



The
United
Reformed
Church



Halifax Group Magazine

Heath New Hope New Providence



Dec./Jan. 2019

Our vision is to know, love, live and
share Jesus, for a better world.

Letter from the New Manse

Dear Friends,

The first Christmas was a time of giving. The wise men gave time to seeking out the new King and took gifts of gold, frankincense and myrrh as gifts for him. The shepherds, in response to the angels' announcement, brought their faith. Mary and Joseph gave their lives in commitment to God's plan. The greatest gift of all was given by God, who gave his Son, and the possibility of forgiveness and eternal life through him. What shall we give this Christmas?

We could give our love. When Jesus was asked about the greatest commandment he said, "Love the Lord your God with all your heart... and love your neighbour as yourself." Christmas is a great opportunity to offer love to our families and friends, and also to those who might otherwise feel unloved, lonely or afraid.

We could give forgiveness. When God forgives us he regards our debt as paid. It cost God his Son to forgive us, and he expects us to forgive others. What better gift could we give someone who has hurt us than to forgive them? And maybe in doing so we'll be giving ourselves a gift too, as our inability to forgive often leaves us feeling bitter.

The angel told the shepherds about Jesus' birth saying, "I bring you good news..." We too could give the good news of the Gospel to those who don't yet know Jesus

Letter from the New Manse

as their Lord and Saviour. Who could *you* share it with?

What could we give God? The angels praised God, giving him the glory, saying, “Glory to God in the highest...” God is glorified when our words and actions are Jesus-centred and guided by the Holy Spirit. In reality it’s about giving ourselves to God, so that he can live in us and use us. The final verse of the Christmas carol “In the bleak mid-winter” asks the question, “What can I give him?” and offers the answer, “Give my heart”.

Christmas is a time for giving, but it’s also a time for receiving. Any gift is wasted unless the recipient accepts it, and this is also true of God’s gift of his Son. May we fully accept his priceless gift this Christmas and help others to receive it too. May this Christmas be a special time for us all.

Martin joins me in wishing you a blessed Christmas and a happy New Year.

God bless.

Heather



Pulpit list

Heath URC, Free School Lane. 10.30am

December

- 2 Rev Heather Pollard- Toy Service and Parade
- 9 Rev Daphne Hull
- 16 Rev Justine Wyatt - Communion
- 16 Group Evening Candlelight Service at Heath at 6.00pm
- 23 Rev John Jenkinson
- 25 Rev Heather Pollard at 10.30am
- 30 Group Service at New Providence

January

- 6 Rev Justine Wyatt
- 13 Mrs Dawn Walker
- 20 Rev Heather Pollard - Communion
- 27 Mrs Juliet Foster- Fair Trade Stall

Activities in December and January

Friday 7 December - 7.30pm – Elland Male Voice Choir

Sunday 16 December – 4.00pm – Messy Church

Tuesday 18 December - 10.30am - Community Coffee Morning

Wednesday 19 December – 6.00pm – Carol Singing at Tesco Store – Huddersfield Road

Thursday 10 January – 2.00pm Elders Meeting

7.30pm Thursday Club New Year Party

Sunday 13 January – 4.00pm – Messy Church

Tuesday 15 January – 10.30am - Community Coffee Morning

Weekly Events

Monday

- 9.15am Toddlers (term time only)
- 2.00pm Sing for Fun – Singing Group
- 5.45pm Beaver Scouts 5-8yrs
- 6.30pm Cub Scouts 8-10yrs

Friday

- 7.00pm Scouts 10-14yrs
- 7.30pm Explorer Scouts



**Carols by candlelight at Heath
Sunday Dec 16th at 6pm**

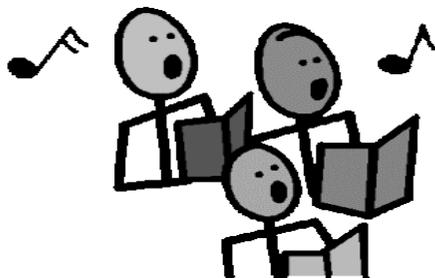
All are welcome

An all age opportunity to renew our understanding of the Christmas story whilst enjoying mulled apple, mince pies and singing favourite carols.

**Elland Male Voice Choir
at Heath**

Friday Dec 7th at 7.30 pm

Tickets on the door £5
Including refreshments



Hello Folks, Your resident Parish Nurse here. How are you doing?

I wish you all a peaceful and holy Christmas and offer some suggestions on how to go through the season with God's Grace.

Firstly, some humour! Three little boys were bragging about how tough they were. "I'm so tough," said the first little boy, "that I can wear out a pair of shoes in a week." "Well," said the second little boy, "I'm so tough, I can wear out a pair of jeans in a day." "That's nothing," said the third little boy. "When my parents take me to see my grandma and grandpa, I can wear them out in just one hour."

I thought you may enjoy this letter: *Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least in the county of C- for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained...*

On how long a sermon should last

The Rectory St. James the Least of All

My dear Nephew Darren

I am afraid we will never agree about the appropriate length of sermons. Your 50 minute exposition on the theology of St. Paul concerning women wearing hats in church is, I am sure, of real interest to you. But as your sermon slowly unfolds, I suspect it will prompt quite a different concern among your congregation. Have they set the oven timer to come on too early? Whenever I even hint that a matter of theological importance may be about to appear in one of my sermons, an expression of benign incomprehension comes over my congregation. You know the look – you see it on

golden Labradors whenever they try and work out what their owners are telling them.

There are certain sure signs that should warn you when you have preached for long enough. One is when members of the congregation reach for their prayer books to try to work for the umpteenth time how the date for Easter is calculated. The organist turning on the blower when you say “and finally” is another. Most members of the congregation will count the number of dead flies on the windowsills during your sermon. But when you can see members of the congregation counting the numbers in the congregation counting the numbers of dead flies, that is absolute proof that it is time to stop.

There has only been one occasion when I preached for longer than my standard eight minutes. Our former organist was in the habit of taking his dog for a walk during the sermon. I knew I had to carry on preaching until I heard the latch on the vestry door for the second time. That meant he was back, and ready to play the last hymn. Unfortunately one Sunday, his dog ran away. While he searched for it over every field in the parish, I spent the intervening two hours reading the greater part of Leviticus, discussing the food laws set forth in Deuteronomy, and arguing for a Deuterolsaiah. I was headed for the Babylonian exile when we all heard the vestry door re-open.

After the Service, the congregation left looking as though they had just been rescued from a major shipwreck. And at the next church council meeting, we unanimously voted to buy our organist a stronger lead.

Your loving uncle,

Eustace

Some helpful advice on how to keep calm and carry on...“NHS Mood Zone” Breathing Exercises For Stress.

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. You will get the most benefit if you do it regularly, as part of your daily routine. You can do it standing up, sitting in a chair that supports your back, or lying on a bed or exercise mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing. If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor. If you're sitting, place your arms on the chair arms. If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart. A). Let your breath flow as deep down into your belly as is comfortable, without forcing it. B). Try breathing in through your nose and out through your mouth. C). Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first. D). Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful. E). Keep doing this for 3 to 5 minutes.”

....**So** ...If you are not sure how to do this, imagine a dog breathing and watching how its' stomach moves when breathing. Breathe slowly. This induces a calming effect through your body. Relaxed ... like a dog snoozing by the fire side. As we breathe out our stomach goes in and as we breathe in our stomach goes out. It is the opposite of “chest breathing” and takes a bit of practice but once you get the hang of it, it is really useful, in all situations. This includes helping us to relax and sleep at night. You can even say the word “relax” under your breath as you breathe out or a sigh. (If you would like help with relaxation please contact me).

Talking of moods, we can also “check” our own mood. We don’t have to be governed by our emotions. We can choose our mood. We can choose to be happy, grumpy, and so on. Certainly there are instances when medical and therapeutic interventions may be needed or other situations when emotions are needed to be expressed. For instance, crying is not only a good release but also necessary for us all, at times. Psalm 30:5 “Weeping may endure for a night, but joy comes in the morning.”

In general, as we are in control of our emotions we can actually keep them balanced, in the main. Many people don’t realize this and can be tossed about by their emotions. Having good days or bad, dependent upon feelings. We forget or don’t even realise that our day can be turned around by ourselves. Other people do not put us in a particular mood, it is our choice to choose our mood, to choose our reaction to people and situations. We can check our own mood. We can change our attitude. We will have all witnessed at some point how a group of people can lighten up when a moody person changes their bad mood into good or vice versa. This is so too when we choose to change our stressful mood to relaxation, or when anger changes to calm and peace, or when fear changes to courage, or when sadness changes to joy, or when hate changes to love, and offense changes to forgiveness, and how beneficial this is for us and those involved with us.

Starting to make changes in attitude is not easy at first and we may need help to do this. A powerful, helpful way is through prayer to Jesus our Advocate, Redeemer and Saviour. Taking negative emotions to Him, and 1 Peter 5:7 casting our cares upon Him, will give us the wisdom and strength to change, in His Name. Philipians 2:9 His Name is above all names.

HEATH

The Bible says: Our desires make us sin, and when sin is finished with us, it leaves us dead. Emotions can run high particularly this time of year when we are reminded about love and joy for this can also magnify negative thoughts about Christmas that the enemy would want to have us feel. So let us choose God's plan for our emotions. Reading scriptures about this helps to give us revelation in this area. Not with standing of course there is a righteous anger: Matthew 21:12-13 ¹² Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. ¹³ "It is written," he said to them, "My house will be called a house of prayer, but you are making it a den of robbers."

Below are a few scriptures of how Biblically we are instructed to use our emotions for good. For our well- being. You may like to try taking a handful of these scriptures, ones that resonate with you, and meditate on them, for we are told in Proverbs 4:22 that observing scriptures ... are life to those who find them, healing and health to all their flesh:

John 16:33 ³³ I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 14:1 "Do not let your hearts be troubled. You believe in God; believe also in me. Phil 4:4 ⁴ Rejoice in the Lord always. I will say it again: Rejoice! Psalm 34:1 ³⁴ I will bless the Lord at all times: his praise shall continually be in my mouth. Proverbs 4:7 ⁷ Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding. Ephesians 1:17-19 ¹⁷ I keep asking that the God of our Lord Jesus Christ,

the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way. Ephesians 4:17-19 ¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. Proverbs 29:11 A fool gives full vent to his spirit, but a wise man quietly holds it back. Galatians 5:22-25 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be

HEATH

frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” Philippians 4:13 I can do all things through him who strengthens me. 2 Timothy 1:7 For God gave us a spirit not of fear but of power and love and self-control. John 8:31-32 So Jesus said to the Jews who had believed in him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.” Proverbs 3:5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. 1 Peter 5:7 Casting all your anxieties on him, because he cares for you. Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:8 ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Psalm 119:105 Your word is a lamp to my feet and a light to my path. Jeremiah 29:11 For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Nehemiah 8:10 The joy of the Lord is our strength, Lamentations 3:22-23 His Mercies are new every morning.

Being thankful is a hugely nourishing emotional state. Let us be thankful to God: Father, Son and Holy Spirit this Christmas time. John 1:14 “and the Word was made flesh, and dwelt among us.” Matthew 28:6 “He is risen!” Our Lord Jesus and Saviour.

HEATH

If you know someone who needs to talk, the **free Samaritans number is 116 123** in UK. It is open 24/7, 365 days a year. Interestingly, on their web site is advice on how we can all use “small talk” to help save a life.

www.samaritans.org

Calderdale Crisis Service: single point of access team are available 24/7 on **01924 316830** .

And finally for now: 3 John 1:2 “So dear friends, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well”.

With many blessings and please don't hesitate to call me: 07803295002. Please leave a message and I will get back to you. Thank you.

Dawn Weald, Parish Nurse, Heath Church.

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We are sad to report the death of one of our oldest members. Joan Brearley died on 27 October aged 97 and her funeral service was held at Heath on Monday 12th November.



Pulpit Supply

DECEMBER 2018

Dec. 2nd Mr. David Truswell
Dec. 9th Mrs. Juliet Foster
Dec. 16th Rev Heather Pollard
Dec. 23rd Mr. Alan Jowett
Dec. 30th Mrs. Juliet Foster

JANUARY 2019

Jan. 6th Rev. Heather Pollard
Jan. 13th Mr. Peter Oates
Jan. 20th Mrs. Juliet Foster
Jan. 27th Mr. Leyland Smith

Friendship Hour at 2.15pm

We meet on the second and fourth Wednesdays most months to enjoy each others company, have a cup of tea, coffee and biscuits and meet new friends. The meeting on December 12th will be 'Our Christmas Party.'

The meeting on January 9th will be 'China' with Alan Jowett and on January 23rd it will be 'Woodcarving and examples' with John Adamson.

Ladies Excercise Class: Wednesdays at 7.30pm

Boys' Brigade: Mondays from 6.30pm

NEW HOPE

Thoughts for Christmas (Items submitted by Alan Jowett)
What does Christmas mean to you? I suppose you could say that is rather a pointless question to be asking in our Group Magazine, but is it? Even amongst ourselves Christmas can have an entirely different meaning and significance and I suppose much will depend upon ages and family situations. But it is worth spending a few moments in thought and prayer as to what this coming Christmas has in store for you and how different it is going to be from previous years and in particular from last year. We bring to mind all that has happened during this past year, personal, as a church and as a group. It definitely has been a time of change, and so we look forward with hope and anticipation, praying that however we see the coming Christmas that it will always have Jesus at the centre and that he will remain there in our hearts in all the days to come. We have been inundated through the Media over these last few weeks with the terrible events that took place 100 years ago, and it is only right and proper that we should remember those events, but let us not fail to remember that Jesus came as the prince of peace, let us not leave him out of our Christmas and as we go about and meet with others let us show the love that Jesus showed to all, we remember that hymn “Love came down at Christmas” written by Christina Rossetti. So let love be seen in our lives and let us remember those words spoken by Tiny Tim in Dickens’ Christmas Carol “God bless us everyone.”

The Christmas Tree Across the World

Early Christmas trees, harking back to pre-Christian times, had in place of angels, figures of fairies – the good spirits – while horns and bells were placed on it to frighten off evil

NEW HOPE

spirits. In Poland, Christmas Trees were always decorated with angels, peacocks and other birds as well as many many stars. In Sweden, trees are decorated with brightly painted wooden ornaments and straw figures of animals and children. In Denmark, tiny Danish flags, along with mobiles of bells, stars, snowflakes and hearts are hung on Christmas trees. Japanese Christians prefer tiny fans and paper lanterns. Lithuanians cover their trees with straw bird cages, stars and geometric shapes. The straw sends a wish for good crops in the coming year. Czechoslovakian trees display ornaments made from painted egg shells. In the Ukraine every Christmas tree has a spider and web for good luck. Legend has it that a poor woman with nothing to put on her children's tree woke on Christmas morning to find the branches covered with spider webs turned to silver by the rising sun. In Britain, the custom of a decorated Christmas tree appears to have started in the early nineteenth century, when Albert, the Prince Consort to Queen Victoria, brought the tradition from his homeland of Saxe-Coburg, now part of Germany. The example set by royalty became a general fashion.

I read the following in a Christmas book and I think it speaks volumes to us. One Christmas time a father called a family conference and when all were gathered he announced that Christmas was going to be different this year and he challenged them to be more disciplined in the management of their time during the busy Christmas season and to curtail excessive spending on gifts. He talked about better relations between visiting relatives and friends and a more congenial atmosphere around the home. He brought his speech to a crescendo with his final rallying cry **“Let's make this the best Christmas Ever!”** At this the youngest

NEW HOPE

member of the family spoke out and said, “But Dad, I don’t know how we could ever improve on the first Christmas”

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West Halifax Churches Together (of which New Hope is a part) “Still before Christmas” Wednesday 5th December at Highgate Methodist Church 7-30 p.m. led by Revd. Caroline Greenwood, the newly appointed vicar of the St. Hilda’s & St. John’s Pastorate. We invite any from all our churches to join with us as we prepare at the beginning of Advent with a reflective service.

Carol Singing at ASDA - Monday, 17th December 7 p.m. a good opportunity to proclaim our Christian message giving the true meaning of what Christmas is all about. We welcome any from all our churches to join us on this festive occasion.

Week of Prayer for Christian Unity – service on Sunday, 20th January 2019 at 4 p.m. at St. John’s Warley followed by a ‘Faith Tea’. We welcome all to join with us, it’s good to be together with different denominations as we celebrate the week of Prayer for Christian Unity. If anyone would like a lift please speak to Alan. There will also be a service on Tuesday, 22nd January at 2-30 p.m. at Highgate Methodist Church

Averil and Alan invite anyone to their New Year’s Eve Party at 50 Whitehill Road, 7-30 p.m. onwards. There will be the usual charity box for Malawi for any who wish to contribute. An evening of fellowship, games, fun and of course food . If you have nothing else to do why not come along and join with us.

NEW PROVIDENCE

Pulpit Supply

December

2nd....Mrs. Juliet Foster
9th.....Rev. Heather Pollard
16th.....Dawn Walker (Parade Service)
23rdMrs. Juliet Foster (Communion)
25th.....Joint Service with New Hope
30th.....Group Service New Providence

January

6th....Mrs. Juliet Foster
13th....Rev. Heather Pollard (Communion)
20th....Ken Lees- Wolfenden
27th....Sue Lees-Wolfenden ?

New Providence

Diary

December

Friday's – 6.30pm Brownies at New Providence
Friday's – 6.45pm Boy's Brigade / Girl's Association at Carlton Centre
Wednesday 12th – 7.30pm Secretaries / Treasurer's Meeting (New Providence)
Saturday 8th – 11am Carol Singing at Morrison's
Tuesday 11th – 12.00 for 12.30pm Christmas Lunch at Windmill Court
Sunday 16th – 12.15pm Christmas Lunch

NEW PROVIDENCE

January

Friday's – 6.30pm Brownies at New Providence

Friday's – 6.45pm Boy's Brigade / Girl's Association at Carlton Centre

Monday 28th – 7.30pm New Provi Circle

Come Along and Start Your Christmas Festivities at

The Young Singers Christmas Concert

6th December - 7.00pm at the Carlton Centre

CAROL SINGING

On Saturday December 8th Providence will be joining Churches Together in North Halifax from 11.00am to 12.00 midday, to sing carols in Morrison's Supermarket to raise money for Drop-in Centre.

CHRISTMAS LUNCHESES

This year there again will be two Christmas lunches for the Church to enjoy! We have booked at Windmill Court, Ogden on Tuesday December 11th 12.00 for 12.30pm. The cost will be £19.95 for 3 courses plus coffee and mince pies. Please give your name to Sue, with your menu choices and money, by December 2nd.

Following the Service on Sunday December 16th there will be our Christmas Buffet Lunch at Church, price £8.00 per person. It would be helpful if you could let Sue Know if you intend to be there.

This article is a bit long, but well worth the read. It is certainly thought provoking.

Jane Simmons

The effect of 'community' on health From “**Outliers**”
by Malcolm Gladwell

In his book, *Outliers*, Malcolm Gladwell tells a story of a remarkable community. Here is an abridged version:

Roseto Valfortore lies on hundred miles southeast of Rome in the Apennine foothills of the Italian province of Foggia. For centuries, the paesani of Roseto worked in the marble quarries in the surrounding hills, or cultivated the fields in the terraced valley below, walking four and five miles down the mountain in the morning and then making the long journey back up the hill at night. Life was hard.

In January of 1882, a group of eleven Rosetans – ten men and one boy – set sail for New York. They ventured west, eventually finding jobs in a slate quarry ninety miles west of the city near the town of Bangor, Pennsylvania. The following year, fifteen Rosetans left Italy for America, and several members of that group ended up in Bangor as well, joining their compatriots in the slate quarry. Those immigrants, in turn, sent word back to Roseto about the promise of the New World, and soon one group of Rosetans after another packed their bags and headed for Pennsylvania, until the initial stream of immigrants became a flood. In 1894 alone, some twelve hundred Rosetans applied for passports to America, leaving entire streets of their old village abandoned.

The Rosetans began buying land on a rock hillside connected to Bangor by a steep, rutted wagon path. They built closely clustered two-story stone houses with slate roofs on narrow streets running up and down the hillside. They called their town Roseto, which seemed only appropriate given that almost all of them had come from the same village in Italy.

In 1896, a dynamic young priest by the name of Father Pasquale de Nisco took over at the church there. De Nisco set up spiritual societies and organized festivals. He encouraged the townsfolk to clear the land and plant onions, beans, potatoes, melons, and fruit trees in the long backyards behind their houses. He gave out seeds and bulbs. The town came to life. The Rosetans began raising pigs in their backyards and growing grapes for homemade wine. Schools, a park, a convent, and a cemetery were built. Small shops and bakeries and restaurants and bars opened along the main street. More than a dozen factories sprang up making blouses for the garment trade.

Neighbouring Bangor was largely Welsh and English, and the next town over was overwhelmingly German, which meant that Roseto stayed strictly for Rosetans. Roseto, Pennsylvania, was its own tiny, self-sufficient world – all but unknown by the society around it – and it might well have remained so but for a man named Stewart Wolf.

Wolf was physician. He studied digestion and the stomach and taught in the medical school at the University of

Oklahoma. He spent his summers on a farm in Pennsylvania, not far from Roseto and one of the local doctors said to him, *"You know, I've been practicing for seventeen years. I get patients from all over, and I rarely find anyone from Roseto under the age of sixty-five with heart disease."*

Wolf was taken aback. This was the 1950s, years before the advent of cholesterol-lowering drugs and aggressive measures to prevent heart disease. Heart attacks were an epidemic in the United States. They were the leading cause of death in men under the age of sixty-five. It was impossible to be a doctor and not see heart disease.

Wolf decided to investigate. He enlisted the support of some of his students and colleagues from Oklahoma. They gathered together the death certificates from residents of the town, going back as many years as they could. They analysed physicians' records. They took medical histories and constructed family genealogies. They set up in Roseto and took blood and did electro-cardiograms.

The results were astonishing. In Roseto, virtually no one under fifty-five had died of a heart attack or showed any signs of heart disease. For men over sixty-five, the death rate from heart disease in Roseto was roughly half that of the United States as a whole. The death rate from all causes in Roseto, in fact, was 30 to 35 percent lower than expected. They went house to house and talked to every person aged twenty-one and over. There was no suicide,

no alcoholism, no drug addiction, and very little crime. They didn't have anyone on welfare. No peptic ulcers. People were dying of old age - that's all.

Wolf's first thought was that the Rosetans must have held on to some dietary practices from the Old World that left them healthier than other Americans. But he quickly realized that wasn't true. The Rosetans were cooking with lard instead of with the much healthier olive oil they had used back in Italy. Pizza in Italy was a thin crust with salt, oil, and perhaps some tomatoes, anchovies, or onions. Pizza in Pennsylvania was bread dough plus sausage, pepperoni, salami, ham, and sometimes eggs. Sweets such as biscotti and taralli used to be reserved for Christmas and Easter; in Roseto they were eaten year-round. When Wolf had dieticians analyze the typical Rosetan's eating habits, they found that a whopping 41 percent of their calories came from fat. Nor was this a town where people got up at dawn to do yoga and run a brisk six miles. The Pennsylvanian Rosetans smoked heavily and many were struggling with obesity.

If diet and exercise didn't explain the findings, then what about genetics? The Rosetans were a close-knit group from the same region of Italy, and Wolf's next thought was to wonder whether they were of a particularly hardy stock that protected them from disease. So, he tracked down relatives of the Rosetans who were living in other parts of the United States to see if they shared the same remarkable good health as their cousins in Pennsylvania. They didn't.

He then looked at the region where the Rosetans lived. Was it possible that there was something about living in the foothills of eastern Pennsylvania that was good for their health? The two closest towns to Roseto were Bangor, which was just down the hill, and Nazareth, a few miles away. These were both about the same size as Roseto, and both were populated with the same kind of hardworking European immigrants. Wolf combed through both towns' medical records. For men over sixty-five, the death rates from heart disease in Nazareth and Bangor were three times that of Roseto. Another dead end.

What Wolf began to realize was that the secret of Roseto wasn't diet or exercise or genes or location. It had to be Roseto itself. As they walked around the town, they figured out why. They looked at how the Rosetans visited one another, stopping to chat in Italian on the street, say, or cooking for one another in their backyards. They learned about the extended family clans that underlay the town's social structure. They saw how many homes had three generations living under one roof, and how much respect grandparents commanded. They went to mass at Our Lady of Mount Carmel and saw the unifying and calming effect of the church. They counted twenty-two separate civic organizations in a town of just under two thousand people. They picked up on the particular egalitarian ethos of the community, which discouraged the wealthy from flaunting their success and helped the unsuccessful obscure their failures.

In transplanting the paesani culture of southern Italy to the

hills of eastern Pennsylvania, the Rosetans had created a powerful, protective social structure capable of insulating them from the pressures of the modern world. *“I remember going to Roseto for the first time, and you’d see three-generational family meals, all the bakeries, the people walking up and down the street, sitting on their porches talking to each other, the blouse mills where the women worked during the day, while the men worked in slate quarries. It was magical.”*

When Wolf and his companions first presented their findings to the medical community, you can imagine the kind of skepticism they faced. They went to conferences where their peers were presenting long rows of data arrayed in complex charts and referring to this kind of gene or that kind of physiological process, and they themselves were talking instead about the mysterious and magical benefits of people stopping to talk to one another on the street and of having three generations under one roof. Living a long life, the conventional wisdom at the time said, depended to a great extent on who we were – that is, our genes. It depended on the decisions we made – on what we chose to eat, and how much we chose to exercise, and how effectively we were treated by the medical system. No one was used to thinking about health in terms of community.

They had to convince the medical establishment to think about health and heart attacks in an entirely new way: they had to get them to realize that they wouldn’t be able to understand why someone was healthy if all they did was think about an individual’s personal choices or actions in

isolation. They had to look beyond the individual. They had to understand the culture he or she was a part of, and who their friends and families were, and what town their families came from. They had to appreciate the idea that the values of the world we inhabit and the people we surround ourselves with have a profound effect on who we are.

So is it really Mediterrean diet or Mediterrean lifestyle that works?

We have a lot of emphasis today on 'healthy lifestyle' but I don't see 'community' or 'family' being promoted. Have we missed something?

Also how do state agencies disrupt 'community'? Do our thoughts tend toward, 'they should do something about this' rather than 'we need to do something about this'?

Bible Society News

Sorry I am behind the curve but I wish to mark an end.

On Saturday 15 September, Halifax Bible Society Action Group held their Autumn Event with Lunch.

Sadly, this was the last event for the action group to organise because the Rev Stephen and Mrs Susan Bradbury are to leave Halifax, and this will mean the group would have only 2 members so it is time to close.

About 20 people attended the Autumn Event and £200 was raised. This means the total sent to Bible House this year is £1,150.

We count our last event as a success. Fortunately, most money, thousands of pounds, is sent by churches and individuals direct to the Bible Society and we hope this will continue.

Roger Shaw.

A FREE RIDE *Christmas poem (1)*

The emperor was short of cash
So he imposed a census
On all the countries under Roman rule.
He knew that Jewish factions
Might have violent reactions
So he sent extra troops in.
Augustus was no fool.

In the town of Bethlehem
The soldiers had no barracks:
Each had to find a billet for himself.
One said to the innkeeper
"Tonight I'm going to sleep here.
I'll be having your bed,
So you can use a shelf.

"My horse needs food and water.
I shall put it in your stable,
But animals and people can't go near,
For he is trained to fight them,
He will kick and he will bite them
And won't have any mercy
If they show signs of fear."

"No you can't," the landlord said.
"It's occupied already.
There's people with a baby in there now.
Just be a bit more caring,
For already they are sharing
The stable with my livestock -
A donkey and a cow."

All his pleas fell on deaf ears.
The horse went in the stable,
The soldier went into the inn to bed.
The innkeeper the next morning,
Just as the day was dawning,
Went to the silent stable
Thinking all were dead.

But there, to his amazement,
The occupants were sleeping.
The horse's head was on the woman's lap,
The ox and ass were dozing,
By the horse's feet reposing,
Meanwhile its mighty shoulder
Made a pillow for the chap.

But when the soldier got there
He flew into a temper.
His vicious horse was like a household pet.
"That beast's as good for fighting
As an inkless pen for writing,"
He said, "So you can keep it.
"A better mount I'll get."

That night Joseph, in a dream,
Was warned to leave the stable.
The baby was in danger if they stayed.
So they packed up their bedding:
For Egypt they were heading
Upon a Roman warhorse
For which they had not paid.

A Christmas Safety Notice

1. All members of the congregation planning to dash through the snow in a one horse open sleigh. going over the fields and laughing all the way are advised that a Risk Assessment will be required addressing the safety of an open sleigh for members of the public. This assessment must also consider whether it is appropriate to use only one horse for such a venture. particularly where there are multiple passengers. Please note that permission must also be obtained in writing from landowners before their fields may be entered.
2. To avoid offending those not participating in celebrations, we would request that laughter is moderate only and not loud enough to be considered a noise nuisance.
3. Benches, stools and orthopaedic chairs are now available for collection by any shepherds planning or required to watch their flocks at night, While provision has also been made for remote monitoring of flocks by CCTV cameras from a centrally heated shepherd observation hut. all users of this facility are reminded that an emergency response plan must be submitted to account for known risks to the flocks.
4. The angel of the Lord is additionally reminded that, prior to shining his/her glory all around, s/he must confirm that all shepherds are wearing appropriate Personal Protective Equipment to account for the harmful effects of UVA, UVB and the overwhelming effects of Glory.

5. Following last year's well-publicised case. everyone is advised that Equal Opportunities legislation prohibits any comment with regard to the redness of any part of Mr R Reindeer. Further to this, exclusion of Mr R Reindeer from reindeer games will be considered discriminatory and disciplinary action will be taken against those found guilty of this offence.

6. While it is acknowledged that gift bearing is a common practice in various parts of the world, particularly the Orient, everyone is reminded that the bearing of gifts is subject to Hospitality Guidelines and all gifts must be registered. This applies regardless of the individual. even royal personages. It is particularly noted that direct gifts of currency or gold are specifically precluded, while caution is advised regarding other common gifts such as aromatic resins that may evoke allergic reactions.

7. Finally. in the recent instance of the infant found tucked up in a manger without any crib for a bed, Social Services have been advised and will be arriving shortly'

MERRY CHRISTMAS!

Recipe for a Happy New Year

Take twelve whole months.

Clean them thoroughly of all bitterness, hate, and jealousy.

Make them just as fresh and clean as possible.

Now cut each month into twenty-eight, thirty, or thirty-one different parts, but don't make up the whole batch at once.

Prepare it one day at a time out of these ingredients.

Mix well into each day one part of faith, one part of patience, one part of courage, and one part of work.

Add to each day one part of hope, faithfulness, generosity, and kindness.

Blend with one part prayer, one part meditation, and one good deed.

Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play, and a cupful of good humour.

Pour all of this into a vessel of love.

Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.

You're bound to have a happy new year.

Author Unknown

Crossword Clues

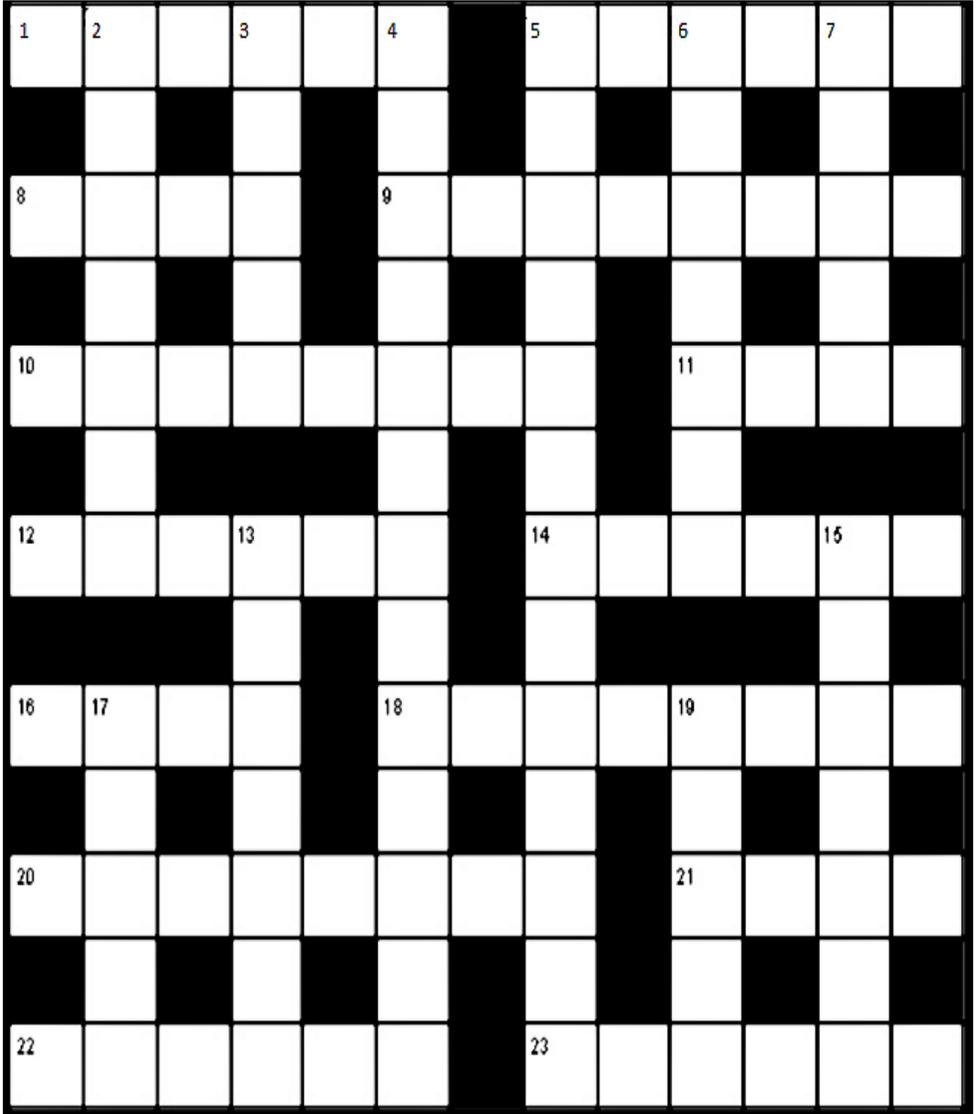
Across

1. An angel of the second order, usually portrayed as a winged child. (6)
5. A style of letters that slant. (6)
8. Firstborn son of Isaac and Rebekah. (4)
9. A round fungus that bursts at the touch. (8)
10. Don Quixote tilted at one thinking it to be a monster. (8)
11. Endorsement commonly seen on official correspondence from the government. (1,1,1,1)
12. Peace in Hebrew. (6)
14. Peninsula, comprised of Spain and Portugal. (6)
16. A long narrative poem. (4)
18. "Does it really matter what these affectionate people do—so long as they don't do it in the streets and ----- the horses! Mrs Patrick Campbell (8)
20. The writing on the wall for Belshazzar ? (8)
21. "Jesu grant me this I ----, ever in thy heart to stay" Hymn (4)
22. Caesar Augustus sent out one. (6)
23. They can be seen at the Tower of London. (6)

Down

2. A purified resin prepared from the flowering tops of the female cannabis plant. (7)
3. "At the ----- earth's imagined corners: blow your trumpets, angels." Donne (5)
4. Got hot under the collar at the font maybe ? (7,2,4)
5. A characteristic of the Pope apparently. (13)
6. Bishop of Milan , C4th Saint and Doctor of the church whose emblem is often a riding whip ! (7)
7. Arabic word meaning peace and submission to God. (5)
13. The fallen angel. (7)
15. To say, state, or perform again. (7)
17. "----- me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." Psalms (5)
19. St Augustine of -----, saint and pre-eminent Doctor of the Church. (5)

CROSSWORD



NORMA'S WORD SEARCH

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

MerryChristmas
 Wisemen
 Frankincense
 Bethlehem
 Mistletoe
 Decorations
 Holly

Star
 Peace
 Myrrh
 God
 Herod
 Angels

Gabriel
 Manger
 Mary
 Baby
 Maggi
 Shepherds

Food
 Jesus
 Joseph
 Donkey
 Turkey
 Sheep

CAN YOU FIND AT LEAST 15 DIFFERENCES BETWEEN THE 2 PICTURES

Journey of the Wise Men



Answers

Crossword

Across 1. Cherub 5. Italic 8. Esau 9. Puffball 10. Windmill
11. OHMS 12. Shalom 14. Iberia 16. Epic 18. Frighten 20.
Graffiti 21. Pray 22. Decree 23. Yeomen

Down 2. Hashish 3. Round 4. Baptism of Fire 5. Infallibility
6. Ambrose 7. Islam 13. Lucifer 15. Iterate 17. Purge 19.
Hippo

Norma's Wordsearch

This months message is:-

Merry Christmas and happy, prosperous and
peaceful new year to all.

From Norma.



GROUP CALENDAR

<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>What's on</u>
<u>Dec.</u>			
Fri. 7 th	7.30pm	Heath	Elland Male Voice Choir
Sun 9 th	After Morning Service	New Hope	Christmas Dinner
Sun 9 th	2.00pm	New Hope	Concert "The Promise"
Tue 11 th	12.00pm	New Providence	Christmas Lunch at Windmill Court
Wed 12 th	2.15pm	New Hope	Friendship Hour
Wed 12 th	7.30pm	New Providence	Sec/Treas. Mtg.
Sun 16 th	12.15pm	New Providence	Christmas Lunch
Sun 16 th	4.00pm	Heath	Messy Church
Tue 18 th	10.30am	Heath	Community Coffee Morning
<u>Jan.</u>			
Sun 6 th	After Morning Service	New Hope	Church Meeting
Thu 10 th	2.00pm	Heath	Elders Meeting
Wed 9 th	2.15pm	New Hope	Friendship Hour
Thu 10 th	7.30pm	Heath	Thursday Club New Year Party
Sun 13 th	4.00pm	Heath	Messy Church
Tue 15 th	10.30am	Heath	Community Coffee Morning
Wed 23 rd	2.15pm	New Hope	Friendship Hour
Mon 28 th	7.30pm	New Providence	New Provi Circle

PREACHER PLAN

HEATH URC, MANOR DRIVE, 10.30 AM

Jan. 6th Rev Justine Wyatt
Jan. 13th Mrs. Dawn Walker
Jan. 20th Rev Heather Pollard
Jan. 27th Mrs. Juliet Foster

NEW HOPE URC, WARLEY ROAD 10.30 AM

Jan. 6th Rev Heather Pollard
Jan. 13th Mr. Peter Oates
Jan. 20th Mrs. Juliet Foster
Jan. 27th Mr. Leyland Smith

NEW PROVIDENCE URC, KEIGHLEY ROAD 11.00 AM

Jan. 6th Mrs. Juliet Foster
Jan. 13th Rev Heather Pollard
Jan. 20th Ken Lees-Wolfenden
Jan. 27th Sue Lees-Wolfenden



PREACHER PLAN

HEATH URC, MANOR DRIVE, 10.30 AM

- Dec. 2nd Rev Heather Pollard
Dec. 9th Rev Daphne Hull
Dec 16th Rev Justine Wyatt
Dec. 16th Candlelight Service 6.00pm
Dec. 23rd Rev John Jenkinson
Dec. 25th Rev Heather Pollard 10.30am
Dec. 30th Group Service at New Providence

NEW HOPE URC, WARLEY ROAD 10.30 AM

- Dec. 2nd Mr. David Truswell
Dec. 9th Mrs. Juliet Foster
Dec. 16th Rev Heather Pollard
Dec. 23rd Mr. Alan Jowett
Dec. 30th Mrs. Juliet Foster

NEW PROVIDENCE URC, KEIGHLEY ROAD 11.00 AM

- Dec. 2nd Mrs. Juliet Foster
Dec. 9th Rev Heather Pollard
Dec. 16th Mrs. Dawn Walker
Dec. 23rd Mrs. Juliet Foster
Dec. 25th Joint Service with New Hope
Dec. 30th Group Service





“Lose some weight, quit smoking, move around more, and eat the carrot.”



Useful Numbers

Mrs J Simmons (Heath)	365355
Mr D Truswell (New Hope)	883908
Mrs S Wolfenden (New Providence)	244402
Heath URC.	www.heathchurchhalifax.org.uk
Providence URC.	www.providencechurchovenden.org.uk
URC web site:	www.urc.org.uk
Yorkshire Synod	www.urcyorkshire.org.uk
Robert Brook (editor)	robertbrook@sky.com 07811535832

February Deadline

All contribution need to be in by **FRIDAY JANUARY 11th** please. These can be either handed in to your church reps or stop press direct to the editor at:

robertbrook@sky.com

Late submissions may not be inserted.

Thank you.