would help, you can let us know beforehand who might drop in and what they would like to discuss. Otherwise, please just come along and say ‘hello’. We look forward to meeting you on Wednesday 19 July between 10.30am and 3.30pm.

Synod Office Tel: 0121 783 1177. Email: admin@urcwestmidlands.org.uk

The church is situated on the corner of Foleshill Road and Old Church Road. Entrance to the car park is from Old Church Road. Pedestrian Access from Foleshill Road and Old Church Road.



United Reformed Church, West Midlands Synod

How to keep young, as you grow old

When the US President Joe Biden announced that he was running for re-election, many of us thought he was too old. He will be 86 by the end of 2028. Trump will be 82. How could either of them run the United States at such an age?

The argument about Biden and Trump will doubtless carry on, but meanwhile, there is some encouragement for the rest of us who are ageing.

A 2012 study by the University of Edinburgh found that only about a quarter of the cognitive changes that occur as we age are determined by genetics. The other three quarters are based on our lifestyle choices.

Firstly, choose to exercise. When you exercise in any way, you are not just making your body fit, you are also improving your brain health. This is because exercise promotes the release of a cell-making protein in the brain called BDNF (brain-derived neurotrophic factor), which is linked to learning and memory.

Secondly, choose to retain a sense of control and purpose in your life. We can't all influence world politics, but we can each of us can act for the general good of the people around us. In 2022, researchers in the US found that people who have a greater sense of purpose in life not only live longer, but have fewer health problems, including depression, blood pressure problems and heart attacks.

Thirdly, choose to set yourself some realistic personal goals, no matter how small. Research shows that setting a goal – even just to lose weight, or tidy the garden, can make you feel immediately more worthwhile.

Fourthly, choose to keep spending time with other people. Remaining sociable in old age is vital – we are social animals and really do need those meaningful relationships.

Fifthly, choose to follow activities that allow you to keep learning – perhaps take up a hobby such gardening, or even begin a foreign language.

75 years of the National Health Service

It was 75 years ago, on 5th July 1948, that the National Health Service (NHS) began operating – formally opened at the Park Hospital in Manchester, now renamed Trafford General.

The National Health Service Act provided for the establishment of a comprehensive health service for England and Wales. (Separate legislation was produced for Scotland and Northern Ireland.)

The Minister of Health at the time was Labour firebrand Aneurin Bevan, but the NHS came into being through the efforts of many others as well – notably Conservative Sir Henry Willink, who was Minister of Health in the Coalition government in 1944. His White Paper laid down all the basic elements of an NHS – that no-one was excluded, and that healthcare was free and based on need, not the ability to pay.

But the origins of the NHS went back many years, starting perhaps in the early 1900s, with socialist Beatrice Webb's Minority Report of the Royal Commission on the Poor Law. It aimed to get away from the workhouse system, where those with no resources were expected to look after themselves. The report was dismissed by the Liberal government.

Strong ideas in the same vein had also come from biochemist Dr Benjamin Moore, from Liverpool, who is also credited with first use of the words "National Health Service". A novel called *The Citadel* by D J Cronin (also a doctor) drew attention to the inadequacies of health care at the time of its publication in 1937.

In the end, the NHS was based to a large extent on the Beveridge Report, published in 1942. William Beveridge was a Liberal politician, economist and social reformer who also had a strong interest in eugenics – the aim of improving the human race by controlling reproduction.



This year as part of our Green Flag award we will be lowering our water consumption and learning all we can about water and how important it is. As part of our project, we would like to share with you some water saving tips that you and your child can do at home which will help lower your water consumption too. Good luck!

Fact: We drink the same water that dinosaurs used to drink! Can you make a dinosaur noise?

1. **Water Bottles**-Don't grab a new cup every time you feel thirsty, instead have a special water cup or bottle that you can refill throughout the day. This way there will be fewer dishes to wash.
2. **Cups**- When you do reach for a cup of water, only fill it half-ways to avoid wasting water unless you know you can drink a whole cup full!
3. **Old water**-Don't waste old water from cups and water bottles by pouring it down the drain. Instead, use it to water plants (inside or outside).
4. **Washing an apple**-Instead of washing your fruits and veggies under running water, use a container or bowl filled with water instead. When you're done use the water for plants.
5. **Brushing teeth**- Don't let the water run while you're brushing your teeth. Turning off the tap saves a lot of water.
6. **Drink water**- It takes a lot of water to make juice. Did you know that it takes 200 litres of water to make one glass of orange juice? Find out more using this link <https://waterfootprint.org/en/resources/interactive-tools/product-gallery/>
7. **Pets**- Wash your pets outdoors, in an area of your lawn that needs water. When cleaning out fish tanks, give the nutrient-rich water to your non-edible plants. When you give your pet fresh water, don't throw the old water down the drain. Use it to water your trees or shrubs.
8. **Cold drinking water**-Keep a pitcher of drinking water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.
9. **Short showers**-You have the power to take a short shower!" Try to time yourself and limit the showering to between 5 and 10 minutes? Try to take a shower instead of a bath!
10. **Reuse your bath towel**- Reuse the same bath towel over the week. Hang up to dry after each shower. This saves a lot of water in washing bath towels that are not really dirty.

Become a water warrior and save water!

‘He gave us eyes to see them’: ‘Herdsman with Cows by a River’ by Albert Cuyp

‘What is this life, if full of care, we have no time to stand and stare?’

Those words of W H Davies provide the theme for this year. The paintings chosen celebrate creation in all its wonder and diversity, and we are encouraged to take time to look anew and so become aware of the author of that creation. But this month it is the other way around as we sense the animals looking at us in ‘Herdsman with Cows by a River’ painted in 1650 by the Dutch artist, Albert Cuyp.

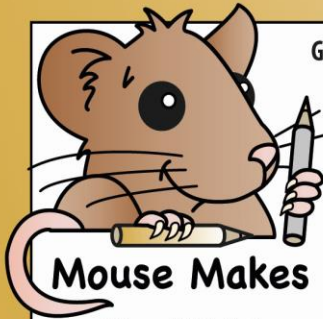


It is a very ordinary scene of nature. Yet there is a radiance and a tranquillity that strike us as we see the herd of cows standing in the still waters. Around them there is a lot of movement: birds fly in the sky, boats are sailing off into the sunset and two fishermen are busy at their work to the left of the canvas. But the cows and their herdsman are quiet and contented, relishing this moment of the day closing, and contemplating the world going by. And two of those cows seem to be looking out into our own world. In many of Albert Cuyp's paintings the sun bathes each scene in a golden light. Here the

clouds are gathering in the sky as the sun sinks down in the west, but there is still a glowing calmness brought by the light of the sky above.

In this month of July we are probably planning holidays. Some holidays can be a frenetic rush, others are those occasions when we simply sit back and relax, letting what we see around us bring refreshment and renewal. It is the way we are encouraged to savour the joy and delight of Scripture in what is called *lectio divina*. Monastic teachers compared it to cows grazing in the field. They pointed to four stages: Lectio – we take a bite of scripture; Meditatio – we chew on that word; Oratio – we savour its flavour and nourishment; and Contemplatio – we digest its goodness to feed body and soul.

The herd of cows in Albert Cuyp's painting have spent the day doing just that – grazing and ruminating in the fields nearby. The herdsman has brought them to the river to relax in the water. Soon they will take the journey home to the farm and the safety of the cowshed. Tomorrow will bring them the opportunity to graze anew in the gift of another day. Walt Whitman wrote in one of his poems, 'I think I could turn and live with animals, they are so placid and self-contain'd, I stand and look at them long and long.' As we stand and look at the cows in this painting, perhaps we may realise that whether at work or on holiday, in Sunday worship or Bible reading at home, God can feed us through His world around and in His word in Scripture. As long as we take the time and the care to savour the delights that He offers us.



Mouse Makes

Goliath, the champion of the Philistine army, taunted the Israelites.
"Choose a man to fight with me and if he kills me then we will be your servants!"

The Israelites were afraid, but **David**, a shepherd boy who had come to bring food to his brothers on the battlefield said:
"The Lord who delivered me from the lion and bear will deliver me from the hand of this Philistine."

So David went out to face Goliath on his own...

Read the story of how David defeated Goliath in *1 Samuel 17 verses 1-58*

Where did Goliath come from?



1 Samuel 17:4

How tall was Goliath?

_____ cubits.

1 Samuel 17:4

What was Goliath's armour made of?

1 Samuel 17:5,6

What weapons did Goliath carry?

a JAVELIN,

a _____

and a _____

1 Samuel 17:45

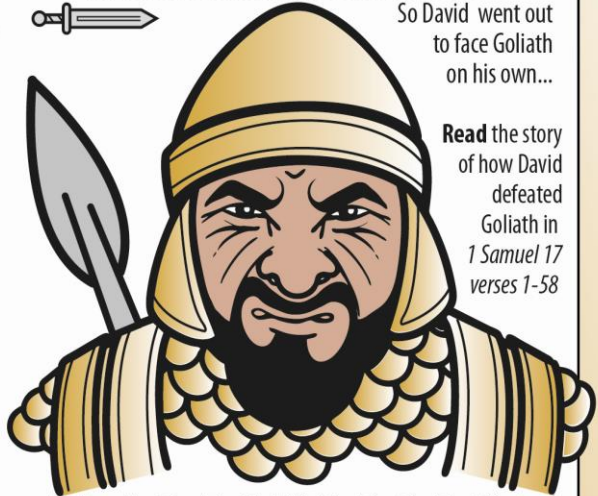
How many stones did David take from the stream?



1 Samuel 17:40

Where did David's stone hit Goliath? On his

1 Samuel 17:49



I L A D E S W O R D B K L
P A C A M P L I O N A D B
H I F I V E S L I N G A R
I T L E B A T T L E O V O
L E B E A R J A V E L I N
T S S I X M K H C F I D Z
S T A F F O R E H E A D E
T R U I I U P L A L T L G
O U L S G R I M M L H O O
N C P R H S H E P H E R D
E K G A T H I T I D E D O
S H I E L D G R O U N D M
P H I L I S T I N E S O U

ISRAEL • SAUL • DAVID • LORD • GOD • PHILISTINES • BATTLE • CAMP
CHAMPION • GOLIATH • HELMET • ARMOUR • JAVELIN • SHIELD • FIGHT • BEAR
LION • SHEPHERD • STAFF • STONES • BAG • SLING • STRUCK • HIT • FELL • GROUND

**COULD ANY ARTICLES/NOTICES FOR THE
SEPTEMBER 2023 MAGAZINE PLEASE BE
SENT TO ME BY
SUNDAY 20th AUGUST 2023
PLEASE 😊? (e-mail to
m.todd1@hotmail.com)**

Graduation?

There were so many graduates waiting to receive their degrees that day, that speed was of the essence. Presenting their diplomas, therefore, the Chancellor simply smiled and said:
“Congratulations, keep moving.”

Actually, that is good advice for all of life, and for your Christian life as well.

If you’ve discovered the reality of God’s love for yourself, you deserve congratulations, for in a very real sense, you have arrived...*but keep moving!* - there is so much *more* that God has in store for you! St Paul in 2nd Timothy said: “I have fought the good fight, I have finished the race, I have kept the faith. *Now there is in store for me* the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day...”

So, wherever *you* have reached in your own faith pilgrimage,
congratulations, but keep moving!

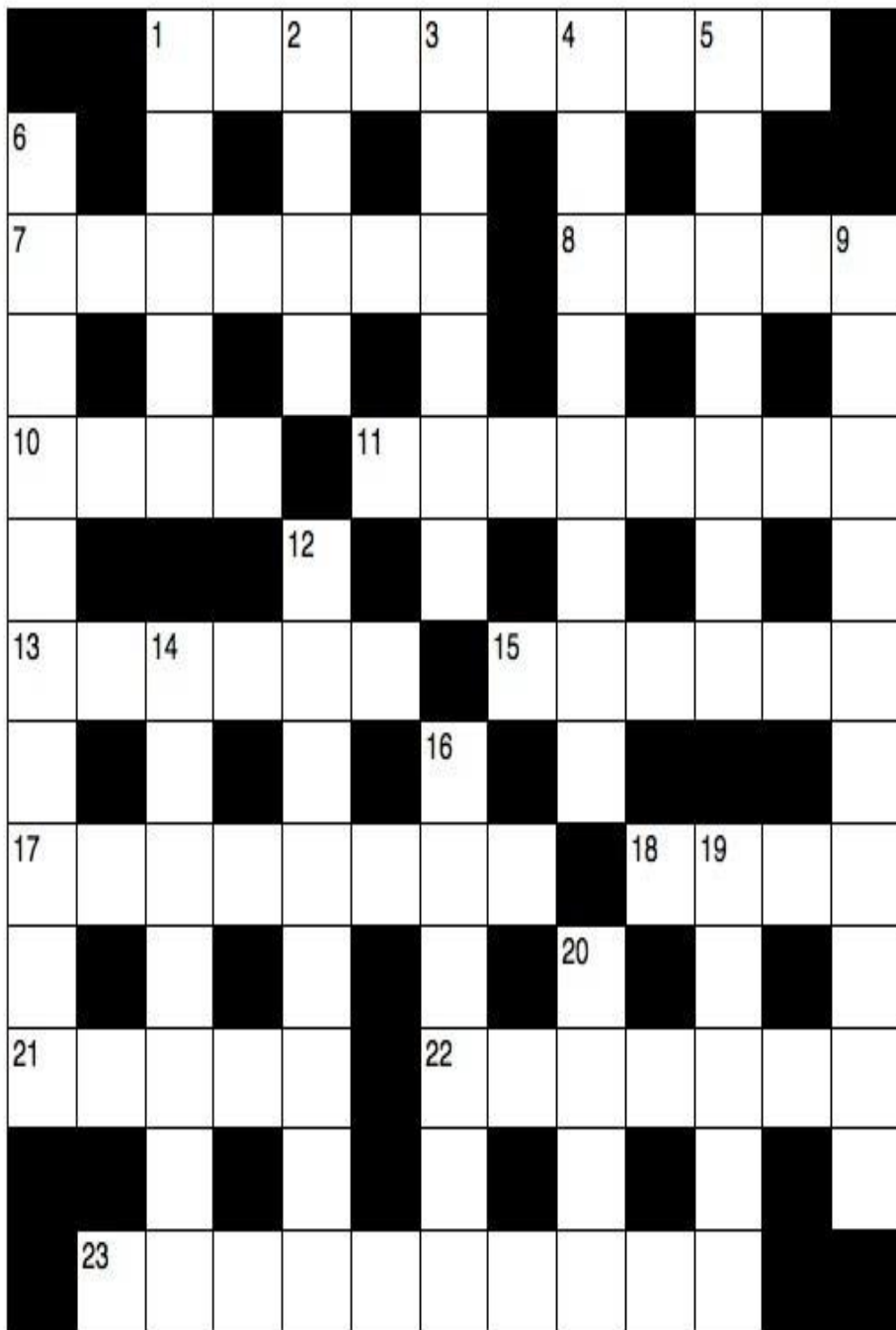
Crossword Clues

Across

- 1 Relating to the Jewish day of rest (10)
- 7 Point of view (Matthew 22:17) (7)
- 8 20th-century Brethren philanthropist whose construction company became one of the UK's biggest, Sir John — (5)
- 10 Girl's name (4)
- 11 Peter was accused of being one in the courtyard of the high priest's house (Luke 22:59) (8)
- 13 The fifth of the 'seven churches' (Revelation 3:1–6) (6)
- 15 'Now the famine was — in Samaria' (1 Kings 18:2) (6)
- 17 Banned by the seventh Commandment (Exodus 20:14) (8)
- 18 Insect most closely associated with itching (1 Samuel 24:14) (4)
- 21 Bantu tribe which gives its name to tiny landlocked country in southern Africa (5)
- 22 Familiar material in churches that use an overhead projector (7)
- 23 Last book of the Bible (10)

Down

- 1 The young David's favourite weapon (1 Samuel 17:40) (5)
- 2 'Your vats will — over with new wine' (Proverbs 3:10) (4)
- 3 Once yearly (Exodus 30:10) (6)
- 4 Milled it (anag.) (3-5)
- 5 Region north of Damascus of which Lysanias was tetrarch (Luke 3:1) (7)
- 6 Comes between Philippians and 1 Thessalonians (10)
- 9 Lake where the first disciples were called (Luke 5:1–11) (10)
- 12 Abusive outburst (8)
- 14 Are loud (anag.) (7)
- 16 Printing errors (6)
- 19 'Take my yoke upon you and — from me' (Matthew 11:29) (5)
- 20 Jacob's third son (Genesis 29:34) (4)



Answers on later page



Church School Test

For a church school exam, young children were asked questions about the Old and New Testaments. These were some of the (real) results...

- 1. In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.*
- 2. Adam and Eve were created from an apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.*
- 3. Lot's wife was a pillar of salt during the day, but a ball of fire during the night.*
- 4. The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.*
- 5. Sampson was a strong man who let himself be led astray by a Jezebel like Delilah.*
- 6. Samson slayed the Philistines with the axe of the Apostles.*
- 7. Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.*
- 8. The Egyptians were all drowned in the desert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.*
- 9. The first commandment was when Eve told Adam to eat the apple.*
- 10. The seventh Commandment is thou shalt not admit adultery.*
- 11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.*
- 12. The greatest miracle in the Bible is when Joshua told his son to stand still, and he obeyed him.*

Swim?

If a lot of swimming is so good for your shape, then why do the whales look the way they do?

Puppy

I arrived home from work to find all the windows and doors wide open. Apparently, our new puppy had had an accident. "Yeah, it was awful," my daughter told me. "In fact, when we first walked in, I thought you had come home early and were cooking dinner."

Water

My friend was working at an amusement park when a couple stopped him. "Excuse me," said the woman, pointing to a pond. "What is that water made out of?" Bemused, my friend replied, "Two parts hydrogen and one part oxygen." "See?" she said to her boyfriend. "I told you it wasn't real."

Forgiveness

Late for a meeting and unable to find parking, I pulled into a spot behind a church. It was only after I'd gotten out of the car that I spotted this sign: "No parking. Forgiveness is our business, but don't make it harder than it already is."

Excuses, excuses

Found in a heap of recycled files donated to our school was this curiously labelled folder: "Excuses I Have Used."

Bathroom tidy

Constant nagging didn't seem to provide any relief from having to clean up the bathroom after each of my three teenage children. After I cleaned it one day, I resorted to posting a sign that read: 'Please leave the bathroom as you found it'. Then I noticed the bathroom was in the usual mess after my son used it, so I called sharply:

"Brian, how did you find the bathroom?"

After a brief pause, he replied, "Straight down the hall, first door on the right."

The nervous nun

"People get nervous when they think that they have to call me 'my Lord', said an Irish bishop. "Especially the poor nuns. One was giving me a cup of coffee. As she pushed the sugar bowl towards me, she said, 'How many lords, my lump?'"

Sun

Reading while sunbathing makes you well red.

Not like it used to be

I used to be able to do cartwheels. Now I tip over while pulling on my socks.

Church bulletin notices that didn't turn out quite right....

~ Low Self-Esteem Support Group will meet Thursday at 7 to 8:30 pm. Please use the back door.

~ Ushers will eat latecomers.

~ The third verse of 'Blessed Assurance' will be sung without musical accomplishment.

~ Next Sunday Mrs Vinson will be soloist for the morning service. The minister will then speak on 'Terrible Experiences'.

~ Due to the Rector's illness, Wednesday's healing services will be discontinued until further notice.

~ Stewardship Offertory: 'Jesus Paid It All'

~ The concert held in Fellowship Hall was a great success. Special thanks are due to the minister's daughter, who laboured the whole evening at the piano, which as usual fell upon her.



REPAIR CAFE
KENILWORTH



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REPAIR CAFE



Repair Café Kenilworth

Repair Café Kenilworth (ReCK) is a free meeting space that's all about repairing things together, be that clothes, toys, furniture, electrical appliances, bicycles ... there's very little that can't be repaired by our team of expert volunteers.

We meet at the United Reformed Church every third Saturday in the month, between 2PM and 5PM. There is free parking outside the Church, but it can get quite busy. If your item is particularly heavy or large, we'll always try to assist you as best as possible.



Sustainable. Social. Economic. Fun.

A local Repair Café is a not-for-profit community event, created by neighbours, for their neighbours. The aim of the Repair Café Kenilworth (and those worldwide) is to reduce waste, increase sustainability, save money, and have fun in an informal social gathering.

Oh ... with lots of tea and cake on tap also. It is a Repair CAFE after all.

Bin it? No Way!

Some things have to be thrown away ... the old toothbrush with curly bristles, that blown light bulb that's been sitting inside the cupboard since 1983, the fish 'n' chip wrappers from last night's tea ... but what about that broken bedside lamp, or the rickety wooden stool that belonged to your grandparents?



The Repair Café movement has one simple question, and an even simpler answer; Bin it? No Way!

Along with actually repairing your broken items, we'll help you to develop the skills to start repairing them yourself, to promote the culture of repair over replace, and to give you the satisfaction of bringing your treasured memories back to life.

Further details

[Repair Cafe](#) | [Repair Cafe Kenilworth](#) | [Kenilworth \(repaircafe-kenilworth.org\)](#)

The third Saturday afternoon of the month at Abbey Hill Church 2pm-5pm.

PRAYER DIARY JULY 2023

1 st	Donna and Michael Curran, Henry and Martha
2 nd	Elinor Davies and Alexander Nunn
3 rd	Susan Derwent and Henry Bentley
4 th	Edna Dixon
5 th	Mavis Duckworth
6 th	Paul Duffy
7 th	Judith and Terry Eaton
8 th	Sue England
9 th	Glo Ford
10 th	Barbara and Richard Gillard
11 th	Anne and Tony Gilmore
12 th	Julia Graham
13 th	Donna and Darren Hall and Emelia
14 th	Laraine Hall
15 th	Madeline Hamper
16 th	Glenys Hobbins
17 th	Anne and Fred Holloway
18 th	Jane and Phil Inshaw
19 th	Jennifer Jackson and Robert Banks
20 th	Eileen John and Leon
21 st	Emilie Jones
22 nd	George Jones
23 rd	Robert Kerr
24 th	Rosemary and Gerald Lawrence
25 th	Gill and David Littleford
26 th	Alice McAdam
27 th	John & Ayse McKenzie, Iain, Layla and Scott
28 th	Mhari McLintock and Hugh Maccallum
29 th	Roz Morris
30 th	Pam Muckersie
31 st	Vivien and John Nichols

PRAYER DIARY AUGUST 2023

1 st	Alison and Ivan Pointon
2 nd	Cheryl and Colin Ritchie
3 rd	Hilary Scott
4 th	Pat Scott
5 th	Kath Shortley
6 th	Jayne Shores
7 th	Barbara and Helen Sidebottom
8 th	Mary Skidmore
9 th	Lorna and John Spenser
10 th	Jo Stratton, Sophie and Elspeth
11 th	Ruth and Steve Sutton
12 th	Winnie Tawil
13 th	Helen and Dave Thomas
14 th	Esmé Thorpe
15 th	Joy Thorpe
16 th	Bronwen and Martyn Todd, Sarah and Lottie
17 th	Janet Turner
18 th	Joy Verral
19 th	Jo and Pete Warren
20 th	Gaynor Watkins
21 st	Emma and Gary Watt
22 nd	Jo and John Williams
23 rd	Lesley Williams
24 th	Di Wilson
25 th	Jane Woods-Scawen and John Thomas
26 th	Jon Atkinson
27 th	Ann Banning
28 th	Heather and John Barton
29 th	Louise Barton and Emileigh Warren
30 th	Louise Broad
31 st	Jane Bryan, Martha and Seth

WHO's WHO at ABBEY HILL

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Secretary: Jo Warren

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ELDERS

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Anne Holloway	335951
Vivien Nichols	512764
John Nichols	512764
Colin Ritchie	512507
Kath Shortley	07722 263393
Jane Woods-Scawen	07971 758777

Fellowship Secretary	Pat Cowan		313904
Pulpit Supply	Anne Holloway	01926	335951
Treasurer	David Connelly		855218
Appeals Treasurer	John McKenzie		779810
Secretary Managers	Ivan Pointon		855399
Junior Church Secretary	Donna Curran		857437
Organist			
Gift Aid Secretary	John McKenzie		779810
Lettings Officer			
Free Will Envelopes	Susan Derwent	07515	890598
Magazine Editor	Martyn Todd		864332
Guide Leader	Tracey McNamara		856922
Brownie Leader	Sarah Pointer	02477	042291
Crèche	Ayse McKenzie		779810
Catering & Social Committee	Rosemary Lawrence		850264
Healing Group	Jo Williams	02477	112156
Weekly Notices	Paul Duffy		851650
Child Protection Link	Alison Crichton	07970	557726
Transport			
Kenilworth Foodbank	Donna Curran		857437

Church Website: www.kenilworthabbeyhill.urc.org.uk



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Crossword Answers

ACROSS: 1, Sabbatical. 7, Opinion. 8, Laing. 10, Olga. 11, Galilean. 13, Sardis. 15, Severe. 17, Adultery. 18, Flea. 21, Swazi. 22, Acetate. 23, Revelation.

DOWN: 1, Sling. 2, Brim. 3, Annual. 4, Ill-timed. 5, Abilene. 6, Colossians. 9, Gennesaret. 12, Diatribe. 14, Roulade. 16, Errata. 19, Learn. 20, Levi.