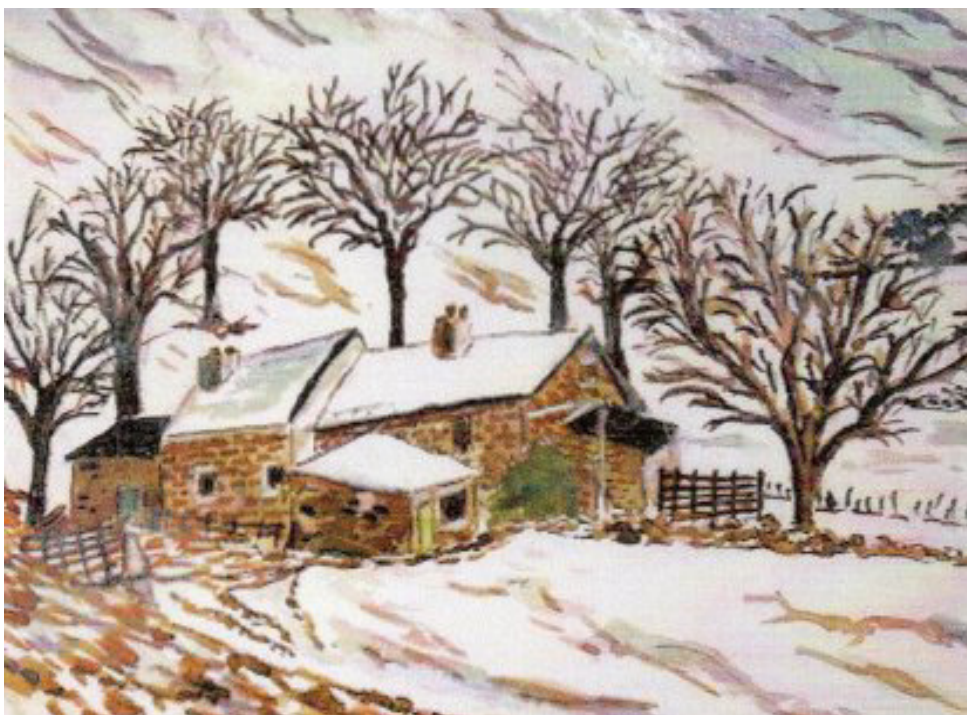


# HEATH LIVES

Number 4

**February/March 2023**



## **EDITORIAL**

We hope that all our readers and their families have had a good start to this new year and we wish you joy and prosperity over the months ahead.

Our lovely cover picture is a photograph of a watercolour, 'A Yorkshire Winter' by our own Jim Walker. Thank you, Jim, for sharing your talent with us!

We are happy to receive contributions from any of our readers so, if you have a story to tell or something to share, please let us know. This magazine should represent the lives of the people associated with Heath Church, and the local community and we all enjoy reading about other people. If you are unsure about writing for publication, please get in touch: we can have a conversation (over coffee, perhaps!) and write it together.

When you have finished with this magazine, please see if there is someone that you can pass it on to rather than putting it straight into the recycling bin!

***Our next issue will be April/May and will celebrate Easter.***



### **CHURCH CONTACT DETAILS**

**Services are held on Sundays at 10.30 a.m.** We are always pleased to welcome visitors.

Minister: Rev Heather Pollard. E-mail: [ministerhalifaxgroup@gmail.com](mailto:ministerhalifaxgroup@gmail.com)  
Or ring: 01422 248957

Church Secretary: Mrs Jane Simmons: [heathchurchhalifax@gmail.com](mailto:heathchurchhalifax@gmail.com)

Website: [heathchurchhalifax.org.uk](http://heathchurchhalifax.org.uk)

Dear Friends,

As I write this letter in early January the sky is dark, even though it's only eleven in the morning, and it's pouring with rain. Although the shortest day is behind us, darkness still falls towards the end of the afternoon. There's no wonder that many of us spend the winter months looking forward to longer, drier and warmer days! By the time you read this, perhaps there will be signs that Spring is just around the corner. It won't be long before the crocus bulbs provide a burst of colour to brighten our winter days.

FEBRUARY 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20	21 Shrove Tuesday	22 Ash Wednesday	23	24	25
26	27	28				

The calendar in our kitchen highlights three special days in February. The first is Valentine's Day on 14<sup>th</sup>. This began as a Christian festival honouring one or more martyrs called Valentine, but now it's more generally a celebration of human love and is often marked with the sending of

cards and gifts of flowers and chocolate. Whilst commercially produced cards tend to focus on romantic love, we might also want to think about love more generally and seize the opportunity to celebrate. God created us to love, to express that love to others and to receive love, and he set the greatest example of love, giving up his only son for us.



This year, Valentine's Day is followed just a week later by Shrove Tuesday, known to some as Pancake Day. Ash Wednesday follows on 22<sup>nd</sup>, marking the beginning of Lent and pointing us towards Good Friday when the love of God comes into sharp focus as we think of Jesus on the cross and look forward to celebrating his resurrection on Easter Sunday.

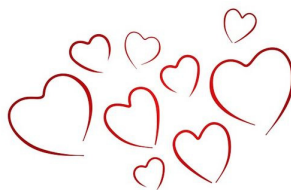
Lent is often thought of as a time to give things up, and over the years I've given up chocolate, cheese and a few other favourites. Whilst giving up a favourite food can be helpful to the waistline, I've never found it to be particularly beneficial spiritually. If it's meant to make us more aware of and resistant to temptation I think it rather misses the mark, as the temptations we face in daily life are often more serious than whether or not we should eat cheese or chocolate.

In recent years I've preferred to take something up, rather than abstaining from treats. It can be more helpful spiritually to explore a different way of praying during Lent, or to just sit in silence for a short time every day. Similarly, much can be gained from following a different Bible-reading plan or attending a Lent course.

There are also practical things that we might take up, and, with our focus on love refreshed on Valentine's Day, we might think about how to share love, God's and ours, with other people.

Writing about love in a letter to the church in Corinth in Greece, St Paul said that "Love is patient, love is kind" and he went on to describe how that love, that kindness, can be lived out by not being envious, boastful, proud, rude, self-seeking, easily angered or unforgiving. Perhaps this Lent could be a time to work at abstaining from those negative traits, so that our relationships with others may be more loving. However, perhaps we need to go further than this, because love, with its traits of patience and kindness, sounds so much more positive.

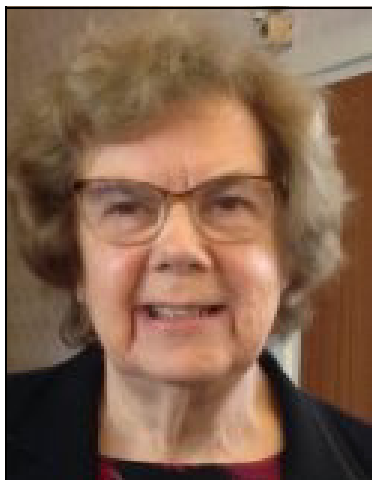
In recent years there has been a trend for doing "random acts of kindness" and since 2004 an annual "Random Acts of Kindness Day" has been held on February 17<sup>th</sup>. The possibilities are almost endless. Some people have paid for a stranger's meal in a restaurant. Others have bought flowers or baked a cake for a neighbour, or offered a friendly wave and a smile whilst passing by. Showing love needn't be expensive or very involved. A compassionate phone call made, a greeting-card sent, a door held, even an ear and heart to listen are all gestures which communicate love and can make such a difference to the other person.



Whether we start on Valentine's Day, Random Acts of Kindness Day, or at the beginning of Lent, we have the potential to make the world a better place as we share love with others. It might become a habit that will continue for the rest of this year, and beyond, and perhaps next January will feel a little less gloomy.

God bless,

*Heather*



*Congratulations to*  
*REV DAPHNE HULL*

*On the occasion of the*  
*60th Anniversary of her*  
*Ordination.*  
*From all at Heath with love*

### **ENGLISH AS SHE IS SPOKEN**

I take it you already know  
Of tough and bough and cough and dough?  
Others may stumble, but not you  
On hiccough, thorough, laugh and through.

Well done! And now you wish perhaps  
To learn of less familiar traps?  
Beware of heard, a dreadful word  
That looks like beard and sounds like bird.

And dead: it's said like bed and not like bead –  
For goodness sake don't call it "deed"!  
Watch out for meat and great and threat,  
They rhyme with suite and straight and debt.

And cork and work and card and ward,  
And font and front and word and sword,  
And do and go and thwart and cart –  
Come, come, I've hardly made a start!

A dreadful language? Man alive,  
I'd mastered it when I was five.

*from: Real life English website*  
*Attributed to T.S. Watts*

## CANDLEMAS



On 2nd February the Church celebrates Candlemas, or the Festival of Light, honouring the returning light as it warded off evil and death, and as a symbol of protection and prosperity. The first mention of this was in the late 4th century AD, when it was held on 14th February, being 40 days after Epiphany, which was taken as the birth-date of Jesus. However, later, Christmas was moved to 25th December, usurping three pagan celebrations: the Saturnalia (during which people feasted and exchanged gifts), the birthday of the

Indo-European deity Mithra, god of light and loyalty whose cult was at the time growing popular among Roman soldiers, and that of Sol Invictus, the Undefeated Sun, which marked the return of longer days after the winter solstice. So Candlemas in its turn, was moved to 2nd February, maintaining the 40 day interval between the two celebrations. This also helped to overshadow other pagan rituals such as the Roman torchlight processions during the month of February to purify the earth at the end of winter and to revive fertility, and their festival of Lupercalia which saw young men sacrificing goats, then dressing in animal skins and striking women on the hand with goatskin whips which was said to enable easy childbirth for the pregnant and fertility for others. Due to excesses, this festival quickly fell into disrepute and the then Pope banned it, replacing it with Candlemas.

This Christian festival also marks the end of Christmastide and commemorates the occasion on which the Virgin Mary, in accordance with Jewish law, went to the temple for purification and to present her first-born son to God. This was when Simeon prophesied that 'This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against.' Jesus' role of bringing light to pagan nations made the connection easy, and still today various traditions are associated with the festival such as eating pancakes, watching for the groundhogs, or eating corn-based foods.

Since Candlemas honours the end of winter and the return of light, so various proverbs link it to the weather, to the cold or the return of the sun. Here are two examples:

"If Candlemas Day be fair and bright, winter will have another fight."

"If Candlemas Day brings cloud and rain, winter won't come again."

## LAYING THE CORNERSTONE

***Heath Beginnings including Extracts from The Halifax Courier,(Saturday, June 22<sup>nd</sup> 1889) and the Heath Founders' Minutes***

Extracts are in italics, and summarised and background information in normal type.

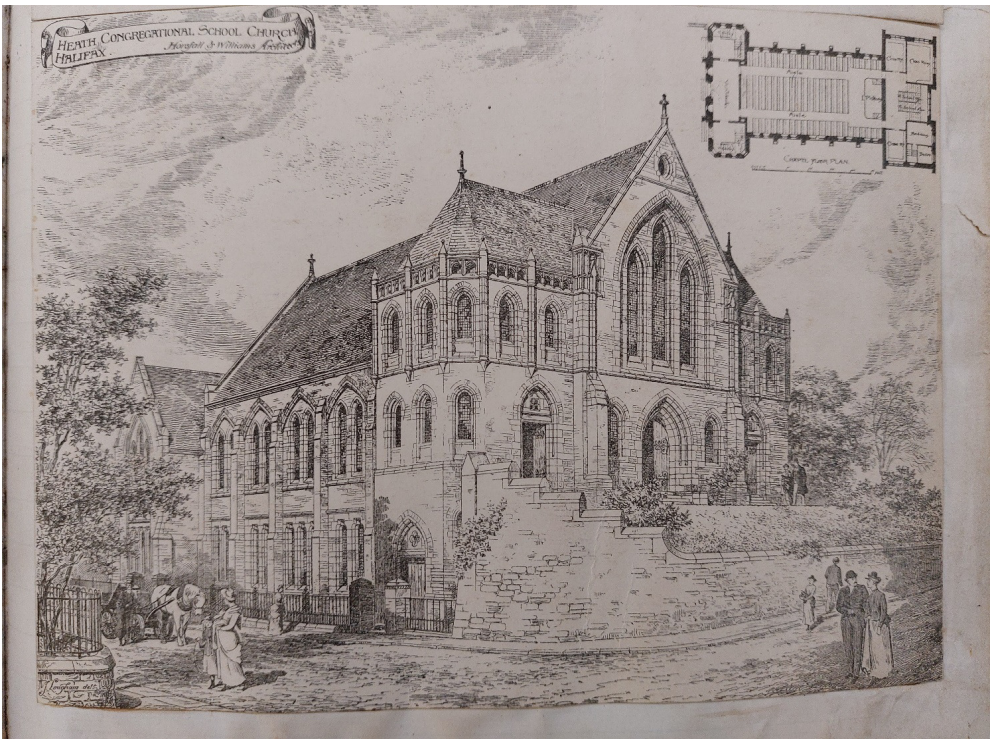
*On Saturday afternoon [June 22<sup>nd</sup> 1889], in the presence of a very large concourse of people, and in beautiful weather, the cornerstone of a new Congregational school-church in Free School Lane, Skircoat, was laid by Mr Edward Crossley M.P. The entire project..... comprises both church and Sunday schools, to serve a district which is being rapidly developed, and in which very many houses have been erected within the last two or three years. But as the cause is an entirely new one here, only the schools are being proceeded with at present, one portion of these buildings to be fitted so as to serve for Congregational worship. The site is on the south side of Free School Lane, a little above Heath Villas, and immediately adjacent many new dwellings are being built, so that shortly there will be quite a large population in and near this thoroughfare which, but a few years ago, was little more than a country lane.*

*This land was purchased from Messrs. Parkinson and Bower, who had bought a considerable area forming part of what was known as the Heath estate; and the preparation of plans for the new buildings was entrusted to Messrs. Horsfall and Williams, architects, of Halifax. The cost of the buildings which are now being put up is estimated at about £5 000.*

Discussions about the need for more space for religious worship on the south side of Halifax began 16 or 17 years before. An earlier attempt to build a church on Haugh Shaw Road came to an end with the death of Thomas Nicholl of Carlton House, who had offered the land. In February, 1886, after various reports, recommendations and inaction, a meeting convened by Mr. Alfred Oakes, was held at the house (Springfield) of Mr J.D. Taylor, of Congregationalists residing near Savile Park. By March a resolution was passed by the ministers and deacons of the five Congregational churches in Halifax (Square, Sion, Park, Stannary and Harrison Road) pledging their prayers and support for a new Congregational Church in Savile Park.

*Edward Crossley MP (of the Crossley carpet-making family) was a prime mover in the discussions and actions leading to the founding of Heath Congregational Church. He had a taste for detail, and if he was at a meeting he was invariably appointed chairman. Not surprisingly, he was chosen to lay a corner stone of the church in 1889, though he refused the customary gift of*





*a silver trowel offered by the architect. Tolerant of other Christian disciplines, he said the church was not being put up in “any spirit of antagonism or indeed of friendly rivalry” with St Jude’s which was being built on the other side of the road.*

**June 4<sup>th</sup> 1890.** (Founders’ Minutes) *There was a crowded congregation at the opening service which was conducted by the Rev. Thomas Green, M.A., Chairman of the Congregational Union of England and Wales.*

At the time of the opening service, there was room for 350 scholars and a congregation of 450.

There are some interesting facts about the Heath building:

The reason for the purchase of the large area of land, where Warwick Close now is, was that there was an intention to build a ‘church proper’ next to the school building which is our current building.

The vestry is described as being on the school floor and “access thereto is gained by a staircase passage under the rostrum”. Yes, that is our narrow back staircase. Ministers and elders were clearly expected to be agile.



The eagle eyed amongst you will notice that the architect's drawing shows a 2 storey, gable fronted structure where our current extension is. The plan was that when the whole scheme, including the separate church, was complete, the downstairs corridor would be extended and the large room (our present hall) divided into classrooms.

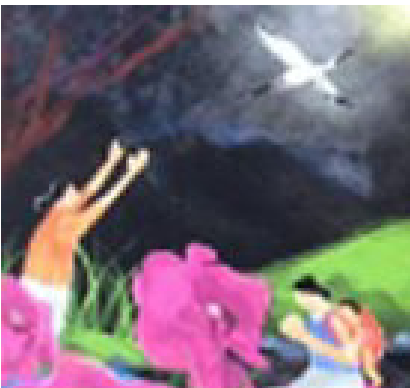
A bottle containing a set of coins, programmes and local papers was placed in a cavity below the cornerstone. Interestingly a bottle containing records of the centenary events in 1990 was put in place. I must confess to knowing neither where the cornerstone is, nor where the 1990 bottle was placed. No doubt someone will enlighten me.

*The style of the building is Early English and is boldly treated. The school will be on the ground floor with entrances on the level from the east side. It will comprise an assembly room 40ft by 35, and four classrooms. The chapel will front to Free School Lane. The front of the building will be rather elaborately treated....There will be three entrances at the front, approached by a raised terrace now in course of formation. The contractors for the work are – mason, Mr Edwin Navilor; joiners, Messrs C. and W. Whitely, Rishworth; slater and plasterers, Messrs Rushworth and Firth; plumbers, Messrs S. and W. Jagger; painter, Mr Stainton.*

*Jane Simmons*

## **WORLD DAY OF PRAYER**

This year's World Day of Prayer falls on Friday, 3rd March. The service, to which everyone is invited, is entitled **"I have heard about your faith"** and was prepared by the women of Thailand.



Please look out for further information regarding time and venue for this annual worldwide prayer time.

If you have any questions, please see Gunhild.

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## ***THE END OF WINTER***

I love to watch a thaw.  
I can stand for a long time  
At the window, looking out,  
Watching,  
As the snow dimples on the lawn  
And retreats slowly from the roofs and streets,  
Tiny flake by tiny flake,  
Nanometre by nanometre,  
So slowly that I can't see it happen,  
Only that it has happened  
The top of the fence clears and steams  
In the wintry sun,  
Tufts of grass begin to appear,  
The washing line has dropped its burden of snow.  
I love to watch  
Icicles dripping from the eaves,  
One slow drop at a time,  
Drip,  
    Drip,  
        Drip  
As the wicked witch's spell is broken  
And the iron grip of winter  
Relaxes to release the world.

*G. Wassell*



## **MAGAZINE DEADLINE**

Please ensure that all contributions for the December issue of Heath Lives  
are received by the editor before

**9 a.m. on Friday 3rd March 2023**

We welcome all contributions but publication is not guaranteed.

Send to: [garmetnr@outlook.com](mailto:garmetnr@outlook.com)  
or hand to Gemma or to Anne Boyd

Please note that inclusion of an article does not necessarily mean that the  
Editors agree with the sentiments expressed.

## ***RAMBLING AROUND SKIRCOAT.....Part One***

.....Can lead you to some places of considerable historical interest. Although Skircoat Green may now be regarded as the area from Manor Heath Road to Calderdale Royal Hospital, the original township extended from Clover Hill to the bottom of Salterhebble Hill and up past King Cross to Willow Field, including the whole of Copley.

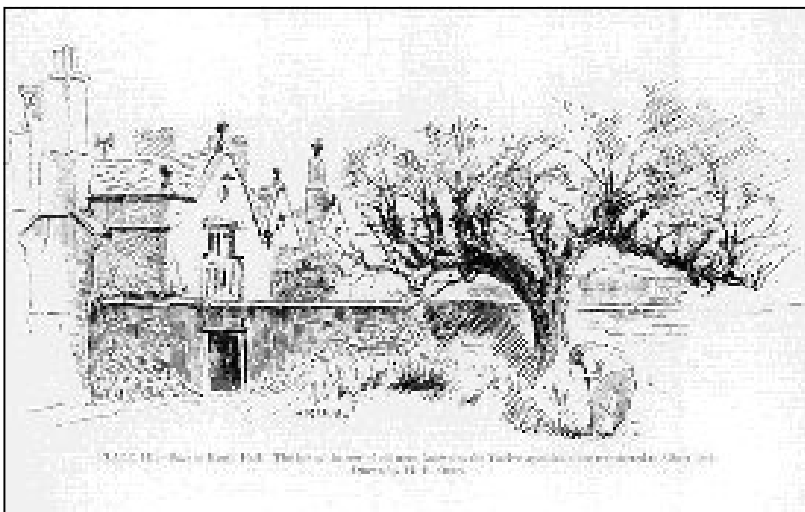
Skircoat Moor has over the years hosted many events: among them horse-racing, fairs and agricultural shows and in the mid-nineteenth century, local Chartist meetings, for there was strong local interest in the cause. From 1836 to 1854 the Chartists campaigned widely for electoral reform, with a six-point 'People's Charter', to give working men the vote. The Chartists hoped that the problems of food shortages, poor pay and bad working conditions could be dealt with through parliament. Many protest meetings were held throughout the country and in 1842 a great meeting was held on Skircoat Moor, with the speakers standing on walls where the Crossley and Porter Orphanage was later to be built. The following day thousands of people converged on Salterhebble where they attacked a company of dragoons who were returning from Elland after escorting a number of Chartists to the train bound for Wakefield Prison. The Moor was also the venue for drilling and manoeuvres carried out by the 2nd West Yorkshire Yeomanry and the Volunteers, for it was common land.

It was suggested that Skircoat Moor would make a good recreation ground. In 1866, the owner, Henry Savile, who was Lord Mayor, approved the idea and offered the Moor to the Town Council for the nominal sum of £100, despite it being worth approximately £40,000 at the time, stating as a condition that every effort should be made to reduce the amount of smoke in Halifax which was adversely affecting the health of the townspeople. 'The Moor' took the name of Savile Park and the maintenance of the area as an open stretch of land for recreational purposes has led it to be dubbed 'the lungs of Halifax'. In 1939 at the start of the Second World War, much of it was ploughed up as part of the Dig for Victory campaign and was used to grow wheat and potatoes

'The Orphanage', mentioned above, was founded by John, Joseph and Francis Crossley at the top of Savile Park, and was opened in 1864. After Thomas Porter made a substantial contribution to its cost and upkeep, it took the name of the 'Crossley and Porter Orphanage and School.'

Coming down Free School Lane we come to what was Heath Grammar School. It was founded by a charter granted by Queen Elizabeth 1 in 1585 but did not actually open until 1600. The chief figure behind the school was that of Dr John Favour, who became Vicar of Halifax in 1593. He was a great one for making puns on his surname and this is demonstrated in the school motto, 'Digni et vos este favore', translated as 'You too be worthy of favour'. The gates were erected after the Second World War, paid for by public subscription. In the 1720s the school was nearing bankruptcy and almost entirely without staff, but by 1777 it was on a firm basis once more, though details of its turnaround are hard to find, and plans were made to enlarge and rebuild it.

It is noticeable that the inscription above the entrance of the school shows an incorrect spelling of 'Grammar' as 'Grammer'. The glazed apple and



Back of Heath Hall and last of Twelve Apostles  
by courtesy of Halifax Central Library

p e a r  
w i n d o w  
a b o v e  
t h e  
e n t r a n c e  
w a s  
i n c l u d e d  
w h e n  
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e x i s t s  
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amalgamating with Crossley and Porter School, Heath closed and 400 years of grammar school history sadly came to an end. However, in 2015 Savile Park Primary School arrived on the site to continue this educational tradition.

Turning down Heath Road, we come to the site of Heath Hall which stood near Albert Park. Originally built in 1689, the later version of the house was finally demolished in 1901, making way for the houses which stand there today. Several trees from those known as The Twelve Apostles, which originally stood near Heath Hall, were transplanted to Albert Park.

Not far away was Well Head, famous for its water which has always been abundant and clear. In former days, much of it was piped into town where its quality was so appreciated that connoisseurs in the town hostelrys would ask for a 'whisky and Well Head.' The former Georgian mansion at Well Head, which dated from 1761, was for many years the home of the Waterhouse family, one of whom, John Waterhouse, was a scientist of distinction who brought back many rare plants from his world travels. The building was demolished in 1975. The neighbouring house, known as Old Well Head and which bore the date 1736, was demolished in 1961 to make way for flats.

(Part Two in our next issue)

*Derek Bridge*

### ***Before dark.....***



*brief winter twilight  
an open door, women's laughter  
A lamp put out.....*

*the late vendors  
quit the market, muffled talk  
one last look back.....*

*red flames burst  
from a vagrant's fire, men gather  
on a vacant lot....*

*night, the coat each  
day slips into smoothly, is given  
to the lost.....*

*Michael Collins*

## SABBATH REST

*'In six days I made the heavens and the earth.  
I made the oceans and everything in them.  
But I rested on the seventh day.  
So I blessed the Sabbath day and made it holy.'*

The commentator writes:

AFTER SEPARATING LIGHT AND DARKNESS, SKY and earth, oceans and continents, after planting trees and flowers, moulding finches and zebras, after breathing into humanity the breath of life, the Bible says God **rested**. He paused. He stopped, not to catch His breath, but to survey, celebrate and enjoy all His accomplishments. He wanted to watch black-eyed Susans (sunflowers) bloom, hawks soar, and the first man and woman explore their new home. He wanted to listen to coyotes yip and howl, to the starling's song and to the thunder of waves crashing on the shore. He wanted to walk around and feel the grass under His feet.

It's a very intimate invitation that God extends to us, His children, to join Him in this cycle of work and rest. Once a week we pause and set our work down next to His and look at our combined accomplishments together. Whether we dug wells or wrote poems, mopped floors or stopped crimes, He grabs us by the hand and dances around with us. We did it! He did it! And it's all worth celebrating. 'It's good,' He says, 'It's very good.' In that moment, we begin to understand on a whole new level how much we matter to him.

And when with grief you see your brother stray  
Or in a night of error lose his way,  
Direct his wandering and restore the day.  
To guide his steps afford your kinder aid  
And gently pity when you can't persuade.  
Leave to avenging Heaven his stubborn will  
For, o remember, he's your brother still.

Jonathan Swift



## ***GIVE A MAN A FISH....***

In March 2020, as a direct response to the COVID19 pandemic, at Noah's Ark we opened a food bank. Never having previously provided food support we embarked on a swift learning curve. Managing a food bank is challenging: plenty of issues around purchasing and managing stock, sustaining the provision in the longer term, making sure only those in need are supported and ensuring a holistic approach so as to prevent our food parcels perpetuating food poverty.

We felt early on in our food journey that a variation on the old adage of "Give a man fish, feed him for a day..." was appropriate. More along the lines of "Give a man a food parcel, feed him for a few days. Teach him how to budget, maximise his income & minimise his expenditure, become debt free and get a job, then you feed him for a lifetime!"

For almost 3 years that's exactly what we've been doing. All of our client conversations around food parcels start with the question: why do you need a food parcel? We don't seek to deny anyone in need a food parcel but understanding why someone needs help better enables us to support them to not need help in the future. This is an approach that doesn't perpetuate food poverty.

To give you an example of a typical client journey following our initial question of "why?":

Debt advice – our core activity at Noah's Ark is the provision of debt advice. We run one of the most successful advice projects in the country. In the last 5 years alone, we've helped over 1,300 families to become debt free: this is a very significant achievement. In 2021 the city of Leeds (with a population four times the size of Calderdale) helped 284 families to become debt-free through the



use of the Debt Relief Order. At Noah's Ark in 2021 we helped 282 families become debt free: hopefully that gives you an idea of the scale of our activity. In 2022 we helped almost 360 families out of the misery of being in problem debt.

Money advice - the maximisation of income and minimisation of expenditure goes hand-in-hand with our debt advice service, whether it be help with a benefit claim or rent top-up through to a referral for support around home insulation or switching broadband supplier.

Budgeting support – over the last couple of years we've really focussed on our Budget Like a Boss!!!! financial capability training provision. We've helped hundreds of individuals to learn how to budget, prioritise their bills, understand how to stay debt free and save for the future.

- Many clients fail to properly prioritise their expenditure. 94% of our clients are behind with at least one priority bill, with 77% behind with their council tax. Our courses teach clients the consequences of non-payment of certain bills and how to go around ensuring they're always paid.
- Most of our clients were never shown how to create a budget and manage their finances. It wasn't taught in school and often their parents were not the best role models.

Employment support – for the majority of people the route out of poverty is often employment (not for everyone though). There are some really good employment projects in Calderdale that support those with barriers into employment that need additional support.

We are blessed at Noah's Ark to be able to make a genuine difference to the lives of the clients we work with: our work is incredibly rewarding and we're thankful to be given the opportunity to do it.

*Andrew Sykes*

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## **PRAYER AND REFLECTION**

It helps, now and then, to step back and take a long view. The kingdom is not only beyond our efforts: it is even beyond our vision. We accomplish in our lifetime only a fraction of the magnificent enterprise that is God's work.

Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.



Photo by [Francesco Gallarotti](#) on [Unsplash](#)

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own.

*Ken Untener, Saginaw.  
URC 'Bang' newslett*

# ***THE OUTBACK—IN HALIFAX***

*By Sarah Waddinton*

The Outback community kitchen and garden is a project of Calderdale charity Halifax Opportunities Trust. Completed in 2012, The Outback aims to help people improve their health and wellbeing through access to gardening, growing food and cooking activities, and it is a safe, peaceful and accessible green space for local people to spend time in and enjoy. Based in the heart of the Park Ward community, central Halifax, the one-hectare site runs on organic and sustainable principles and the thriving garden is packed full of herbs, fruit and veg. There are lots of interesting areas for local people to explore where they can learn more about the natural environment, whilst the straw-bale kitchen situated within the garden provides a perfect space for the local community to gather and cook food. The Outback offers kitchen and gardening volunteering opportunities for people of all ages and abilities, giving people the chance to get involved in this fantastic community project and learn new skills as well as to connect and socialise with other people. This year the Outback has also offered Gardening Workshops, a Gardening for Wellbeing course and Plot to Plate cooking sessions using the seasonal produce from the garden. All fresh produce grown in the garden is either used in community cooking activities or sold from the Outback's pop-up shop which is open every Tuesday and Thursday morning from 11am – 1pm during the growing season between March and October



As a response to the Covid pandemic back in 2020, teams from Halifax Opportunities Trust set up a weekly community meals service, using donated surplus food and fresh produce from the garden. The community food team and kitchen volunteers cook a hot, healthy meal every Tuesday in the Outback kitchen which is available for anyone to come and collect at 12.30pm. The demand for the 'Tuesday Takeaway meals' has remained high and so the service will continue to be provided over the winter months.



The Outback Garden is home to many plants, crops and local wildlife; all of which are a result of the organic ethos and practices adopted, no chemicals whatsoever are used in the garden. Organic growing methods keep the plants healthy and the edibles delicious. The garden has many hidden nooks and biodiverse spaces. From planters to ponds, woodland to wetland; all areas have been considerably built to invite a multitude of creatures and animals.

There are 2 beehives onsite at The Outback, and the Park Ward Pollinators; a local community project, has been set-up to enable people to learn more about beekeeping. Our 'Pollinators' come together every Tuesday morning to care for and maintain the hives. This year the Park Ward Pollinators harvested the first batches of honey from hives; this proved very popular and the honey flew off the shelves in the Outback pop-up shop.

The Outback Community Kitchen and Garden is available for other community groups and local organisations to hire; each week two local primary schools bring classes of children to visit the garden, and the Outback frequently hosts events for the local community. To find out more or to arrange a visit, please get in touch: [sarah.waddington@regen.org.uk](mailto:sarah.waddington@regen.org.uk) or by phone 01422 342552.

## ***BOXING CLEVER***

My name is Jason Whitaker, I'm married to Steph, we live on Second Avenue on Manor Drive and I run the appropriately named "Jason Whitaker Boxing Fitness" at Heath Church, which I have been doing since 2019.

My own boxing journey started in 1989 when I was 16 years old and a new member of the Halifax Star Boxing club where I would box competitively for the next 7 years, fighting in tournaments around the country. Then I took the plunge and turned professional for another 3 years. Alongside my boxing career, I worked as a printer, spending many years at the Halifax Evening Courier and then the Yorkshire Post before working for smaller local commercial printers. Redundancy plagued my printing career many times before I decided to turn my back on that trade and go back to my first love of boxing.

Training fighters or working in a gym environment was not something I was passionate about: instead, I saw an opportunity to help regular people improve their fitness and mental health using authentic boxing skills. I do this via padwork, which is the use of hand-held pads which boxing trainers hold for the boxers to punch at. I teach real unwatered skills; all the punches, footwork and defensive movements are taught with patience and passion. It is very similar to learning how to dance and can be done by those of all fitness levels, ages and abilities. As well as fitness, the sessions give people confidence and clarity of mind: letting yourself escape the world for a while and just focus on yourself is a pretty valuable



way to spend some time these days. I do some group sessions but the bulk of my work is one-to-one or two-to-one private sessions, of which I do quite a lot - I can be in the Heath building up to 20 times a week, morning, noon and night so know it pretty well

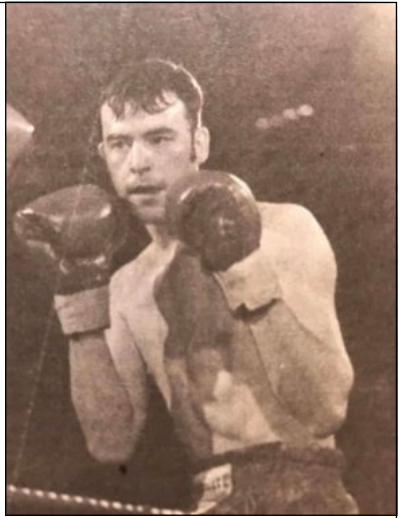


by now, and I value the relationship and trust I've got with the people I now know from there (shout out to Jane, Gill, Jude and everyone else whose name I've forgotten!).

Heath URC has been part of my boxing fitness sessions from the beginning and their continued support is appreciated more than they can know.

*Jason Whitaker*

(Ed's note: Jason, we are delighted to have you with us! Long may the relationship continue).



## *Lesser Known Knights of the Round Table*

*The knight who was afraid to fight: Sir Render*

*The knight no-one believed: Sir Real*

*The knight too big to sit at table: Sir Round*

*The knight who designed the table: Sir Cumference*

*The undercover knight: Sir Veillance*

*The knight who was never killed in battle: Sir Vivor*

*The knight who exceeded expectations: Sir Passed*

*The knight who showed up unexpectedly: Sir Prize*

*The knight who overcame obstacles: Sir Mount*

*The knight who funded the kingdom: Sir Tax*

*The knight who kept the maps up-to-date: Sir Veyor*

*The knight who drank too much: Sir Rhosis*

*The knight who stood in for the king: Sir Rogate*

*The knight who stood out amongst the rest: Sir Perb*

*The knight with the fragile ego: Sir Amic*

*The knight who performed in three rings: Sir Cus*

*The saddest knight of all: Sir Rowful*

*The knight who wasn't needed: Sir Perfluous*

*The knight who liked to dance: Sir Prance-a-lot*

*Submitted by Jim Walker*

## ***PEACE IN EXISTENCE***

....the group egoism which springs from self-preservation and leads to competition and struggles for power, is threatening humanity with collective suicide. Even if that can be prevented, the egoism is already leading to societies of segregation. Wherever tensions and conflicts arise today, peace is established, not through reconciliation but through division, expulsion, separation, apartheid and ghettos. Even without race and class conflicts, we are producing social divisions: the elderly in old people's homes, the sick in hospitals, the mentally ill in institutions, and so forth. Then the people who have 'made it' and got on in the world have things to themselves, and can divide up the spoils of gross national product. Doctors estimate that about 50% of the mentally ill would not have to be in hospital if their families would take them. But the urban social structure is intolerant. The same applies to the elderly in old people's homes. If in our society the struggle for existence continues in this hardly civilised way, even the capable will only survive for a limited time - as long, that is, as they are neither ill nor old.....Sickness and old age are then merely evils which have to be repressed. The incurably ill and the old are treated accordingly, not to speak of the way in which people die in our hospitals.

A new view of sickness, age and death belongs to an ethics of peace in existence.....It is only if an ethic of 'peace in existence' surmounts every ethic of struggle that we shall reach a state in which the healthy learn from the sick and the young from the old and the living from the dying; when rich nations learn from poor ones, show interest in them, and feel solidarity with them because of that interest

Extract from Science & Wisdom  
by German theologian Jurgen Moltmann

Submitted by Michael Campling

@@@@@@@@@@@@@@@@

Great faith is not the faith that walks always in the light and knows no darkness, but the faith that perseveres in spite of God's seeming silence, and that faith will most certainly and surely get its reward.

Fr Andrew SDC

## **ACTIVITIES IN HEATH CHURCH**

On the third **Tuesday** of each month at 10.30 a.m., a **Coffee Morning** is held in the Lounge (using the Manor Drive entrance). Everyone welcome.

On the second **Thursday** of each month in the evening, we hold meetings of the **Thursday Club** . We welcome new members.

### **Jason Whitaker Boxing Fitness.**

Boxing padwork sessions available for all fitness levels and abilities including group classes, 1-to-1s and 2-to-1s.

FB: Jasonwhitakerboxingfitness

Tel: 07929372498

### **Kim's Dance and Movement:**

**Tuesdays 10am** - Adult Beginners' Tap Class. Suitable for complete beginners or a little bit of tap experience in the past and needing a basic recap.

**Tuesdays 11am** - Adult Intermediate Tap Class. Anyone from 18-80 with previous knowledge or experience in tap dancing. Fun class.

**Thursdays 11am** - Move & Groove Dance fitness. Over 18's Aerobic-style fitness class. A nice feel-good class with a mixture of songs/routines including salsa and Cha-cha. All abilities as you can take it at your own pace.

Contact Kim on 07747 867706 or Facebook @kimsmoveandgroove

### **\*Move to Improve\* standing and seated exercise classes with Heidi.**

Help Improve your balance and posture, and strengthen muscle & bone plus improve your overall fitness.

Wednesday 2pm Back to Basics Gentle keep fit.

Friday Gentle keep fit 10am & 11.10am.

Please contact Heidi 07791869594

Email [heidimolle@googlemail.com](mailto:heidimolle@googlemail.com)



# WEEKLY ACTIVITIES AT HEATH

Regular bookings at Heath United Reformed Church September 2022

All activities and hire times are subject to change.

TT = Term time

S= Seasonal

V = Variable

O = Occasional

Day	User	Time	Location
Monday	Janet's Eazi Dance	2-3	Hall
	Steph's Community Choir	2-3	Upstairs
	Kim's music lessons (may vary)	4-5.30 TT V	Upstairs
	Laurie's music lessons	4-5 TT V	Lounge
	Beavers	6-7	Lounge/Hall
	Cubs	6.30-8	Hall
	Halifax Philatelic society	7.30-9 (2 <sup>nd</sup> Monday)	Lounge
	Halifax Symphony Orchestra	7-9.30 S roy-biggs@halifaxorchestra.org	Upstairs
Tuesday	Kim's dance class	10-12 07747867706	Hall
	Community Coffee Club	10.30-12 (3 <sup>rd</sup> Tuesday)	Lounge
	Yvonne's Tai Chi	12.45-3.45	Hall
	Kim's music lessons	4-8 TT V	Upstairs
	Scout District Meetings	7.30 – 9.30 V	Lounge
Wednes day	Kim's music lessons (may vary)	10-12 TT V	Upstairs
	Heidi's cardiac rehab	2-3 07791869594	Hall
	Jason's Boxercise	7-8 V 07929 372498	Hall
Thursday	Kim's dance class	11-12	Hall
	Thursday Club	7.30-9 (2nd Thurs)	Lounge/visit
Friday	Sign and Sing	9.45-12.45 TT	Lounge
	Heidi's cardiac rehab	10-12	Hall
	Kim's music lessons	4-5.30 TT V	Upstairs
	Janet's Eazi Tap	6-7	Hall
	Scouts & Explorers	7.30-9	Hall/ Lounge
Saturday	Kim's music lessons	9-11 TT V	Upstairs
	Calderdale Chess League	2-7 O 07504 598590	Hall
Sunday	Worship	10:30-11:30	Upstairs
Variable	Jason's 1:1 Boxing skills	V 07929 372498	Meeting Rm 2

For further details, see page 19

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