

Christ Church Ainsworth Parish Magazine



Christ Church Ainsworth
(Photo courtesy of Mike Watson)

Serving the Community
www.ainsworthparish.org.uk

June 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

Well, I am no longer Area Dean, and Christ Church is part of a brand spanking new deanery covering the whole of Bury and much of Rossendale.

Will this make a difference to us locally? Indirectly, yes.

This development is just one strand within a change programme that is in full swing within Manchester Diocese. A key aim is to equip the Church for ministry in the 21st Century.

New, full-time Area Deans have been appointed. They are tasked with facilitating the implementation of another strand of the programme that will impact us more directly, the linking of parishes into Mission Communities.

The aim is to encourage parishes to collaborate in mission, sharing resources and expertise. In many ways, this is a no brainer and I have not come across anyone yet who thinks that parishes working together is a bad idea.

Locally, we have a history of working with others. For example, when the pandemic hit us last year, we were in the middle of running joint Lent activities with St Andrew's Radcliffe and Christ Church Walshaw. At the time, my hope was that this would be the beginning of a long and fruitful collaboration.

Generally, I find that where there are reservations around Mission Communities, these are often about practicalities rather than the concept itself.

For example, adequate resourcing could be an issue. Deteriorating finances mean that the number of paid clergy ministering within this Diocese is decreasing (we face that problem whether or not we form Mission Communities). Also, authorised lay ministers are in short supply, and the extent to which they and volunteer clergy have the capacity to minister outside their home parishes is unclear.

Personally, I like the idea of Mission Communities but, from prior engagement in change management programmes, I know that vision does not easily translate into reality. Indeed, utopia can quickly morph into dystopia - best not name the company I worked for!

Clearly, we need to take care and work hard to ensure our Mission Community is successful.

This begs another question, who are we partnering with? The short answer, I do not know yet!

What I do know is that we must ensure we get off to a good start by partnering with parishes with whom we can build a community. For this reason, I was disappointed by an implication within the initial consultation paper that we might become part of a super community stretching from Walshaw to the Prestwich boundary with Manchester and Salford. Three towns and two villages - Prestwich, Whitefield, Radcliffe, Ainsworth, and Walshaw – is hardly a community!

Frankly, I would like to avoid a situation where we are simply told who to partner with. I call that the *'Berlin Conference'* solution. If you know your history, you might be aware that the colonial powers met in 1884-85 to divvy up Africa between themselves, with the Africans having no say or influence in the matter and subsequently living with the consequences.

Discussions have hardly begun, and the views of parish councils have not yet been sought. Personally, I favour partnering with Christ Church Walshaw and St Andrew's Radcliffe, plus linking with some neighbouring areas across the Bolton boundary. Of course, you might have other ideas. In which case, I would love to hear them.

God Bless

Dave

Editor's Spot ...

Welcome to the June 2021 edition of Christ Church Ainsworth Parish Magazine, which has grown into a truly 'bumper' edition.

As the lockdown continues to be gradually lifted, many of us have now had at least 1 Covid Vaccination, possibly even both, and at last a number of our uniformed organisations are now able to meet in person inside – hooray!! Small groups and well planned activities seems to be the order of the day.

And it's not just the uniformed organisations – on Monday 7th June, Ainsworth History Society will be holding a History Walk – the first one

in more than 18 months – hooray again! Hopefully, as time goes on, we'll see more and more of the groups and organisations returning.

Alongside the regular reports and articles in this month's magazine, don't miss the next instalment of the 5 Steps To Wellbeing article, which has some great 'take notice' ideas; sometimes we all need a nudge to remember to take time out to think, feel and reconnect.

Also in this month's mag, find out how your online shopping could be helping to raise funds for Christ Church Ainsworth – easyfundraising allows anyone who shops online, be it for themselves or for a business, to generate donations for a good cause at no cost to themselves – check out the article to find out more.

Don't miss the article from the Bible Reading Fellowship; if you want to find out more there's a wealth of information on their website; alternatively, why not get in touch with Jane, our BRF representative.

As we continue along the Government's 'road map to recovery', it will eventually become possible to return to some more of the 'In Church' services 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

FUNERALS
April 22nd

We commend to God's keeping
Jean Race

Bible Reading Fellowship

The following reflection was written by Eley McAinsh, Editor of *'Bible Reflections For Older People'*

Bible Reading Notes – Why Bother?

It's said that if a ballet dancer doesn't practise for one day, she notices. If she doesn't practise for two days, the class notices, and if she doesn't practise for three days, the whole audience notices. It might not be so immediately obvious if Christians don't read the Bible every day, but sooner or later, it will be noticed.

Different Christian traditions give different weight to the habit of daily Bible study, but all are agreed that it's an important discipline; a

practise to be fostered, along with prayer, worship, reflection and service, if faith is to grow deep roots.

Our enthusiasm for Bible reading may wax and wane; life becomes busy or difficult, we drift away and don't know how to return, scripture no longer seems to 'speak to us', we get bored, distracted, or discouraged, until daily Bible study becomes a joyless 'ought', another niggly, guilt-inducing 'should'.

But what if, instead of thinking of it as a duty, we think of it as a gift? A lovely opportunity to sit in God's presence, focus on His word and keep the channels of communication open?

Daily Bible reading notes nourish and inspire on good days, but they come into their own when we're flagging. They provide a structure, a manageable passage of scripture and the thoughts of a wise, compassionate, and experienced commentator.

The Bible Reading Fellowship offers six different series of Bible reading notes from the seriously theological to the quietly contemplative, from notes for women to reflections for older people. The most popular series is the approachable and illuminating *New Daylight*, offering insight into God and into scripture. Whichever series you choose, it will introduce you over time to the whole sweep of scripture, from Genesis to Revelation, allowing you to absorb its wisdom, develop your understanding and encounter daily inspiration, encouragement and challenge.

If you have been inspired by this reflection and would like more information, why not contact Jane Lord, our Bible Reading Fellowship Representative on 0161 764 1551, or visit brfonline.org.uk/notes

Confirmations 2021

Our next Confirmation Service has been arranged for Sunday 18th July in the evening. We cannot be certain whether social distancing in church will still be in force by then, neither can we rule out the possibility of restrictions arising from the COVID surge in some areas of Bolton. Therefore, we are assuming seating in church will be restricted. We have several candidates from year 6 and above already, but there is still space for others.

Confirmation is precisely that - it is moment when, in front of witnesses and before our Bishop, we declare the faith we have already. It is about outwardly committing to the faith that is already on our hearts. Anyone ready to take this important step in their journey of

faith is welcome to be Confirmed. If interested, parents of children in year 6 and above should email Revd Dave, as should any adults wishing to be confirmed.

And preparation is precisely that. The aim is to help those who feel spiritually ready for Confirmation to prepare to take that step. Again, owing to the pandemic, we cannot be certain whether the usual youngsters Confirmation Preparation Day will take place in church. If not, Confirmation preparation will be via Zoom. The adult course, 'Christianity Explored' utilises videos and provides an opportunity for participants, should they wish, to ask questions. This will run on Zoom and is open to anyone already Confirmed wishing to refresh their understanding of the Christian faith.

PCC News

The Vestry Meeting and Annual Parochial Church Meeting (APCM) were held via Zoom on Tuesday 4th of May, with the Vicar and 13 Parishioners present. The meeting opened with prayers lead by the Vicar, following which Gwen White was reappointed as Minutes Secretary and Alison Hartley was elected to continue as Churchwarden. This concluded the business of the Vestry Meeting.

Within the APCM, the minutes from the 2020 APCM were approved, and also those from the Special Vestry Meeting held on 1st November 2020.

PCC Appointments & Resignations: Margaret Gilman was appointed to the PCC for a 3 year term, and Lillian Haworth for a 1 year term. Jonathan Tranter stepped down from the PCC as he will soon be moving away from the area. Bernard Johnson has been appointed as PCC Treasurer.

Reports were given on the Electoral Roll; the activities of the PCC and its various sub-committees, Finance, Safeguarding, and Deanery Synod. Please e-mail vicar@ainsworthparish.org.uk for a full copy of the Annual Report.

Following on from the Vestry Meeting and APCM, the first meeting of the newly elected PCC was held via Zoom early in May. Reviewing the various roles and committee memberships is an important part of this first meeting and is always a reminder to us all, of just how many people are involved in the smooth running of all aspects of our Parish. Yes, we still have a number of vacant positions, and yes, the pandemic has had a huge impact on our activities over the past 16

months, but we are blessed to have so many folk who have quietly carried on in their various roles, and many more who are ready to resume their responsibilities as soon as the guidelines allow – a huge vote of thanks is due to all those who have worked so hard, and continue to do so, to ensure that we are kept up to date with the latest requirements and guidelines, that we are able to worship safely, and that we have continued to fulfil our various obligations within the Diocese.

Finance is a regular item on the PCC agenda; although public worship at Christ Church has been restricted for some time, regular giving via standing orders and planned giving envelopes has, to a large extent, been sustained; a big thank you to everyone for this fantastic effort. Unfortunately, other sources of income (eg. fundraising events) have reduced significantly or dried up completely. Traditionally, one such source of fundraising has been our Parish Lottery.

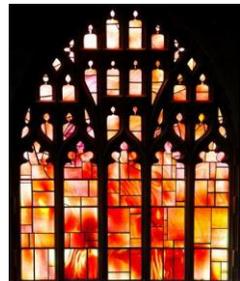
In the months prior to the first lockdown, the plan was to review the Parish Lottery and to try to move towards a 'cashless' system; 25 years ago when the Lottery was first launched the world was a very different place – in this day and age it is increasingly inappropriate to expect volunteers to go from house to house collecting cash subscriptions and delivering prize money; Covid-19 makes it even more important for us to move away from this system and reimagine our Parish Lottery in the light of our current situation. Much discussion has already taken place around this, and hopefully in the coming months we will be in a position to relaunch our new 'cashless and contactless' Parish Lottery – watch this space for more details.

Alison Hartley – Churchwarden

News From The Diocese – Services At Manchester Cathedral

We are slowly returning to our normal schedule of services at the Cathedral, and some of our daily services are now open to the public.

You are very welcome to join us on Mondays, Tuesdays, Wednesdays (Morning Prayer at 9am), Thursdays, Fridays, Saturdays and Sundays (Evening Prayer at 4,30pm); for the 1.10pm Eucharist on Tuesdays, Wednesdays and Thursdays and the 10.30am Sung Eucharist on Sundays.



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

[Find out more](#)



Easyfundraising

Did you know you can raise FREE donations for Christ Church Ainsworth EVERY time you shop online? 4,000 shops and sites will donate to us when you use #easyfundraising to shop with them, at no extra cost to you.

What is easyfundraising? Easyfundraising is the UK's biggest charity fundraising site. It's simple to use, and it's free. Since 2005, good causes and charities across the UK have raised over £24 million with easyfundraising.

How does easyfundraising work? Easyfundraising turns your everyday online shopping into donations for your favourite cause, at no cost to you. How? Simply use this link to sign up to easyfundraising <https://www.easyfundraising.org.uk/ainsworthpc>

Then visit your favourite retailers through the easyfundraising website and simply shop as normal. Once you've made a purchase the retailers will then make a small donation to your cause to say "thank you". There are over 4,000 retailers to choose from, so you'll be spoilt for choice!

How much will I raise? The donation per purchase will generally be between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

How can easyfundraising help our cause? Using easyfundraising means that we will have a steady stream of donations coming throughout the year. It's an effortless way of raising funds consistently alongside all of our other fundraising initiatives. Once signed up, you will raise a donation for Christ Church Ainsworth every time you shop online via easyfundraising - whether you're doing your weekly grocery shop, buying car insurance, booking a holiday or even switching energy provider.

Can I buy everything online that I would normally? The world is your oyster. Easyfundraising's huge range of online retailers includes big names such as John Lewis, M&S, Boden, Expedia, Amazon, eBay, all the major supermarkets, holiday operators, insurance providers, plus a wide range of smaller and more niche online shops and stores. You name it, they've got it covered.

What if I forget to shop through easyfundraising? Not a problem! Easyfundraising have designed two handy tools to help you to remember:

1. Install the Donation Reminder onto your desktop in just a couple of clicks - it will then automatically highlight retailers where a donation is available while you're browsing.
2. Download the easyfundraising app. You'll be able to use the app whenever you shop from your mobile or tablet and know that you'll never miss out on a donation.

Spread the word Easyfundraising 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:

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

You could also get your place of work to sign up then we could raise donations on bulk business purchases such as stationery and other office essentials, travel and accommodation, plus more.

What are the next steps? Either follow the link within this article, or go to [easyfundraising.org.uk](https://www.easyfundraising.org.uk), sign up and select our cause – Ainsworth Parish Church, Bolton. Bookmark the website, install the Donation Reminder and/or download the app and you're good to go! Going forward, every single time you make an eligible purchase, we will receive a donation. Simple!

An average online shopper can easily raise over £100 a year with easyfundraising. Multiply that by the number of people already fundraising for us, and the potential is huge. Just think how much we could raise in total, and how we could use the funds to benefit our church and community. Please take a moment to sign up and support us! <https://www.easyfundraising.org.uk/ainsworthpc>

Notices, Acknowledgements & Announcements

Ainsworth History Society History Walk

Monday 7th June, 6.30pm

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

Ainsworth Unitarian Chapel, 306th Anniversary Service

Sunday 4th July, 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 ...

Cub Scouts

Great news! We're back to face-to-face Cub Scouting. We started the first couple of weeks working outside on the Recreation Ground and then moved inside when the Scouting Association allowed us to do so. It was so good to see all the youngsters and to welcome new ones we had only met online over the last 14 months.

At a meeting on the park, we joined forces with Scouts to present 11 Scouts with their Cubs Chief Scout Silver Awards and to invest 10 Cubs who had been online and gaining badges without being formally invested. The boys getting the Silver Award have all moved into Scouts during lockdown. Well done all of you.

Congratulations also to Pierce Giblin, on achieving his Gold Award. It was a very pleasant evening so many parents could watch the presentation, whilst keeping socially distanced.

Cubs are now busy with the Naturalist badge, learning how to identify trees, plants, and flowers, looking at how water moves through the ground and how various materials help prevent flooding. Several have gained their Personal Challenge Award whilst working from home – a range of activities to help around the house has been welcomed by parents.

After the Spring Bank Holiday half term, Cubs will be meeting at the Church Hall from 6:30 – 7:30 each Friday to allow Scouts to run 3 groups each week. This is to ensure that they follow Scouting rules regarding numbers and space.

Baloo – Gwen White

Scouts

Well, over the last two months we have slowly been getting back to Face to Face scouting.

You may well have seen the Scouts running around the village doing a What3Words Easter Egg Hunt. We had some parents and leaders who played mother hens watching eggs in their gardens for the evening (luckily it was a nice but cold night).

We spent an evening up at Bibbys Farm doing a sausage sizzle and marshmallow toasting this was enjoyed by all.



We have spent an evening down on the Delph where the Scouts built the first 5 star bug hotel in the area. It looks great, and we are looking forward to going back (well those of us who don't mind bugs!) to see what "bugs" have moved into their new accommodation.



Throughout the last 12 months, we have all had to celebrate our birthdays differently without our friends and family. We are having a Scout Birthday Bash at Bibbys Farm on Saturday 22nd May. There will be all sorts of games and activities that they are going to do, including hook a duck, tin can alley, orienteering, plus they may get a bit wet when the leaders bring out the water balloons. We are having a big Jacobs join birthday tea to finish the day off, helping everyone celebrate those missed birthdays from the last 12 months.

Stacey
(On behalf of all leaders)

Please remember to use easyfundraising every time you shop online! Over 4,000 shops and sites will donate, so you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE! You can get started at

https://www.easyfundraising.org.uk/causes/ainsworthsg/?utm_campaign=raise-more&utm_medium=email&utm_content=en-n2

Austria 2022 Fundraising

Can we please take this opportunity to thank all those who have been supporting us with our fundraising recently and donating your clothes for our collections.

We are hoping that we will be able to run a coach trip around Christmas time again, possibly to Leeds Christmas Markets. This obviously depends on the rules and regulations we are under in

relation to Covid, but we are hoping to have more information in September regarding this, keep your eyes open for further info.

Thank you
Fundraising Committee

12th Radcliffe Brownies

We're back indoors!!! "It's Brownies, but not as we know it"! We can't shout or sing, and we have to maintain social distancing, so there's no running around. However, we did manage to do some mimes and also a number of games that required moving to and from our chair and a spot at the side of the chair, so at least we kept active.



We are continuing to do some zoom meetings (mainly for the craft activities). In the first one this term, we have made a bead bracelet to remind us of the things we have enjoyed doing in Brownies – and there were lots - and a mouse finger puppet, which the girls customised in a variety of ways.



Once again, we were able to present a number of badges. Amelia and Izzy completed their Charities Interest Badge and Harriet her Aviation badge. Amelia, Eloise, Izzy, Lily May and Scarlett gained their "Take Action" Theme award. Lily May also earned her Brownie Bronze award and Scarlett her Brownie Silver Award. Well Done to all the girls!
Polly, Brown Owl

16th Radcliffe Brownies

Brownies are back in person and we are having the best time!! We welcome Mila. Grace, Aoife, Elexis and Lana have all become Sixers and Lydia and Seren were made Seconders. We are really busy with badge work doing our Collectors and Local History badges alongside Reflect stage 2 and the Queen's Birthday badge, so it's all go.

Girls decorated pencil cases, made bookmarks, played a collection game and thought about what made them happy and sad. Next week we are off on a scavenger hunt and have some party planning to do too.

We had some great news too ... Little Owl (Barbara Leigh) got her 20 YEAR service award. Each and every one of those years was with the 16th Radcliffe Brownies. Little Owl is dependable, super organised, kind, practical, and we would be absolutely lost without her. When our Brown Owl, Joan, sadly passed away, Little Owl could have easily retired, but she really knows how much of an asset Brownies is to the Village so continued. The girls and leaders would be lost without her. The sheer number of hours she has dedicated to meetings, church fairs, camps, planning and more, is unbelievable. Little Owl, we appreciate you so much, your kindness does not go un-noticed, and we are so glad you are part of our unit's furniture. Thank you, from the girls and leaders!

Yours in Guiding
Sarah McAnulty (Snowy Owl)



Rebuilding Hope and Confidence

Mothering Sunday Gift: Barbara has received a letter of thanks from Sheran Harper, our Worldwide President, for the gift of £65 which we sent to MSH. This was made up of several personal donations plus a 'gift of togetherness' from branch funds. She thanked us for helping to

make a difference to the lives of women and girls in Britain and Ireland as well as worldwide.

Jean and I attended the Manchester Mothers' Union AGM and Spring Council in late April. After the necessary business meeting, Revd. Canon Simon Bessant spoke to us about Facing the Future after Covid. We then heard about facing the future in Manchester and were introduced to Wiggle Worship and how some churches are reaching out to children.

The focus for the rest of the day was on countering abuse and community needs. The High Sheriff of Manchester and chair of Fortalice (French word for 'place of safety') told us about the working of their refuge in Bolton and the small one they have just opened in Bury. We also had talks about the Trafford domestic abuse service and Trafford rape crisis. The community needs section covered topics such as Safe Families, a Bed for the Night, and Rosemary Taylor's sponsored 90 mile trek to raise money for the Attic project in Bury. A project called 'Out There' shocked us with the figures that 312,000 children are affected by imprisonment and 12,000 children are not getting the support that they need. We anticipate learning more as the year goes on and finding out how we can all help in simple ways.

Jennifer White

(Hon Sec)

Ainsworth History Society

We are going to do our first history walk in over 12 months (hurray!!). So, on Monday 7th June, we will meet 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 – June 1996

A couple of interesting additions to the normal routine of worship were highlighted in the Parish diary for June 1996 – the annual Walk of Witness was to be held jointly with members of Ainsworth Methodist Church; Parishioners were asked to meet outside the Church Hall at 3pm on the Saturday afternoon, with a short service in the Parish Church to follow on from the walk. The Deanery Summer Service was

to be held at St. Andrew's, Hillock (all welcome), and the visiting Preacher at the Parade Service was to be the Area Dean.

A number of 'Thank you's' appeared in this edition of the magazine – thanks for cards and support following the loss of loved ones; thanks for cards and prayers following a stay in hospital; thanks for retirement cards and gifts and thanks for sponsorship monies received in aid of Bury Hospice. Also, a request from the Social Committee for folk to purchase tickets for the forthcoming Quiz night.

As always, the various groups and organisations had been hard at work; the Day School reported that they had finally reached the total needed for an 'Asda Free Computer', the computer was to be based in the school library to ensure all pupils had access to it; Mothers' Union members had enjoyed a visit to Bury Town Hall; the Church Women's Fellowship were planning a visit to Rivington which was to include a short, guided tour of both the Parish Church and the Unitarian Chapel; the choir had held a highly successful Coffee Evening and Sing-Along, and the uniformed organisations had been busy with St. George's Day Parade and their preparations for various camps and Pack Holidays.

The 'Face To Face' interview in June 1996 was with Georgina Hood, the Choir Secretary at the time.

In June 1996 there were 2 Baptisms recorded from the previous month and 3 funerals, but no weddings. The number of Communicants for the previous month was listed as 436 and the collections totalled £1341.

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 2 - Abraham: *Taking things into our own hands, by Elizabeth Spiers*

According to the Bible in Genesis 12, Israel is a nation that was started by God when he promised Abram, a childless but religious man, that he would be the father of a nation so numerous that you couldn't count them. He changed Abram's name to Abraham because that means 'father of multitudes'. However, Abraham and his wife Sarah had to wait many years to see this promise fulfilled and in the

waiting period, they took matters into their own hands. At Sarah's prompting, Abraham had a son, Ishmael, with her maidservant, Hagar.

Abraham's actions didn't stop God being faithful. Thirteen years after Ishmael was born, God gave Abraham and Sarah a son of their own, Isaac. And from Isaac came the Jewish nation. But soon after Isaac was born, there was great strife between the two mothers and, much to Abraham's distress, Sarah made him send Ishmael and Hagar away.

By taking matters into their own hands they caused problems for everyone in the family at the time, and far into the future, with serious consequences. Forced to leave his father's house, Ishmael was not part of the family that led to the birth of the nation of Israel. Islamic lore says that Hagar took Ishmael to Mecca. Certainly, Ishmael is considered a patriarch of Islam and many Arabs today can probably trace their line back to him. There is still a great deal of strife between the descendants of Isaac and those who see Ishmael as their father – just look at the problems in the Middle East.

We can often do as Abraham and Sarah did and take things into our own hands. We give God a 'helping hand' or perhaps we doubt that we heard from him or maybe we don't believe that God is still interested in us, or our nation, or the wider world. It's easy for us to lose confidence when time passes, and nothing happens.

But our God is faithful. If he promises something, he means it and will do it. It is in God's timing, not ours.

Taking matters into our own hands can have consequences beyond anything we can imagine. What might the world look like today if Abraham and Sarah had not decided to give God a helping hand?

Why Do We Say That Then ... ?

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

"To cut corners..." This phrase refers to the fact that the shortest route from 1 location to another will always be via a straight line. This is based on the notion of being able to move faster by cutting diagonally across a space; Pythagoras' Theorem in action!

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.

As the weather improves, the daylight lengthens and the lockdown restrictions continue to ease, it's the perfect time of year to look at **Take Notice**.

Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing, and that savouring the moment can help to reaffirm your life priorities. Taking notice is also about being aware of your own thoughts and feelings and allowing yourself space to do this. Make sure that you *remember the simple things that give you pleasure*.

Why not challenge yourself to try some of the following:

- Spend some time outdoors each day and observe what's going on around you; even if you only go out into your own garden or yard, observe nature and notice the small changes that happen on a daily basis.
- When you're outside, try closing your eyes and listening to the sound of nature, like the wind, the rain and birdsong; think about how these sounds make you feel.
- Look up at the night sky and properly notice the stars; to do this you really need to put your head back and look directly up – you'll be amazed at just how many stars you can see. You could follow this up with some research into which constellations you're looking at – remember, learning something new is an extra 'wellbeing point'.
- If you're less physically able and can't get outdoors, why not look at what you can see from your window and notice how it changes each day.
- Close your eyes and listen to a piece of music – how does it make you feel?
- Try Yoga or Meditation – again there's extra 'wellbeing points' to be earned for learning something new and even more if you can connect with others as you do this.
- Think about how you're feeling and also notice how friends and family are feeling.
- Take time to reflect on your day and also to listen to your inner voice.

Once you start to think about it, you'll find loads of opportunities to 'take notice', and don't forget that adding a social element, or incorporating learning or giving 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

Just A Thought ...

Be who you want to be, not what others want to see.

Through The Seasons – Ainsworth In May

*“All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.”*

These words, the chorus of the wonderful hymn written by Cecil Frances Alexander in 1848, have come to mind often throughout the month of May, as the countryside around us gradually shakes off the last vestiges of winter and embraces the Spring. The weather for a large part of May has been cool and unsettled, offering us the blustery showers more usually associated with April, but when the sun has come out and nudged the temperature up a notch, the whole of nature seems to blossom; it seems that every day brings something fresh and new to look at at this time of year.

A walk around Whitehead Lodges and back across the fields to Bradley Fold Road, shows the fields and



hedgerows are now teeming with wildflowers, birdlife and young animals. Heading off down towards the Weaver’s Cottages, Red Campion and Herb Robert rub shoulders with Cow Parsley, and the Hawthorn hedges will soon be in bloom.



There’s a huge amount of activity in the fields directly around the lodges as water birds compete for the best spots to nest and feed; on the far bank, beyond the stone bridge, a first brood of Canada Goslings were being carefully chaperoned down to the water – it seems incredible that these tiny bundles of feathers manage to survive the chilly nights and various predators.

Walking back up through Cuckoo Woods, the Squirrels weren’t the only ones out and about; a number of Tree Creepers were making the most of the evening sunshine to pick bugs from the tree bark and a Pied Woodpecker worked industriously, hopping from branch to trunk and back, presumably also finding something good to eat. The grassland in the wood is more moorland than meadow, and Milkmaid has started to appear alongside the Buttercups and Sedge. A small group of Fallow Deer are regular visitors in this area, feeding lower down the slope, towards the wetlands near to the stream.

Walking up the lane towards Cockey Moor Road, the Bluebells provide an impressive display; interestingly, alongside the 'regular' Bluebells and their white 'cousins', were a small cluster of lilac 'bluebells', a hybrid maybe??



Crossing the fields to Bradley Fold Road, the distinctive cry of a Curlew was followed by that of an unseen Pheasant – I wonder if anyone ever actually sees the elusive 'Ainsworth Pheasant', or whether it is really just a hoax ...

Yet more signs of Spring are evident along Ainsworth Hall Road, with lambs bleating and playing in the fields, a brood of Ducklings on the pond and a Moorhen busily putting the finishing touches to an already impressive nest. Once again Cow Parsley and Bluebells are prolific, alongside



Forget Me Nots, Herb Robert, Dandelions, Coltsfoot and Buttercups.

Regardless of world events, and the various comings and goings in our own small circles, nature and the seasons continue - *"While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."* Genesis 8:22.

A huge number of interesting sightings have come from various people this month, including Swifts, Tree Creepers, a Pied Woodpecker, Wrens, a Song Thrush, Gold Finches, Coal Tits, Green Finches, Barn Owls, Bats, Blackcaps, Sedge Warblers, Lapwings, Canada Goslings, Curlews, Deer, Foxes, Fox Cubs, a Hedgehog and Badgers, plus an impressive list of insects; Peacock Butterflies, Orange Tip Butterflies, Red Tailed Bees, Bumble Bees, Pond Skaters and Lady Birds.

The next verse of Sara Coleman's poem, "The Garden Year", reads, "June brings tulips, lilies, roses, Fills the children's hands with posies."

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

Poems From The Parish (And Beyond ...)

(This poem originally appeared in the June 1996 Parish Magazine)

Is It You?

Is there a job that needs doing?
That no one is willing to do?
It could be because the assignment,
Is waiting attention from you.

Is there a letter needs writing
To someone downtrodden and sad?
If you were to sit down and write it
You'd make that dejected soul glad.

Is there a word that needs speaking,
To one in the depths of despair?
It could be that your simple message,
Will show that there's someone to care.

Is there a need to say 'Thank you'
To someone who works without praise?
Your words of sincere commendation
Will lighten discouraging days.

There's need for more lives to be living,
In witness for Christ every day,
You surely must take up the challenge,
To lead seeking souls in His way.

Alice Odell

Space To Share A Prayer

Dear Lord,
Help me to do all the good that I can,
By all the means that I can,
In all the places that I can,
To all the people that I can,
For as long as I can.

Amen.

Olde Worlde Weather Lore – June

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

A calm June puts the farmers in tune.

Did You Know ... June Facts

1st June – On this day in 1831, the Magnetic North Pole was discovered.

2nd June - on this day in 1953, the Coronation of Queen Elizabeth II took place.

3rd June – On this day in 1978, the Guinness Book of Records broke a record to become the world’s best selling book.

4th June – On this day in 1783, the first public demonstration of a hot air balloon flight took place in Annonay, France.

5th June – On this day in 1974, the first World Environment Day was held. This event is now held annually on the 5th June.

6th June – On this day in 1944, thousands of Allied troops landed on the beaches of Normandy in Northern France. Referred to as ‘D-Day’, this was the start of the battle to liberate mainland Europe from Nazi occupation.

7th June – On this day in 1939. King George IV and Elizabeth became the first King and Queen of Britain to visit the USA.

8th June– On this day in 1829, the first municipal swimming pool outside of London opened in Liverpool.

9th June – On this day in 1870, the Author, Charles Dickens, died.

10th June – On this day in 1909, the SOS signal was used in an emergency for the first time, when the Cunard liner, SS Slavonia, was wrecked of the Azores.

11th June – On this day in 1776, English Landscape Artist, John Constable, was born.

12th June – On this day in 1849, the gas mask was patented by Lewis Haslett.

13th June – On this day in 1774, Rhode Island became the first colony to prohibit the importation of slaves.

14th June – On this day in 1847, Robert Bunsen invented the Bunsen Burner.

15th June – On this day in 1215, the Magna Carter was signed between the Barons of mediaeval England and King John.

16th June – On this day in 1880, the Salvation Army formed in London.

17th June – On this day in 1885, the Statue of Liberty arrived in the US; a gift from the people of France to the people of the USA.

18th June – On this day in 1799, William Lassell, a British astronomer who discovered satellites of Uranus and Neptune, was born in Bolton.

19th June – On this day in 1829, Sir Robert Peel introduced the Metropolitan Police Act into Parliament, to establish a united Police force for London.

20th June – On this day in 1840, Samuel Morse patented his telegraph.

21st June – On this day in 1854, the first Victoria Cross was won during the bombardment of Bomarsund in the Aland Islands (Crimean War).

22nd June – On this day in 1675, the Royal Greenwich Observatory was established by Charles II.

23rd June – On this day in 2016, the UK voted to leave the European Union at the Brexit Referendum.

24th June – On this day in 1509, Henry the VIII was crowned King of England.

25th June – On this day in 1977, Lady Olave Baden Powell, founder of the Girl Guides, died aged 88.

26th June – On this day in 1498, the toothbrush was invented in China, using boar bristles.

27th June – On this day in 1954, the first atomic power station opened in Obninsk, near Moscow.

28th June – On this day in 1838, the coronation of Queen Victoria took place in Westminster Abbey.

29th June – On this day in 1613, Shakespeare's Globe Theatre in London burned down during a 94th performance of 'Henry VIII'.

30th June – On this day in 1821, London's Tower Bridge opened.

Amendment – *In last month's magazine, 'Did You Know ... May Facts', stated "2nd May - on this day in 1961, the QE2 made her maiden voyage to New York." Thanks to John Nicholson for pointing out that it should actually have read "2nd May – on this day in 1969.."*



Blood and Transplant

The NHS Blood and Transplant service desperately needs your help. In April, we began collecting blood plasma from donations to make vital antibody-based medicines and we urgently need more people to make donations.

These medicines – called immunoglobulins will help thousands of people with immune diseases.

People like 31-year-old Charlotte Laycock from Wimbledon who was diagnosed with generalised Myasthenia Gravis, which caused her immune system to attack the connections between her muscles and her nerve system. She suffered muscle weakness, drooping muscles in her eye, lost the ability to speak and most seriously, could not even swallow food for a month.

If left untreated, she could have even lost the ability to walk and may have needed to use a wheelchair.

Charlotte had five days of immunoglobulin treatment and is now largely symptom free and can lead a normal life.

There are many different types of conditions the medicines will be used to treat, including those with a low mature red blood cell count which can happen after radiotherapy and chemotherapy for cancer treatment.

Due to the size and structure of veins needed to make a donation, we are currently inviting males age 18-65 to consider giving blood plasma at their local plasma centre.

Donating plasma is safe and easy, the plasma is filtered out of circulating blood by an apheresis machine and the red blood cells are returned to the donor. Plasma donation is very similar to blood donation, they both help people, just in different ways.

By taking a few simple steps to help you will be making a real and lasting impact on the lives of so many patients.

To find out more about blood plasma donation you can visit www.blood.co.uk and to register to make a donation you can call on 0300 123 23 23.

Time For A Smile

I came out of church and saw a parking attendant writing out a parking ticket. "Come on" I said, "give a senior citizen a break." He ignored me. I called him an inconsiderate so-and-so, so he wrote out a second ticket, saying the tyres were worn. I told him he was a nasty piece of work and he was about to write something else in his book when I stormed off. I didn't care a jot. I had come to church by bus!

A group of wives were chatting about what they do with surplus food after a meal.

Wife 1 said, "My husband's a chef and he calls them left-overs."

Wife 2 said, "My husband is a TV producer and he calls them re-runs."

Wife 3 said, "You think you have it bad; mine is a quality control engineer and he calls them rejects."

And Wife 4 said, "That's nothing compared to me; my husband manages a crematorium and he calls them remains!"

Prayer written by someone of mature years;

Lord, you know better than I know myself that I am growing older and will some day be really old. Keep me from the fatal habit of thinking I must say something on every occasion about every subject. Release me from craving to straighten out everybody's affairs. Make me thoughtful, but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but you know Lord, I want a few friends at the end ...

Strap Lines

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

You may sometimes feel you are only one person in this big world, but have you ever thought that you may be the world to one person.

How do people who are learning English for the first time cope with a language where "Slow Up" means the same as "Slow Down"?

Make sure you leave a feeling of happiness wherever you go – and not whenever you go.

The Extended Parish Puzzler

Alphabet Bible – Part 2

The answers to the following begin with consecutive letters of the alphabet.

- N. Sitting between Leviticus and Deuteronomy
- O. Old Testament prophet who wrote only one chapter
- P. Paul the Apostle wrote to these people
- Q. Roman Governor of Syria who ordered a census in 6CE
- R. One of Joseph's brothers
- S. City destroyed by fire and brimstone as Lot fled
- T. An early church leader, led to faith by Paul the Apostle
- U. Old Testament prophet, mentioned in the Book of Jeremiah
- V. In 2 Sam. 8:13, the place where David smote the Arameans
- W. Where Jesus was tested by the Devil
- X. The biblical Chesulloth, now Iksal
- Y. Hebrew translation of the name Joseph
- Z. The person who climbed a tree to hear Jesus teaching

(Answers on page 32)

How Well Do You Know Our Village?

Last month's inscription can be found carved into the drystone wall that runs down to meet the footpath at the back of the school playing fields, and is the name of the man who built the wall.

Do you know where the following inscription can be found?

Answer in next month's mag.

ERECTED A.D. 1715
ENLARGED A.D. 1773
ALTERED & REPAIRED A.D. 1845

Bible Word Search

Can you find 10 Biblical names in the grid below?

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

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

- Mary
- Martha
- Thomas
- Peter
- Paul
- Sarah
- Simeon
- Judas
- Jonah
- Jacob

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 Elaine Larkin 1 Greenside. Ainsworth. BL2 5SE elaine.larkin.el@gmail.com Revd Debra Johnstone	01204 388762 01204 399630
Churchwarden	Alison Hartley	07952 709041
Church Treasurer	Geoff Whittle	07976 443165
Secretary of the PCC	Vacancy	
Organist	Jenny Johnson	07734976978
Gift Aid & Freewill Offering Secretary	Carole Butler	07982 316388
Parish Child Protection	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

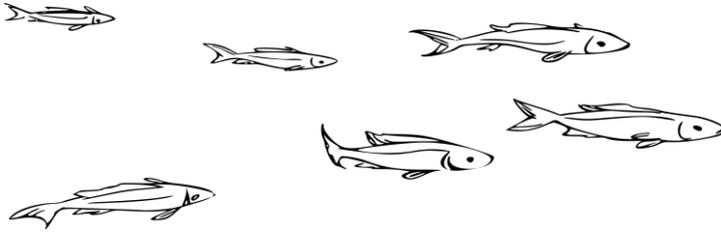
Sunday	8.00am	Holy Communion (Book of Common Prayer)
	10.30am	Family Service 2 nd Sunday Family & Parade Service
	12.00pm	Baptisms (Except 2 nd and last Sunday)
	6.30pm	Evensong (Book of Common Prayer)
		2 nd Sunday Holy Communion (Book of Common Pray)
		Healing Service (see Parish Diary)
Weds	6.15pm	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 Alphabet Bible: Numbers; Obadiah; Phillipians; Quirinius;
Reuben; Sodom; Titus; Uriah; Valley of Salt; Wilderness; Xaloth; Yosef;
Zaccheus

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	Wednesdays 7.30pm in the Church Hall John Turner	01204 381590
Rainbows 12 th Radcliffe	Thursday at 5.45pm to 7.00pm in the Church Hall Rainbow Guider	
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 Of Healing



Miracles Of Healing

Last month in Little Fishes, we started to learn about 'miracles'. 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.

We learned about the first miracle that Jesus performed - turning water into wine for the guests at a wedding feast. During his lifetime, Jesus performed lots of miracles - you can read about them in the New Testament in the Gospels of Matthew, Mark, Luke and John; many of the miracles that Jesus performed were to heal people who were very sick - want to find out more? Then read on!

Jesus Heals A Paralysed Man

The Gospel of Luke, Chapter 5 tells us the story of Jesus healing a man who was paralysed; if you look in a dictionary, you'll find that 'paralysed' means losing the ability to move all or a part of your body, usually it's caused by a serious accident or illness.

Each day, Jesus would go to the Synagogues or meeting rooms to talk with the people there and tell them the good news of God. One day, Jesus was preaching God's word to a large group of people; the news had spread that Jesus could heal sick people and make them well, so lots of people had come to listen to Jesus. In fact, there were so many people that many of them had to stand outside and listen as best they could. There were people in the doorways, people on the path, people crowding all around trying their best to hear.



At the very edge of the crowd, a small group of men had brought their friend to Jesus to ask for his help; the man was paralysed and his friends had carried him on a kind of bed, but there were so many people that they couldn't get through.

Just then, they had a good idea - they carried the man on his bed up some steps until they came out on to the roof of the building, then they carefully lowered him down, until he was lying on the bed in front of Jesus.



Jesus looked at the man lying on the bed and he looked up at the man's friends, and he could see that they had great faith in him, and he said to the paralysed man,



"I say to you: Arise, and take up your bed and go into your house."

And immediately the man got up and he took up the bed that he had been lying on and he went out, praising God for the miracle that Jesus had performed to make him well. And all of the people who were in the crowd and saw what had happened, were amazed and they also praised God.



Healing this paralysed man was just one of the miracles that Jesus performed, he did lots of other truly amazing things too, and each of these miracles was a way to help people to understand the power of God and to help them to believe that Jesus was more than just a 'normal person'.

Next month in Little Fishes, we'll be looking at some amazing 'weather miracles'.

Prayers

Lots of people all over the country, in fact all over the **world**, say their prayers every single day; you might say prayers in assembly at school, or if you go to Church or Sunday School, you'll definitely say prayers there.

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.

There are some special prayers to learn by heart, like The Lord's Prayer and The Grace, but did you know that God really likes us to pray just using our own, normal words too - just like having a chat with a friend.

Some people like to say their prayers at night before they go to bed - thanking God for all the good things that have happened during the day; some people like to say their prayers first thing in the morning - asking God to guide them through the day ahead. But did you know you can pray anytime and anywhere?

Our craft activities for the next few months are going to be all about prayers.

How to Make A Prayer Mobile

You Will Need:

A paper plate

Scissors

Felt tip pens or crayons

11 pieces of string about 15cm long

10 small squares of card with a hole punched in each one

Here's What To Do:

1. Get a grown up to help you to cut the paper plate in half.
2. Take 1 half of the plate and use the scissors or a hole punch to make 1 hole in the middle of the round side of the plate (this will be the top), then 10 holes along the straight edge of the plate (this will be the bottom).
3. Use the pens to write "Thankyou God For ..." in large letters on the plate. You might want to decorate the plate too.
4. Thread a piece of string through the hole at the top of the plate and tie a loop so you can hang it up.
5. Each time something nice happens, write it on one of the pieces of square card, then use a piece of string to tie it on to your prayer mobile.

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