

Christ Church Ainsworth Parish Magazine



Christ Church Ainsworth – Church Yard Team In Action!

(Photo courtesy of Janet Hayes)

Serving the Community

www.ainsworthparish.org.uk

July 2021

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Our church building is COVID-secure, so you can either attend worship physically or worship with us on Facebook:

Sundays

- 10.30am in church for COVID-secure Communion
- 12 Noon for live-streamed midday worship on our Facebook Page

Wednesdays

- 6.30pm in church for Mid-Week Praise, recording posted later on Facebook

To join us on Facebook, follow this link:

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

NB: If you are not on Facebook, you can still watch the service – when it says “Log in” “Create New Account” simply click “Not Now” (which is below these two options)

If you missed any of our livestreamed services, some of them can be found on our website <https://www.ainsworthparish.org.uk/online-worship.html> or our YouTube Channel <https://www.youtube.com/channel/UC1kRCPBlymPoDSyhH9CZYrw>

The Prayer Book Society also lists some churches livestreaming BCP services: <https://www.pbs.org.uk/churches-and-services/-1>

Planning to attend our church building for worship?

The following COVID-19 Secure restrictions apply:

- **Unless you are legally exempt, you must wear a facemask**
- Our seating capacity is normally limited to 28 downstairs but can be increased slightly when members of the same household / bubble attend together. There is also limited capacity upstairs.
- Services are basic and short.
- Everyone must gel their hands as they enter the building.
- There is a collection plate on the font, but this will not be passed around.
- **Worshippers are expected to remain 2m socially distant from each other, unless from the same household/linked household/bubble/group of 6. This means sitting down promptly (where the paper is on the pew) and no gathering in the aisle or immediately outside the main door for a chat.**
- **When worshippers enter, they must sit in the next available pew, filling from the front and from the wall, taking care not to touch any part of the pew as you move along. There must be no heading for that favourite pew!**
- **Everyone (except the presiding priest) will remain seated throughout each service. Unfortunately, this means any children attending must also remain seated throughout the service.**
- There is no singing.
- A PowerPoint version of the order of service is projected in church. A version is available to download (Sunday only), but is not available to collect on the way in.
- A Test & Trace QR Code is displayed at the entrance for those worshippers who have downloaded the NHS T&T app. Others are asked to complete a registration form each week. The forms will be destroyed after three weeks. A GDPR compliant privacy notice is posted inside church.
- We leave from the rear pew first.
- The toilet is for emergencies only, and anyone using it is expected to spray disinfectant on all surfaces they have touched.

Whether you attend worship in church with others, or prefer to join with us on Facebook, is entirely your decision. Our responsibility is to ensure you have the choice.

Anyone showing symptoms of COVID-19 (a new continuous cough, a high temperature or a loss of, or change in, their normal sense of taste or smell) should not join us in church due to the risk to others; they should self-isolate at home immediately and arrange a PCR test.

A few words from the Vicar

*O sing unto the Lord a new song; for he hath done marvellous things.
(Psalm 98:1 KJV)*

Like many others, I eagerly await the (delayed) move to 'Step 4' on 19th July (hopefully, here's praying) and a further relaxation in the COVID rules. And, like many others, I strongly suspect some restrictions will remain. Why? Because there is plenty of mood music preparing us for this possibility.

Will we still be wearing face coverings in church, in shops and on public transport? Will social distancing remain in force? Will we be allowed to sing those well-loved hymns during worship? Who knows?

But I certainly hope we can sing in church soon. Last month, during Euro 2020, we could head for the pub to watch a game, have a few beers, and sing to our heart's content. So, why can't we sing God's praises in church? Why the inconsistency?

Thankfully, pressure is building for change and, hopefully, by the time you read this, once again we'll be singing some rousing hymns in church. I can't wait!

At least we can sing our praises as loudly as we like during 'Worship at Home', our midday livestreamed service. Some of you have told me how much you enjoy singing along, which is the reason why I have introduced an optional extra hymn at the end of the livestream.

The advantage of 'Worship at Home' for those who work shifts or have family commitments is that a recording is always available so that they can worship later. Sometimes, though, Facebook's automated algorithms take a dislike to a hymn or two and mute that part of the recording. This is despite my paying good money for a Livestreaming Licence that allows us to stream copyrighted material providing I report it, which I always do. Unfortunately, there is no easy way around this problem. Fortunately, YouTube does not operate the

same policy so, if we are muted on Facebook, you can always find a fully unmuted version on our parish YouTube Channel.

Last month I wrote about Mission Communities, the Diocesan plan to group parishes together to encourage better collaboration in mission. It is difficult to fault the concept, I argued, particularly as we had already begun to collaborate with St Andrew's Radcliffe and Christ Church Walshaw prior to the pandemic. Generally, I like the idea.

However, prior experience has taught me that translating vision into a workable reality is never easy. One major issue I can foresee is capacity. At the very time clergy and lay leaders should be working hard to ensure our parishes recover from the impact of the pandemic, we will be expected to devote a lot of our time to getting Mission Communities off the ground. It is the classic dilemma of conflicting priorities, attempting to manage 'business-as-usual' at the same time as managing change.

A potential difficulty I mentioned last month has now been resolved. There was an early indication that we were expected to form part of a Mission Community stretching from Prestwich in the South to Walshaw in the North. Well, I am glad to say this is no longer on the cards. The latest paper issued by the Diocese splits the grouping in two, with us joining with Walshaw and the whole of Radcliffe. Undoubtedly an improvement, although as I said last month, my preference is to build upon the tentative steps we have taken already to collaborate with St Andrew's and Christ Church Walshaw and, maybe, look across the Bolton boundary for other partners.

What do you think about all of this? I would love to know!

God Bless

Dave

Editor's Spot ...

Welcome to the July 2021 edition of Christ Church Ainsworth Parish Magazine.

It seems rather shocking to think that already we are halfway through another year; does time really speed up as you get older?? And what a strange and unsettling year it has been so far. Whilst we undoubtedly have much more freedom than we had during the early days of the pandemic, many things are still restricted, and many things are increasingly difficult to understand (or maybe that is also an age thing!) – so, how many people can we meet up with outdoors

now? Are children included in that number? And does it make a difference if everyone present is 'double vaccinated'??

At the end of the day, it does seem as if we're making progress, all be it at times it feels as though it's 2 steps forwards and 1 step back. A number of our groups and organisations are now able to meet face to face, and hopefully there will be enough clarity for other groups to recommence after the summer break. The big question is how many people will want to / feel able to pick up the threads of previous activities when we are finally allowed to do so; how many people will have filled their time in other ways, and how many people will simply not feel safe or comfortable coming out of their own environment for the foreseeable future? These are things that only time will tell.

As we continue along the Government's 'road map to recovery', it will hopefully soon become possible to return to some more of the 'In Church' services and activities which we enjoyed pre-lockdown; make sure you keep an eye on the weekly pewsheet for updates.

Enjoy this month's magazine, do your best to keep safe and well and as always, please keep your reports and articles coming in by the second Sunday in the month, to ainsworthmagazine@gmail.com.

Alison

From The Registers

HOLY BAPTISM We welcome into the family of God
23rd May Joseph & Ivy Haworth

Archdeacon's Annual Visitation Service 2021

Each year, throughout the Church of England, parishioners elect Churchwardens to represent them and to work with their Parish Priest to enable Christian mission and ministry within their individual Parishes. The Archdeacon, as the Bishop's representative, must then admit the newly elected or re-elected Churchwardens to office – something which is done at the Archdeacon's Annual Visitation Service.

The swearing in of Churchwardens is a legal requirement and usually an Annual Visitation Service is held within each Deanery to enable clergy, PCC members and Parishioners to support their chosen candidate. In 2020, due to the various restrictions relating to the Covid-19 pandemic, the visitation Services were held via 'Zoom'; 2021 brought us the 'Socially Distanced Annual Visitation Service', a rather different experience for all those involved.

The Archdeacon's Visitation Service is usually an uplifting occasion as it is a reminder of just how many people are willing to 'stand up and be counted', not just churchwardens, but PCC members, Sidesmen and women, and all the many others who are active within their church communities. Whilst Archdeacon Jean Burgess stressed that those present were representing every member of their congregation, with attendance restricted to churchwardens elect and their supporting clergy, this year the service was inevitably a rather more subdued occasion.

Amidst the various changes our churches are working through, both in terms of the reorganisation of Deaneries and development of Mission Communities, and the reimagining of mission at local level as a result of Covid restrictions, it was appropriate that the theme for the Archdeacon's address was 'The Church Lifecycle'.

This concept imagines the lifecycle of individual churches following an arch or curve; ideas and initiatives are launched, and with appropriate input and resourcing, the congregation begins to grow in faith and in numbers. However, nothing stays the same, and as time goes on, however well something seems to be working, it's important to review where we are in terms of mission and ministry within our individual churches; to consider whether we are still meeting the needs of our parishioners as they and their lives evolve; and to be open minded about where we want to go, what we want to achieve and how we may go about that.

Without this constant review process, at best we can become 'stuck in a rut' and growth plateaus, at worst, things can become stale and dated; attendance begins to decline and ultimately some churches may become unviable.

Whilst many of us find change uncomfortable and unsettling, it is often beyond our control, however Deuteronomy 31:6 gives us the following sound advice;

"Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

Alison Hartley – Churchwarden

Christianity Explored

This is a seven-session course that gives you the time and space to think about the big questions of life and to explore the life of the man at the heart of the Christian faith. As we explore Mark's Gospel together, we will discover who Jesus is, why he came and what it means to follow him.

Beginning on 7th September (7.30pm on Zoom), the structure of each session is simple: a short Bible study, a video, and a discussion. Christianity Explored is suitable everyone, whether exploring Christianity or seeking a refresher course, so come along and invite a friend. Expressions of interest to Revd Dave.

Volunteers Needed

If you have a bit of time to spare and would like to help your Church in a practical way, then please consider joining either the Churchyard Team (come to the Churchyard on Wednesdays from 9:30am) or the Pew Polishers (contact Jane Lord, 0161 764 1551) or both.

Weekly Collection

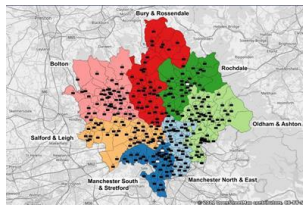
If you normally make your weekly offering via the envelope scheme or by placing cash on the collection plate but feel unable to return to worship in church for now, please consider setting up a standing order or making a bank transfer instead - setting up a standing order or making a bank transfer is fairly straight forwards and does not involve giving us your bank details; please contact Revd. Dave for more info. Otherwise, if you can do so, please arrange for someone to pop your offering through the Vicarage letter box – Thankyou.

Annual Gift Aid Statements

We are hoping to reduce costs by emailing as many annual statements as possible. If you are happy to receive your statement in this way, please email Carole at carole.butler1966@gmail.com (PS If you feel left out because you do not gift aid your giving, now is the time to start - simply email Carole for details).

News From The Diocese – Mission Communities Update

Following an extensive consultation on the initial proposals for mission communities and feedback from over 1000 people, an update on the proposals has now been published. In response to requests for more information, the update includes a practical guide to mission communities, more information on roles and responsibilities, and a broad timetable for implementation. Visit www.manchester.anglican.org for more information.



#HelpFromHome - Raise **FREE** funds
for us every time you **shop online**

[Find out more](#)



Easyfundraising

A huge thank you to everyone for raising donations for Ainsworth Parish Church - Bolton with #easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 5,700 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you!

Our cause is registered as 'Ainsworth Parish Church – Bolton' and we currently have 23 supporters who have raised over £700 between them since we first signed up to Easyfundraising, but it would be great to have even just a few more people on board.

Easyfundraising is incredibly simple to use; it doesn't matter whether you're a regular online shopper or someone who only shops online occasionally, every donation you raise makes a difference to us so please do consider signing up at:

https://www.easyfundraising.org.uk/causes/ainsworthpc/?invite=6017UE%26referral-campaign=c2s%26utm_campaign=admin-trigger%26utm_content=srt

Easyfundraising also has a 'recommend a friend' link which generates a bonus donation every time it's used to get a new supporter signed up; simply share or click the following link; when a new supporter has raised their first £5 for our cause easyfundraising matches it with a one off £5 bonus.

https://www.easyfundraising.org.uk/causes/ainsworthpc/?invite=ivcmuo&referral-campaign=c2s&utm_source=refsharebox

Notices, Acknowledgements & Announcements

Ainsworth History Society History Walk

Monday 5th July, 6.30pm

Meet outside The White Horse Pub on Church Street. Please wear appropriate footwear & clothing.

Ainsworth Unitarian Chapel, 306th Anniversary Service

Sunday 1st August, 3pm

Ainsworth Unitarian Chapel, Knowsley Road

All are welcome.

Ironman 2021

Sunday 4th July

Pandemic permitting, the cycling phase of this event will be passing through Brightmet, then along Arthur Lane and on to Tottington via Roding Brook Road. Please note that there will be significant road closures in these areas throughout the day.

Monthly Diocesan Prayer With Bishop Mark

The Diocese of Manchester invites you to walk with us in prayer as we champion hope during this time of transformation and uncertainty. Check out the Manchester Diocese – Join Us In Prayer Facebook page for more info.

Porch Boxes

During lockdown it is not possible to receive donations for Porch Boxes in Church. However, if you shop at any of the following, they have somewhere to receive donations: ASDA (Radcliffe; Pilsworth & Bury); MORRISONS (Whitefield & Ramsbottom); TESCO (Bury & Ramsbottom) OR we can still support Porch Boxes through a donation: A cheque made payable to “The Porch” sent to Michael Perrin, 14 Kenmore Avenue Bury BL8 2DY or Bank transfer to Account number 81643089 sort code 09-0155 account name The Porch or Online <https://porchboxes.wordpress.com/>

Daily Hope

This is a free phone initiative which offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.



The line is available 24 hours a day on 0800 804 8044 and has been set up particularly with those unable to join online church services during the period of restrictions in mind.

Around The Organisations ...

Beavers

Twelve Beavers and five Leaders went up to Giant's Seat Camp Site on Saturday 12th June for a Fun Day.

Due to Covid restrictions the Beavers could not go on their planned Sleepover at our local Giant's Seat Camp Site at Ringley, but we were allowed to go for a Fun Day. We had the Camp Site to ourselves as there were no other groups on the site and fortunately the weather was glorious. The Beavers went exploring outside and built dens and shelters with sticks and ferns which they found in the woods. They learnt how to put up a tent and cooked marshmallows on an open camp fire. The Beavers also made and painted wooden Bird Feeders, filled Sand Owls and made binoculars.

After lunch, in the afternoon we were visited by Councillor Paul Cropper and our Member of Parliament, Christian Wakeford, who came up to have a look at the facilities of the Camp Site and to see what the Beaver group were doing. Whilst there they were shown round Martin Lodge where the Beavers would have been sleeping if it had been a Sleepover Weekend.

All the Beavers enjoyed their Fun Day and were all well behaved and gained their Camp Craft, Explore, and Outdoor Challenge badges.

Rikki

Ainsworth Phoenix Explorers

After a long and difficult year of Zoom meetings and at-home activities, Ainsworth Phoenix Explorers are finally meeting face-to-face again.

This month's activities consisted of completing the global issues badge - the Explorers enjoyed debates around themes such as migration and homelessness.

They have also enjoyed spending time outdoors, after having a recent picnic and games night!

The group is now meeting on Monday's weekly, and on a Wednesday on the last week of each month.

We hope to share some more updates with you as we expect to be planning some Duke of Edinburgh expeditions and some Service Team trips to Giant's Seat in Kearsley 😊



12th Radcliffe Brownies

It was really great to be able to meet in the hall again – even if it was with social-distancing, but unfortunately it was short lived as government guidance meant that after half-term indoor meetings were once again prohibited. We did however do one on-line meeting during May, where we made a Father's Day card and did an experiment – making “a rainbow in a glass” – although I accidentally told them to start off with a light colour (yellow or orange) instead of red – so not quite a rainbow!



Since Christmas, we have been working on our “All things Guiding” badge and so were pleased to be able to award it in person, during an outdoor meeting (rather than in our online meeting), to Amelia, Beatrice, Eloise, Elsie, Emelia, Erin, Hannah, Harriet, Isabelle, Isla, Izzy, Jessica, Lily-May, Lucy, Polly, Poppy, Poppy, Scarlett and Sofia, and in the week the Queen officially celebrated her 95th birthday, we gave each Brownie a badge to mark the occasion. Also in that meeting, we presented Izzy with her Space Interest badge; Harriet and Isabelle with their Archaeology badge, Erin with her Mindfulness and Charities badges and earlier we awarded Hannah her Dancing badge, “Be Well” Theme award and her Brownie Bronze award.

As Brownies, we promise to help other people, so we were really pleased to hear that when Izzy had her long hair cut, she donated it to the Princess Trust to make wigs for other children. Well Done to all the girls!

Polly, Brown Owl



Rebuilding Hope and Confidence

You will all now have received your copy of 'Connect'. I hope that you've managed to 'dip into it' or even read it all. There are so many stories and action reports from around the world. It's a good read. Our thanks to Enid and Revd. Elaine for delivering it to us all.

Many of you may know that we are in an election year when we elect our officers and trustees for the next three years. There are quite a few vacant posts and we all need to pray that there will be members called to these roles. Kirsten Rutherford, our present Communications Co-ordinator, will not be standing as she has been accepted to train for Ordination. We send congratulations and assure her of our continued love and prayers as she prepares for this new stage of her ministry and service. As the Diocese has now regrouped into 7 deaneries, Mothers' Union has followed the same pattern. We in Ainsworth are now one of the 15 branches in the new Bury and Rossendale Deanery and are looking for a new Deanery Leader and assistant. We also require someone to attend Deanery and Archdeaconry meetings on behalf of our branch. Please prayerfully consider if it could be YOU.

We are grateful to Barbara Taylor for 'holding the fort' while we find a new treasurer for the Diocese. Do you know anyone who would be interested in shadowing or could be mentored if not ready to take on the role immediately? It is imperative that we find a new treasurer as soon as possible. Potentially this could be a paid position. Barbara is happy to discuss what is involved. I will pass on her details to any interested person.

As a branch, we send in reports of all our projects which have an impact on lives within our community.

MAKING A DIFFERENCE IN MANCHESTER DIOCESE - MU LIVE.

The aim of MU Live is to build a picture of how and where we are working, how many people are reached and how lives are being changed. This will help us to reflect, to learn and to celebrate, and be

proud to be a member of Mothers 'Union. We can only show this if we provide information on activities and projects undertaken by our branches, groups and individual members.

The projects were divided into 3 groups under 7 areas of activity and the total number of people impacted by our work was 5942 (Figures taken from MU Live, October 2020 – April 2021).

There is so much to celebrate!

At the time of writing this (11th June) we had been hoping that we would be looking forward to meeting again, maybe in a social setting. However, a rising infection rate in the area has curtailed any immediate plans.

I leave you with the following reflection which was a question from Bishop Emma (our Central Chaplain) to the MU chaplains at their recent conference, but for us all to consider.

Hope for the future:

What had we hoped for?

What do we now hope for?

What hope is alive in you?

Jennifer White

(Hon Sec)

Ainsworth History Society

We are going to do another history walk on Monday 5th July, meeting at 6:30pm outside the White Horse Pub on Church Street. All are welcome, though as we are limited to 30, places in the first group will have to be on a first-come-first-served basis (with a second group being formed if needed). Please wear appropriate footwear/clothing as we will be going across fields and over stiles.



From the Archives – July 1996

The sketch on the inside front cover of the July 1996 Parish Magazine depicted a 'harbour scene', with fishermen sorting their catch and various sailing vessels in the background; initially this seems a strange choice, but reading further it reflects the fact that the 14th July 1996 was 'Sea Sunday'.

In 'The Vicar's Letter' in July 1996, Father Alan wrote on the subject of love,

"Love is more than an emotion, it has to be expressed in action. Here St, Paul is our teacher and according to a modern translation;

'Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient. Love never disappears.'

If we put our own name in the place of 'love', we see how dismally we fall short in the practice of love. Fortunately, it is never too late to take a refresher course."

A thought provoking article and one that is absolutely as relevant today as it was when it was written 25 years ago.

Whilst school and some of the uniformed organisations were looking forwards to their summer break, there was still much activity to report on; the Guides, Brownies and Rainbows continued to work towards the 'Silver Challenge' writing silver poems, creating silver sculptures and pictures and holding a silver fundraising event. The 16th Brownies reported that, thanks to a number of fundraising initiatives, they were now only £30 off being able to fund a Guide Dog Puppy and were hoping that the girls would keep up their fundraising efforts over the summer break.

Beavers appeared to be having a great time with a 'Let's Party 1996' initiative; this seemed to involve each Beaver colony producing a colourful banner which was then to be displayed and photographed in as many locations as possible to promote Beaver Scouting nationally; Mrs. Hall had created a fabulous banner for the Ainsworth Colony and there were great plans to display it at numerous different locations and events around the area.

Christ Church Ainsworth C.E Primary School Nursery had enjoyed a number of successful visits to a local farm where they'd fed lambs, collected eggs and ridden a pony, whilst the main school were looking forwards to their end of term production and also sports day. The school report also listed a number of 'Congratulations' – to 3 sets of parents (presumably members of staff) who had new babies, and to Mrs. Bainbridge, who would be retiring at the end of the summer term.

A note elsewhere advised users of the Church Hall that the building would be closed throughout the month of August for essential maintenance and pointed out that there would be no access to organisations who may wish to collect any items or equipment on Village Day.

The 'Face To Face' interview in July 1996 was with Bernard Sharples, the PCC Treasurer at the time.

In July 1996 there were 2 Baptisms, 2 Weddings and 1 funeral recorded from the previous month. The number of Communicants for the previous month was listed as 504 and the collections totalled £1603.

On Reflection

This series of reflections was written during the 1st Lockdown by Elizabeth Spiers, a member of the CYFChurches.org Benefice in West Sussex.

Reflection 3 - Esther: Being at the heart of what God does, by Elizabeth Spiers

When I was younger, I visited Morocco. I hadn't travelled outside the UK before that, and it was a culture shock. The clothes, the food, the language, the smells – they were all very different to anything I had known.

Esther was a young Jewish orphan, living in Persia (modern-day Iran), being raised by her older cousin Mordecai. She was beautiful and, at that time, if a girl was beautiful, young and a virgin, she could be snatched off the street and sent to marinate in perfume and spices for a year before being offered to the king.

The Bible doesn't suggest that Esther protested when this happened to her. Rather it tells us that Esther won favour with everyone she met which suggests she accepted this fate, whatever she thought of it. And king Xerxes was so pleased with her that he made her his queen. She literally went from being a nobody to being the Queen of Persia.

But another story was unfolding alongside Esther's. Mordecai had refused to bow down to Haman, the king's most highly honoured official. Chapter 3 of Esther says: 'Having learned who Mordecai's people were, he scorned the idea of killing only Mordecai. Instead, Haman looked for a way to destroy all Mordecai's people, the Jews, throughout the whole kingdom of Xerxes.'

Painting Mordecai and the Jewish people in a bad light, Haman

gained the King's permission to destroy them completely. On hearing about this, Mordecai sent a message to Esther asking her to plead their case to the king. He was literally asking her to risk her life because approaching the king without invitation could easily mean death. Esther was very naturally afraid. But Mordecai was uncompromising in telling her that she shouldn't think she would survive just because she was queen. He told her, 'And who knows but that you have come to your royal position for such a time as this?'

It's easy to think that we are placed at random on the planet. That our birth is a matter of chance. But the truth is that God places us where and when He wants us. He allows events that seem shocking or overwhelming at the time because they shape us and make it possible for us to be at the heart of what God is doing. And so, fellow Christians, who knows but that we have come to where we are for such a time as this?

Five Steps To Wellbeing



Research has shown that there are 5 simple things you can do as part of your daily life to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These five simple actions are known as the five steps to wellbeing, they are:

- Connect
- Be active
- Take notice
- Learn
- Give

The general principal of the five steps to wellbeing approach is that all of the five elements are essential to achieving and maintaining a sense of wellbeing, however, the focus / intensity of need for the different elements may vary from one person to another and also from one situation to another.

Learn

Many people will have heard the phrase “you’re never too old to learn” – continued learning throughout life enhances self esteem and encourages social interaction; being curious and seeking out new experiences positively stimulates the brain. But you don’t have to sign up for a college course - rediscover an old interest, *look for opportunities and embrace new experiences.*

Why not challenge yourself to try some of the following:

- Learn a new word each day; if you want to extend the challenge (and maybe have a giggle too), try to find an opportunity to bring the word into conversation.
- Learn 5 new facts – pick a random subject or object and challenge yourself to discover 5 facts about it – why not start with an animal or a country that you are unfamiliar with.
- Learn a new joke then share it with friends or family – this gives you extra wellbeing points – you’re learning, you’re connecting with others and you’re giving someone else a smile.
- Try out a new recipe – again, if you share whatever you have made there are extra wellbeing points to be gained – connecting with others and giving are both big wellbeing positives.
- Why not read a book by a different author; want to take it one step further? How about setting up a bit of a book club with friends or family – connecting, giving, maybe also being active – extra wellbeing points to be scored here too.
- Learn a new skill or a new language – there are a huge number of resources available on line, many of them free, again linking up with others in this could be a big positive.
- For the more intrepid, why not consider signing up for a course or class within your local community; maybe you could even get involved with sharing knowledge or skills with others.
- Don’t forget to take time to reflect on the things you have learned and also to listen to your inner voice.

Once you start to think about it, you’ll find loads of opportunities to ‘learn’, many are free of charge and don’t even involve leaving the

comfort of your own home, and don't forget that adding a social element, or incorporating 'giving' or 'being active' gives your wellbeing an extra boost.

In the next few articles there will be lots more ideas and suggestions of things you could do or get involved with as part of your wellbeing balance / review. You can also find lots more at

www.nhsinform.scot/healthy-living/mental-wellbeing or www.mind.org.uk

Through The Seasons – Ainsworth In June



*"I love the sun,
It shines on me;
God made the sun,
And God made me."*

The words of this hymn, written by Gwen F. Smith, have come to mind repeatedly throughout the month of June, and after an exceptionally wet May, the warmth and sunshine have been doubly appreciated.

June has been particularly beautiful this year, with an abundance of Hawthorn blossom ranging from a delicate cream, through soft pink, and right on to a very striking deep red. The 'candles' have appeared on the Horse Chestnut trees, the Laburnum are displaying their striking but short-lived yellow flowers, and the hedgerows are awash with wild roses and, in places, also Honeysuckle.



On a warm summer's afternoon, the scent of the roses at the entrance to George's Wood is incredible; so too the humming of the large number of bees busily working away.

But something amazing happens as dusk falls on a summer's evening; flowers that seemed fairly unremarkable in daylight suddenly become

incredibly fragrant – honeysuckle, lilac, even hawthorn, all have the power to stop you in your tracks.



The better weather has made a huge difference to the various paths and tracks around the village – wellies off; walking boots back on! It's currently possible to walk right down Ainsworth Hall Road without getting wet, muddy feet, and the path running to the stone bridge at Whitehead's Lodges is passable without having to hop quickly from one tussock to another! It's easy to pretend that the slipping, sliding

and squelching along the paths through the winter months didn't really happen ...

June also seems to have brought out a large variety of insect life; on a short walk down to the pond near Paddock Leach (in search of that elusive frogspawn) various types of bees, hover flies and also the dreaded horseflies were all very much in abundance, plus a number of butterflies, blue tailed damselflies, lace wings, the fabulous green shield bugs and large numbers of ladybirds.



A number of interesting sightings have come from various people this month, including Swifts, Nut Hatches, Bull Finches, Green Finches, a Sparrow Hawk, Wrens, a family of Song Thrushes, Gold Finches, Long Tailed Tits, Bats, a Reed Warbler, House Martins, Curlews, Deer, Foxes, Squirrels, a Badger, plus an impressive list of insects; Red Tailed Bees, Ground Bees, Dragon Fly, Grasshoppers, Orange Tip Butterflies, Red Admiral Butterfly, Painted Lady Butterflies, and a 'large spotty moth'!

The next verse of Sara Coleman's poem, "The Garden Year", reads, "Hot July brings cooling showers, Apricots, and gillyflowers."

Watch this space for an Ainsworth in July update, and please keep e-mailing your own nature discoveries to ainsworthmagazine@gmail.com

Why Do We Say That Then ... ?

Have you ever wondered where some of the more diverse phrases we use in general conversation come from?

"Cut to the chase..." This is an old cinematic phrase. When there was a movie with too much dialogue, people wanted to get to the more interesting scenes, which often involved a chase. Movie producers would then say "cut to the chase", to hear about the more exciting parts of a script.

Just A Thought ...

To be the best, you must be able to handle the worst.

Poems From The Parish (And Beyond ...)

Forgotten Grave Yard

In this place of timeless beauty,
Silence lingers in the air,
Softly lapping round the fallen stones
Of walls, no longer there.

In this wilderness of sprawling trees,
The Ivy runs amok,
Reaching out long, tendrilled fingers,
Grasping earth and stone and rock.

Cloaking long forgotten Lych Gate,
Tendrils curling overhead,
Reaching out to touch the gravestones
Of the long forgotten dead.

Entwining fallen statues,
Claiming footpaths for it's own,
Snaking silently to conquer ancient steps
Worn in the stone.

Here amidst the scattered ruins,
Nature's banner flies unfurled,
In this place of timeless beauty,
Long forgotten by the world.

AL. Hartley

Space To Share A Prayer

Almighty God,
Give us true faith, and make that faith grow in us day by day.
Give us hope and love, so that we may serve our neighbours
according to your will.

We ask this in the name of Jesus Christ our Lord.

Amen.

Olde Worlde Weather Lore – July

(A precursor to the modern day ‘weather app’ maybe??)

If on St Swithin’s Day be fine,
For forty days the sun will shine;
If on St. Swithin’s Day it rain,
For forty days twill do the same.

Did You Know ... July Facts

1st July– On this day in 1899, the Gideon Society was established

2nd July - on this day in 1698, Thomas Savery patented the first steam engine.

3rd July – On this day in 1884, the Dow Jones published it’s first stock index; the Dow Jones Transportation Average.

4th July – On this day in 1776, 13 states on the Atlantic Coast of North America, which were once British colonies, declared their independence and formed the United States.

5th July – Tynwald Day – the national day of The Isle of Man.

6th July – On this day in 1189, Richard the Lionheart succeeded King Henry II and was crowned king of England.

7th July – On this day in 1952, the last London tram ceased operation when it arrived at the New Cross depot.

8th July– On this day in 1957, Vivian Leigh (Scarlet O’Hara), died of tuberculosis, aged 53.

9th July – On this day in 1900, Queen Victoria gave Royal Assent to the Act to constitute the Commonwealth of Australia.

10th July – On this day in 1958, the first parking meter in England was installed in the city of London.

11th July – On this day in 1533, King Henry VIII was excommunicated by Pope Clement VII.

12th July – On this day in 1543, King Henry VIII married Catherine Parr, his 6th and final wife.

13th July – On this day in 1837, Queen Victoria became the first sovereign to take up residence at Buckingham Palace.

14th July – On this day in 1789, the storming of the Bastille took place, marking the beginning of the French Revolution. This is commemorated each year on the 14th July, as Bastille Day.

15th July – On this day in 971, the remains of St. Swithin, former Bishop of Winchester, were re-buried inside Winchester Cathedral – this was contrary to his request to be laid to rest outside and, according to legend, was followed by 40 days of torrential rain.

16th July – On this day in 1945, the first atomic bomb was tested in a desert in New Mexico.

17th July – On this day in 1717, George Frideric Handel's 'Water Music' premiered on the River Thames.

18th July – On this day in 1817, English Author, Jane Austen, died at the age of 41.

19th July – On this day in 1545, Henry VII's flagship, The Mary Rose, sank.

20th July – On this day in 1976, US Viking I made the first ever landing on Mars.

21st July – On this day in 1897, the Tate Gallery opened in England.

22nd July – On this day in 1633, the first round the world solo flight was completed by American, Wiley Post.

23rd July – On this day in 1888, Scots man, John Boyd Dunlop, applied to patent the pneumatic tyre.

24th July – On this day in 1851, Window Tax was abolished in England.

25th July – On this day in 1814, English Engineer, George Stephenson, introduced his first steam locomotive; designed for hauling coal on the Killingworth Wagon Way.

26th July – On this day in 1803, the world's first public railway, the Surrey Iron Railway, opened in South London.

27th July – On this day in 1940, 'Bugs Bunny' made his debut in a short, animated film called 'The Wild Hare'.

28th July – On this day in 1707, the Union Flag was, by royal proclamation, made the flag of Great Britain.

29th July – On this day in 1958, NASA (National Aeronautics and Space Administration) was established.

30th July – On this day in 1935 the first 'Penguin' book was published, starting the paperback book revolution.

31st July – On this day in 1498, Christopher Columbus discovered the island of Trinidad.

Save Lives Today By Donating Your Blood Plasma



Blood and Transplant

NHS Blood and Transplant is asking for men between the ages of 18 and 65 to consider donating their blood plasma. Plasma is used to make antibody-based medicines called immunoglobulins, for people with weak immune systems and a variety of other rare disorders. Thousands of patients rely on immunoglobulin medicines for short-term treatment or lifelong diseases.

Men are more likely to have the blood plasma volumes and larger vein sizes making them ideal donors. Donating plasma takes about 45 minutes and is completely safe. During the process the plasma is filtered out of circulating blood by an apheresis machine and the red blood cells are returned to the donor. It is possible to donate as often as every two weeks, with a maximum of 24 donations per year.

To find out more about blood plasma donation visit <https://www.blood.co.uk/why-give-blood/how-blood-is-used/blood-components/plasma-for-medicines/>

Register today to become a blood plasma donor, please call 0300 123 23 23.

Strap Lines

Always tell the truth – it's the easiest thing to remember!

So far as most churches are concerned, change is good – but notes are better.

Wisdom is choosing to do now what will make you happy later on.

If everything seems to be coming your way, the chances are that you're in the wrong lane.

Always make sure that your words are soft and sweet – just in case you end up having to eat them.

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BOOK is constructed of sequentially numbered sheets of paper (recyclable), each sheet capable of holding thousands of bits of information. The pages are locked together with a custom-fit device called a binder, which keeps the sheets in their correct sequence. Opaque Paper Technology (OPT) allows manufacturers to use both sides of the sheet, doubling the information density and cutting costs and size. Experts are divided on the prospects for further increases in information density; for now, **BOOKs** with more information simply use more pages. Each sheet is scanned optically, registering the information directly into your brain. A flick of the finger takes you to the next sheet.

BOOK may be taken up at any time and used merely by opening it. The 'browse' feature allows you to move instantly to any sheet, and to move backwards and forwards as you wish. Many come with an 'index' feature, which pinpoints the exact location of any selected information for instant retrieval.

BOOK never crashes or needs rebooting, though, like other devices, it can be damaged if coffee is spilled on it and it may become unusable if dropped too many times on a hard surface, or in the bath. You can also make personal notes next to **BOOK** text entries using readily available optional programming tools: *Permanent Entry Nibs* (PENS) or *Portable Erasable Nib Correctable Intercommunication Language Stylus's* (PENCILS).

Deirdre Morris

The Extended Parish Puzzler

First Liners

The following first lines are probably familiar to you, but can you remember the next line? Extra bonus points if you can remember the whole hymn!

1. Immortal, invisible, God only wise ...
2. O Jesus, I have promised ...
3. Dear Lord and Father of mankind ...
4. Holy, Holy, Holy, Lord God almighty ...
5. He who would valiant be ...
6. Praise my soul the king of heaven ...
7. Guide me o thou great redeemer ...
8. The Church's one foundation ...
9. O God, our help in ages past ...
10. The day thou gavest, Lord is ended ...
11. Lead us Heavenly Father, lead us ...
12. And did those feet in ancient times ...
13. All things bright and beautiful ...
14. For all the Saints who from their labours rest ...
15. Come down O love divine ...

(Answers on page 30)

How Well Do You Know Our Village?

Last month's inscription can be found above the main entrance to the Unitarian Chapel on Knowsley Road.

The following words were written by A.A. Milne, but do you know where you will find them in the village?

Answer in next month's mag.

"You're braver than you believe, stronger than you seem, and smarter than you think"

Church Word Search

Can you find 10 things which you would find in church?

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

Need a bit of help? Here's the words you are looking for:

- Altar
- Organ
- Pews
- Pulpit
- Bible
- Hymn Books
- Bell
- Vestry
- Font
- Lectern

Who's Who

Vicar	Revd Dave Thomson Christ Church Vicarage Ainsworth Hall Road. Ainsworth BL2 5RY vicar@ainsworthparish.org.uk Twitter @Vicar_Dave	01204 398567
OLM	Revd Debra Johnstone	01204 399630
Churchwarden	Alison Hartley	07952 709041
Church Treasurer	Bernard Johnson	07734 083689
Secretary of the PCC	Vacancy	
Organist	Jenny Johnson	07734976978
Gift Aid & Freewill Offering Secretary	Carole Butler	07982 316388
Safeguarding Officer	Peter Holden	01204 596938
Church Hall Booking	Geoff Hampson	07910817577
Church Lottery	Judith White	07812074776
Magazine Editor	Alison Hartley	ainsworthmagazine@gmail.com
Magazine Secretary	S Varnom	0161 761 5686
Magazine Adverts	June Brooks	01204 527244
Primary School Head	D Gerrard BA(Hons)PGCE	01204 527484

Services

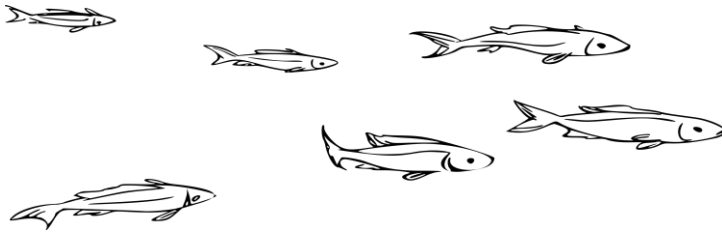
Sunday	8.00am	Holy Communion (Book of Common Prayer)
	10.30am	Family Service 2 nd Sunday Family & Parade Service
	12.00pm	Baptisms (Except 2 nd and last Sunday)
	6.30pm	Evensong (Book of Common Prayer)
		2 nd Sunday Holy Communion (Book of Common Pray)
		Healing Service (see Parish Diary)
Weds	6.15pm	Mid-Week Praise

Home Communion is available for anyone unable to attend Church due to illness or frailty
Arrangements for Baptisms, Marriages, Banns of Marriage and Funerals Contact Revd Dave Thomson

(Answer to First Liners: 1) All life inaccessible hid from our eyes; 2) To serve Thee to the end; 3) Forgive our foolish ways; 4) Early in the morning our songs to Thee shall rise; 5) 'Gainst all disaster; 6) To His feet thy tribute bring; 7) Pilgrim through this baron land; 8) Is Jesus Christ our Lord; 9) Our hope for years to come; 10) The darkness falls at Thy behest; 11) O'er the world's tempestuous sea; 12) Walk upon England's mountains green; 13) All creatures great and small; 14) Who thee by faith before the world confessed; 15) Seek Thou this soul of mine.

Who's Who For Church Organisations

Mothers Union	1 st & 3 rd Tuesday of the Month at 7.30pm Branch Contact Jean Eddleston	0161 761 2147
Sunday School	Sunday at 10.25am in the Church Hall Jan Burrow Vicky Howcroft Swift	0161 761 1958 07789 432103
Altar Flowers	Kathy Armstrong Rand	07748 020743
ABC First Steps Toddler Group	Fridays 10.00am - 11.30am Church Hall Anne Flowers Or Jennifer White	01204 382214 07964 587694
Group Leader	Bill White group.ainsworth@praws.gmnscouts.org.uk	01204 595378
Beaver Scouts	Friday at 6.00pm in the Church Hall Leader Valerie Watts	01204 398634
Cub Scouts	Friday at 7.00pm in the Church Hall Sean Butler	07843 233056
Scouts 14 th Radcliffe	Fridays at 7.30pm in the Church Hall Leader Stacey White scouts.ainsworth@praws.gmnscouts.org.uk	07742 610281
Explorers	Monday 7 – 8.30pm; last Wednesday of the month 7.30pm in the Church Hall Leader John Turner	01204 381590
Rainbows 16 th Radcliffe	Thursday at 4.30pm to 6.00pm in the Church Hall Rainbow Guider Janet Kay	01204 525739
Brownies 12 th Radcliffe	Thursday at 7.00pm to 8.15pm in the Church Hall Brown Owl Polly Ryder	07437 519045
Brownies 16 th Radcliffe	Thursday at 6.15pm to 7.30pm in the Church Hall Sarah McAnulty	07955373623
Guides 12 th Radcliffe	Thursday at 7.45pm in the Church Hall Captain Emma Lee	0161 764 2243



Little Fishes

Miracles At Sea



An Amazing Weather Miracle

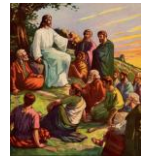
Last month in Little Fishes, we learned that God makes miracles happen to show people that He is at work in the world and in our lives, and to encourage us to believe in Him, and we learned about another of the miracles that Jesus performed - a miracle of healing.

Jesus performed lots of miracles during his lifetime; this month we're going to learn about an amazing 'weather' miracle.

Jesus Calms The Storm

One of the most well known miracles in the Bible is the miracle of Jesus calming the storm; you can read about this miracle in the Gospels of Matthew, Mark and Luke.

During his lifetime, Jesus travelled to lots of different places, talking to people and teaching them about the love of God, and he had a small group of especially close friends who helped him with this; this group of friends were known as the disciples of Jesus.



A lot of Jesus' disciples also worked as fishermen, sailing out onto Lake Galilee to catch fish; Lake Galilee was so big that it was almost like sailing on the sea.

One day Jesus said to his disciples, "Let us go over to the other side of the lake." The disciples knew that Jesus wanted to talk to the people who lived on the far side of the lake and share the good news of God with them, so Jesus and his disciples got into a boat and set sail, but Jesus was tired and soon he fell asleep on the deck of the boat.



As the boat sailed out towards the middle of the lake, suddenly the weather changed - storm clouds covered the sun, and the wind began to



blow. The wind blew harder and harder, and the water of the lake became more and more rough, until great waves washed over the sides of the boat and began to fill it with water. The disciples



became more and more afraid, but still Jesus lay asleep on the deck of the boat.

As the storm became even stronger, the disciples were scared that the boat would sink and they would all drown, so they woke Jesus and cried,

"Master, master, we are sinking!"

Then Jesus got up and stood at the front of the boat, and he rebuked the wind, and he said to the waves, "Quiet! Be still!"



And at once the storm died down; the wind dropped, and the lake was completely calm once again.



Then Jesus turned to his disciples and said, "Why were you so afraid? Where is your faith?"

The disciples were astonished by what they had seen and said to each other, "Who is this amazing person? He commands even the wind and the waves, and they obey him!"

This miracle was yet another way of God showing people that He was at work in the world and in their lives; and of showing the disciples that Jesus was indeed a very special person, and of encouraging them to have faith and to believe in Him.

Even though we and other Christians today may never be in an actual storm in a boat like the disciples were, we will all encounter some type of 'storm' in our lives at some point; it might be having a hard time at school; maybe becoming poorly; maybe losing someone who is close to us; or maybe something completely different. But as Christians, we can always know that God loves us, and he is more powerful than any storm or trouble that we will ever face. If we have faith in God and in His love, He will be there with us through every storm that we ever go through.

Hand Print Prayers

When we pray, we're basically having a conversation with God; through our prayers we can thank God for everything He has done, we can ask Him to forgive us for the mistakes we've made, we can praise God, and we can also let our requests be known to Him.

Here's a good way to remember some of the things that you might want to include in your prayers:

- 1) Take a piece of blank paper and use a pen or a pencil to draw around your hand to make a handprint.
 - 2) On the thumb write the names of your family and close friends.
 - 3) On the pointer finger write the names of anyone else close to you.
 - 4) On the index finger write a list of things you are thankful for.
 - 5) On the ring finger write anything that you are worried about.
 - 6) On the little finger write "Prayers for myself"
- You could do a new handprint and new prayers each week.

Here's A Handy Prayer

Hold my hand God,
Lead the way,
Help me to be good each day;
Let me know what's wrong and right,
Keep me safe right through the night.
Let me know what you have planned;
Lead the way God,
Hold my hand.



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