

HEATH LIVES

Number 7

August/September 2023



EDITORIAL

This is our anniversary edition—yes, we have been going for a whole year now. We would like to thank all those people who have taken the time and trouble to write something, whether about their own lives or about something that interests them: Derek Bridge, with his local knowledge, has been a stalwart contributor as has Michael Collins with his poems. I am sure that there is still a lot of untapped talent among our readers! Let me repeat that if you are not confident about writing, let's get together and you can talk to me and I will write it all down for you.

The apple trees in our Manor Drive garden are not quite as prolific as the ones on the front cover but the vegetables seem to be doing well. Jude and John deserve our gratitude for their loving care in building such a lovely space for our enjoyment.

The beautiful illustration on page 5 is by Andrew Simmons—thank you, Andrew, for rising to the challenge and producing such a perfect illustration. What talent there is in our community! The pictures used on pages 11 and 19 are from the Unsplash website.

Our Christian Aid May Books and Butties Day raised £600—well done all.



CHURCH CONTACT DETAILS

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

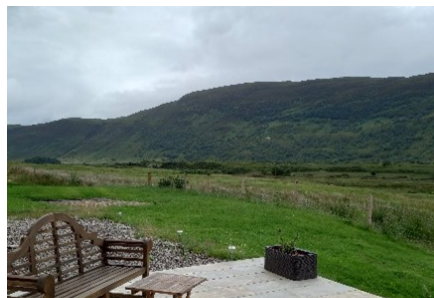
Minister: Rev Heather Pollard. E-mail: ministerhalifaxgroup@gmail.com
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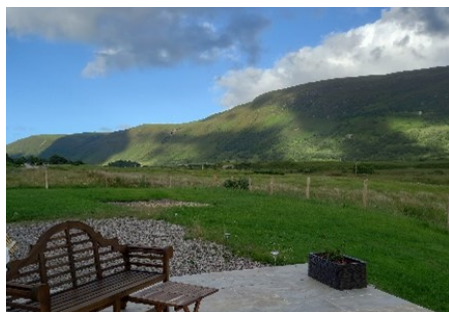
Website: heathchurchhalifax.org.uk

Dear Friends,

I'm writing this during the first week of July. In June, I spent a week on retreat in Pembrokeshire in South Wales and went to North West Scotland on holiday



These photos were taken on the same day, from the patio of the cottage we rented in Scotland. At breakfast time the scenery was obscured. By mid-morning the low cloud and mist had dispersed, and at 7.45pm there was some blue sky and sunshine. As we've stayed there several times we're familiar with the scenery, so at breakfast time we knew what we couldn't see!



I was reminded of a holiday spent in Llandudno in North Wales over 40 years ago. Those who have been there are likely to remember the "Great Orme". Although it's apparently as well-known as our Piece Hall, I hadn't heard of it until a friend told me that I would like it. What my friend omitted to tell me is what it is! For the first few days of our holiday there was a sea fret, so although we saw signs pointing routes to the Great Orme we had no idea what it was. What a surprise we had when the mist cleared and we could see the famous feature and discover that it's an impressive headland which is easy to see from the seafront and from many of the town's streets.

The retreat centre in Pembrokeshire is close to the top of a hill and has views of the valley below and the hills on the other side of it. When we were there in June the weather was exceptionally good, and rather too warm for me; however, several times during the week the mist rolled in and we could barely see beyond the boundaries of the centre.

When we stay there, we join in the communal prayer times, which help to shape our days and often give us things to think about in between. Until a couple of years ago the lunchtime liturgy included the following words:

“As the sun rides high at noon,
may the Son of Righteousness shine upon us.
As rain refreshes dry, stale land,
may the Spirit of God wash over us and bring us life.”

This has often made me smile. The area is prone to heavy rain, so the land is rarely dry and stale and the vegetation is usually lush and green. You're more likely to see dark clouds above, hillsides topped with low cloud and the valley shrouded with mist than brilliant sunshine. So much for the sun riding high at noon!

However, we know that the sun is still shining, even when the sky is heavy with cloud, when it's raining, when it's misty, and even when it's dark. The scenery was still there that morning in Scotland, even though it was obscured. The Great Orme didn't move when the sea fret came in. It's just that we can't always see the sun, the scenery or even the Great Orme. Which brings me to God....

Sometimes it's easy to see and experience God's presence in the world and in our own lives. We may know that God is with us, guiding us, helping us, working with us and blessing us. We may see an event in history being shaped by God, or we may recognise that he's at work in a situation.

However, there are also times when we struggle to see and experience God: when he seems to be absent from difficult situations; when we don't get the answers or the help we seek; when the world seems to be a God-forsaken place.

At times like these we must rely on what we know. We know that God is always present, always watching and caring, always active, even when we can't perceive him. Jesus promised, “I am with you always, even to the end of the age.” Just as beautiful scenery is still there even when we can't see it, just as the sun still shines even when it's dark, so God is always with us even when we can't see him. May we have the faith to believe, even when we can't see.

God bless.

Heather

A Poison Tree by William Blake

I was angry with my friend:
I told my wrath, my wrath
did end.
I was angry with my foe:
I told it not, my wrath did
grow.

And I watered it in fears
Night and morning with
my tears,
And I sunned it with smiles
And with soft deceitful
wiles.

And it grew both day and
night,
Till it bore an apple bright,
And my foe beheld it
shine,
And he knew that it was
mine,--

And into my garden stole
When the night had veiled
the pole;
In the morning, glad, I see
My foe outstretched be-
neath the tree.



Illustration Andrew Simmons

BADEN-POWELL AND THE BOY SCOUTS

We are fortunate at Heath in having our own Scout Troop run by dedicated leaders, which helps to prepare the boys and girls for the future and to instil self-reliance in them as well as to care for others, but how much do we know about the origins of the movement?

There cannot be a schoolboy in England to whom the name of the Royal Canadian Mounted Police is not familiar, being synonymous with adventure and devotion to duty. Few people, however, have heard of the South African Constabulary, a mounted force very similar to the Canadian 'Mounties' and in whose ranks were many officers and men who had actually come from that source, which, in its brief span of activity, acquired some of the legendary glory born of a strong *esprit de corps*. To the best of my knowledge, the full history of this force has never been published; there is little record of the short but eventful history of the South African Constabulary, which would bring to light the story of that exemplary body of men, which has long been forgotten. My own interest in the South African Constabulary has been with me from childhood and stems from my father having served as a trooper in the force from June 1901 to June 1904, a period which covered the last twelve months of the Boer War and the first two years of the ensuing peace, before he returned to England and a career in the Mounted Division of the Halifax Borough Police.



Every country and each generation has its heroes and it is good that we should have shining examples of manhood and womanhood to look up to and on whom to model our own lives and characters, especially in the troubled world of today when standards and morals seem at a low ebb. Lord Baden-Powell was a popular and remarkable figure in his own lifetime, partly as a result of his defence of the little town of Mafeking, which had so captured the public interest. His subsequent career served to enhance his reputation, and his work in founding the Boy Scouts and making it a world-wide movement ensured his place in the Hall of Fame. To generations of Boy Scouts, he has been an inspiration, as he was to the



men who served under him in South Africa, in India and at home. Many of the officers and men whom he led in the South African Constabulary were of a similar calibre to him, men whose level gaze saw life clearly in its essentials and who could be relied upon to give of their best whatever the circumstances, men who could be trusted with the lives of their comrades, pioneers, scouts and frontiersmen who were versed in the ways of veld and bush.

Baden-Powell had a very clear idea of the boys' organisation which he envisaged and based it closely on the lines of the South African Constabulary. The Scouts' original uniform showed this

clearly, consisting of a khaki shirt and shorts with a green neckerchief and a Stetson hat of the type worn by the Constabulary, and also the Royal Canadian Mounted Police.

His first move was to write a handbook, 'Scouting for Boys', which proved very popular and he followed it with a plan to camp on Brownsea Island off the coast of Dorset with a number of boys, as an experiment. This was in 1907 and it led in 1908 to the growth of the Boy Scout movement which was to become worldwide and hold international jamborees.

It was, and is, an organisation which has served to improve the self-reliance of thousands of boys, and now girls, and to inculcate the idea of helping others and leading a Christian life. We appreciate having a Scout Troop at Heath Church and we wish them well for the future.

Derek Bridge

The photo on this page shows Derek's father Trooper Ewaine Bridge, SAC , seated, with a friend, approx 1901 in Pretoria.



A DAY AS A CLIMATE ACTIVIST

Taking part in a protest is risky, scary. Right?

Actually, no, it isn't, or at least it all depends on the protest.

On April 21st I took part in a protest that took the form of a Christian service followed by a pilgrimage. It felt safe, friendly, inspiring, affirming and hopeful. The service and walk were organised by a number of Christian organisations including Cafod, Christian Aid, Christian Climate Action and Tearfund. The event was entitled 'No faith in fossil fuels' and was part of the "Big One" protest, four days of events taking place outside the Houses of Parliament, organised by Extinction Rebellion and involving over 100 000 people.

We had been asked to bring banners or placards made from paper or card. I arrived at Waterloo Station with my large placard made from cardboard 'borrowed' from the cardboard city under my grandson's high bed. It was a little awkward to handle, which is probably how another demonstrator, Nicola, noticed me as I left through the ticket barrier. Having established that we were there for the same reason, we headed off for a coffee and chat before making our way to St John's at Waterloo. The plan had been for an outside service, but as it was drizzling we gathered inside. Other than a row of chairs at the front, we all stood. Nicola and I made it to just behind the row of chairs and wheelchair spaces, but as over 1,000 Christians arrived, the church filled up and some had to stay in the garden but the rain did stop! As we waited for the service to start we were able to see placards and banners from a huge range of churches and organisations.

The service was very much about standing in solidarity with Communities around the world hardest hit by the climate crisis, with inspirational speakers including the Rev John Sentamu (former Archbishop of York) and Ruth Valerio of Tearfund (formerly of A Rocha and instigator of Eco Church). The words of the prayers and hymns were so carefully and effectively chosen and the Salvation Army brass band contributed to the atmosphere. I found the service to be truly moving and positive and was so pleased to have been a part of it.



Following the blessing, we set off on the pilgrimage to Parliament. Before we had left the church garden, Nicola and I were joined by Therese, a Londoner who had been on her way to a Church house group when she discovered the service was happening, and diverted to that instead.

It is difficult to describe the atmosphere on the pilgrimage. The service had energised us all and there was a strong feeling of joy at being part of this Christian Togetherness. Amongst periods of chatter and occasional shouts of “What do we want? Climate justice!” there were times of calm and reflection. We paused outside Shell’s London HQ, singing ‘Amazing Grace’ and praying. John Sentamu’s attempt to deliver a petition, concerning Shell’s failure to manage the risks to climate change, were met by locked doors. Some of us prayed that the Shell staff who were watching from windows might be inspired to take positive action.

As we processed over Westminster Bridge we continued to sing hymns led by the Salvation Army band. It is a bit tricky, in a long snake of people, for everyone to be singing the same words at the same time, though! This event could not have felt further from being risky or scary. I was proud to see other URC banners, and was pleased that Heath was represented.

I will finish with some words from the blessing that set us on our way:

May God bless us with restless discomfort at easy answers, half-truths, and superficial relationships, that we may truly live, from deep within our hearts. May God bless us with anger at injustice, oppression, and the exploitation of God’s creation, that we may work together for justice, peace and integrity. May God bless us with enough foolishness to believe that we can make a difference in this world, that we can do what others claim cannot be done and live in kinship with all our fellow-creatures. Amen.

Jane Simmons

In June, Shell’s CEO announced a huge U-turn as he dropped Shell’s target to reduce oil production year on year until 2030, his reason being to reward shareholders. So our protest fell on deaf ears there, but there is always next time.



HEATH COMMUNITY GARDEN

The Community Garden at Heath Church is a collaboration between Heath Church and the Manor Drive community. We were given a small grant from our local councillors and this has been used for materials to build a large planter and build a fence and gate. We also spent some money on a bench, soil and plants. We have a lovely community here, people have cleaned and cleared the garden area, planted flowers, built the planter, gate and fence, donated pots, soil, wood chips and plants, and another bench, secured the benches for safety, made cakes and brews for the workers. It's a real community effort.

The garden is for everyone to enjoy. Come and sit for a while, enjoy some peace and quiet or meet a friend for a chat. Just come and enjoy the plants growing and hopefully the bees buzzing. Once the fruit and vegetables start growing you can pick something to take home to eat with your tea. There are herbs and salad ready to pick.

When it feels like the world has gone a bit mad and life can feel tough, we want you to know there is a place for you to sit, pause, think and breathe.

Please sit in the garden. We are a friendly community, if you sit long enough someone else may come along for a chat and if you're really lucky they may bring cake.

Jude Williams



GARDEN TWINNING

Whilst the economy of Kenya is gradually improving, the country still faces many challenges including climate change and poverty. One third of the population still depends on agriculture, but climate change is increasing temperatures and making rain much less reliable. Kenya itself emits one thirtieth of the greenhouse gases that the UK emits.

Ripple Effect (formerly known as Send a Cow) is a charity that is helping people in Kenya learn how to use their land in a way that makes it less vulnerable to climate change. Through the Women of Migori project, the £60 cost of twinning provides, for example, training in sustainable agriculture to a family for a period of 3 years. Starting with small kitchen gardens, families can grow enough to eat, set up small businesses and send their children to school.

At Heath we have decided to twin the community garden, and when this has been done, we will receive a wooden plaque which, when displayed, will hopefully incentivise others to twin their gardens. We will use the Sunday morning coffee donations, and any other donations that people would like to give. If we exceed the £60, then there are a variety of additional gifts we can buy, such as gardening equipment or seeds.

Full information is available at <https://rippleeffect.org/gifts/twin-my-church-garden/> or ask Jane Simmons. Why not think about twinning your own garden too. It could be a good answer to that 'What do you want for Christmas/birthday?' question

Did you know?

One bunch of cut flowers and foliage from a garden can save up to 7.9 kg of carbon, as compared to a bunch that has been imported or hot house produced.

(RHS 'Resilient Gardens', T. Massey)



MEMORIES OF HEATH'S HISTORY

As one of the longest-serving members of Heath Church, I thought some of my memories might be of interest to today's regulars. Heath was a Congregational Church in 1956 when my family moved to Halifax, and the church had pews and a large pulpit with an organ on the left and the vestry on the right where our kitchen now is. There was a high ceiling and a balcony at the back. There were also tall windows at the front which you can see if you look at the outside wall at the back. When we had evening services and the sun was bright, we had to pull up blinds to stop the members being dazzled! The choir sat at the front next to the organ. The land above the church where the flats now stand was a tennis court and I understand it was well used by members. There were more children about in those days but if they came to morning worship they had to leave and go home before the sermon! There were a few parents who left at that point also, to look after their offspring. Sunday School was held in the afternoon and started in the church before the children went to various corners of the building, including little rooms in the turret, for their classes.

The minister in the 1950s was a cheery Welshman called Percy Jenkins and he and his wife were very welcoming to all and sundry. I was married by him in 1963 and he christened our first son in 1966, retiring soon afterwards. We had quite a long vacancy and then we had talks with Carlton Church on Harrison Road and it was agreed that we would share a minister with them. The Rev Ralph Ackroyd was the chosen man and he tried very hard to bring the two churches together. It was under his leadership that we transformed the church and removed the pews. A false ceiling was installed and the balcony blocked off, the pulpit and the organ were taken out and a new vestry installed and, later, a kitchen. The pews were replaced by chairs and these were arranged in a semi-circle facing Manor Drive. The organist, Ellis Hagger, built his own organ which replaced the old pipe organ. The tennis court had been demolished and we built a Sunday School room on the site. It was a prefabricated building and never really worked too well as we had to ascend a flight of steps outside to get to it. In those days there was a car park where the lounge and office now stands. When the tennis court land was sold, we were able to build our extension of the lounge, office and toilets, which was a great asset when we had the Stroke Club. I also remember that we used to have a Flower Show which was held in the extension.

Back in the fifties, the church hall was much smaller as we had a large stage at the kitchen end. This was used frequently in the '40s and '50s by our Dramatic Society, which performed regularly. The Scouts, Cubs, Guides and Brownies put on several Gang Shows in the 1960s.

Around 1975 we had a quinquennial visitation from the URC and they looked at our church and the area around and suggested that we start something for young mums and babies and something for the older members of the area. From this we started a Mother and Toddler Club and a Luncheon Club and they both ran for many years and were very successful.

Jean Bull

Part Two of Jean's reminiscences will be in our October/November issue.



The photograph shows Heath Church in the 1950s



THE BEST CHEESE SCONES EVER

(In my opinion)

Cheese & Onion Scones

225g/8oz self raising flour
1 tsp baking powder
1/4 tsp salt
40g/1oz butter, diced
2 tsp wholegrain mustard
3 spring onions, chopped small
175g/6oz mature cheddar, grated
150ml/1/4 pint milk

Preheat oven to 220C/425F/Gas 7 (fan oven: 200). Sift flour, salt and baking powder into a bowl and rub in butter until the mixture resembles fine breadcrumbs. Stir in the mustard, spring onions and three quarters of the cheese.

Make a well in the centre and pour in milk; mix to a soft dough. Turn out onto a floured surface and knead lightly for a smooth dough. Flatten dough out gently with your hands to a thickness of approximately 3/4" (2cm) and using 6cm/2" cutter, cut scones out and place on greased baking tray (or use baking parchment).

Top scones with remaining cheese, then cook for approximately 10-12 mins, till risen and golden. Cool on wire tray.

These should be eaten really fresh but do freeze well.



CHARLIE PIGEON

Charlie Pigeon comes
perches, pecks, then flies away -
will he come today?

Charlie Pigeon
sits on a fence
talking about
his existence -
cooo...cooo...coooo*

(*loosely translates as -
'I fly, therefore I am.')

Dorothy has formed a relationship with a local pigeon named Charlie. She was interviewed at home by our Avian Correspondent, Michael Collins. This is her story:

M: So, Dorothy, when did you first meet Charlie?

D: It would be early Spring 2016.

M: How did you come to know him?

D: When we lived on Arran, we had two bird feeders and many birds came to them. When we moved to Halifax, I missed the birds so we bought a bird-table for our small patio.

M: What was it that drew you together?

D: A lot of pigeons came and went but one seemed more responsive than the others, so I began to talk to him.

M: And a relationship developed?

D: Yes, we have come to understand one another.

M: Interesting. To what extent do you.....?

D: Understand? Charlie loves music and human contact and will perch on the garden chair listening to Classic FM, nodding wisely as he sits.

M: Does he have his favourite music?

D: He loves Baroque.

M: And the other pigeons?

D: The other pigeons left, but Charlie remains a faithful friend.

M: Beautiful, Beautiful.

D: In every pigeon there is beauty.

Michael Collins and Dorothy Campling

Christianity has not been tried and found wanting. It has been found difficult and left untried." *G.K.Chesterton*

FULL STOPS AND HURT FEELINGS

What relationship do you have with punctuation? Do you even consider that you have one? I must say that it is not something I had given a lot of thought to, until I read an article in a newspaper claiming that the use of full stops is causing 'distress' to young people, who see them as 'aggressive'. To these youngsters, who communicate so much by text and e-mail, it is obvious when you reach the end, without having to indicate it by use of a full stop. Apparently, if they want to emphasise an ending, they will use the 'more light-hearted' exclamation mark! (But too many exclamation marks feels exhausting, as if one is always in a state of excitement).

Those who think like this feel that a full stop indicates 'a falling intonation or negative tone', and that its use gives an impression of being 'cold, angry and passive-aggressive.' Who would ever have believed that the humble full stop could inflict such pain on young people?

Punctuation is very important in deciphering the written word and we use it invisibly when we speak as well. If you get it wrong, you can change a situation entirely. A job advertised as 'twenty four-hour shifts', would be quite different from one needing 'twenty-four hour shifts' and if it simply stated 'twenty four hour shifts' you wouldn't know what was expected of you. Of course, a famous example of how punctuation can change a meaning entirely is the title of Lynne Truss's book, 'Eats, Shoots and Leaves.' The picture conjured up by this phrase is far removed from a panda in his own habitat, more redolent of New York gangs.

And what a difference there is between, 'A woman without her man is nothing.', a sentence completely unfavourable to women everywhere, and 'A woman; without her, man is nothing.' which turns the tables in a very dramatic way.

Our old friend the apostrophe, which many people nowadays think is redundant, actually helps to clarify ownership or omissions, If you read that 'the boys skates have been stolen', how do you know whether there is an isolated incident of one pair of missing skates belonging to one boy or a mini-crime-wave involving several pairs belonging to two or more boys? A friend wrote to me about 'one of our ex-vicars' wives': I think you will agree that the apostrophe, misplaced, could lead to a distorted view! And there is a difference between 'my cat's died' and

and 'my cats died'. It takes the apostrophe in the right place to clarify these things. However, there are also those who are so fond of the apostrophe that they use it in unexpected places, like plurals: I am sure we have all seen signs that say 'Potatoe's for sale'. The Apostrophe Protection Society was born in 2001 to encourage correct use of apostrophes but died in 2019 as its founder proclaimed that 'ignorance and laziness have won'.

My brother is mourning the decline of the semi-colon, for which he has a particular fondness. It certainly seems to have lost its popularity these days; so perhaps we should start a Society for the Rehabilitation of the Semi-Colon.

I have read passages written with no punctuation at all and find myself automatically inserting it as I read, with pauses where the colons, semi-colons, commas and full-stops would normally appear. But if you do not have a working knowledge of these things, would the passage make sense to you? Would you know how to read it?

So, after all this, does it matter whether we use punctuation in the accepted ways or is that all out-dated and unnecessary? I think to some extent that it depends on context. If I receive a letter from a friend, lapses in punctuation don't bother me, unless it leads to ambiguity. 'My son's children are ill' is bad enough but 'my sons' children are ill' is worse. Without the apostrophe, I would not know the true situation. However, if I receive a formal letter, from the council, a solicitor or a doctor, say, my opinion of that person and their professionalism or efficiency will be badly affected by a letter lacking punctuation or full of grammatical errors. We are possessors of a wonderful, rich and nuanced language and punctuation correctly used can make it even more evocative and clear. Ambiguity has its place and can be very effective, but its place may not be in a job offer or a letter from your accountant. Either way, don't let yourself get too distressed if you come across a full stop or a comma in your daily reading. I'm sure it is not intended personally.

Gemma Wassell



THANK YOU, YORKSHIRE!

For some people, change is a challenge: exciting! For others, it's scary—and I am right at the top of that queue! So, when relocation comes, I view it with trepidation—or did, until I had the good fortune to meet the people of Halifax.

In the street, on the bus, in a shop, on a walk and, most of all, in the church, I have been blessed with the warmth of welcome, the sunshine of smiles, the extended hand of friendship.

I was often told, 'Northerners are friendly. You'll soon feel at home.'

They are. I did. Halifax is home.

Merle Wilson

(Seconded!! Ed.)



A RHYME ABOUT THE WEATHER

Whether the weather be cold,

Or whether the weather be hot,

We'll weather the weather, whatever the weather,

Whether we like it or not.

Traditional

"Comparison is the thief of joy.": Theodore Roosevelt

THE WRITINGS OF C.S. LEWIS

As I recall, by the age of nine I had already read all the Narnia books, as had my closest friends at school. We were fascinated by the character Aslan, and as my friends and I all attended our local church, we could see the many parallels with what we had learnt in Junior Church.

However, it wasn't until several years later that I realised what a wealth of thought-provoking material C. S. Lewis had produced. I went through a phase of borrowing any books from the library that I could find by him. I remember enjoying *The Screwtape Letters*, *Mere Christianity*, *The Problem of Pain*, *Miracles*, *Perelandra* and *Out of the Silent Planet*. My father died in 1994, and when my mother later re-married (in 2004) I was asked to give my mother away. As I joked at the time, I was very happy to do that! But I based my speech on one of C. S. Lewis's other books – *The Four Loves*. Although I had far from exhausted the writings of C. S. Lewis, for some reason I didn't seem to have continued reading his works, until a recent conversation with a fellow Joseph Crossley's Almshouses Trustee



re-sparked my interest. He referred me to an article called 'The Humanitarian Theory of Punishment'. This is taken from "God in the Dock" which includes many essays on theology and ethics. If you are new to C. S. Lewis's works, I wouldn't recommend starting with this one, as it's not the easiest to read. However, a later conversation with our magazine Editor brought my attention to another of his works – *Letters to Malcolm*. In my view, this is a somewhat easier read, though no less challenging in its content. It explores prayer, in all its many

forms, and does so with C. S. Lewis's usual sense of humour.

Alan Kendall

THEY GAVE THEIR TODAY

If you would like to knit a poppy or two, to be added to our Remembrance display on the railings, please use this pattern and hand the finished items in at the church (if you are a hall-user, please leave it/them by the books in the passageway) by the end of September. Thank you. We need lots!!!!

Poppy - any red or orange double knitting yarn

Poppy Centre – black or navy

Poppy - with 4m needles cast on 80 stitches

Knit 8 rows

9TH ROW Knit 2 together across the row (40 stitches)

Knit 2 rows

Next row as 9th (20 stitches) knit 2 rows

Next row as 9th (10 stitches)

Next row as 9th (5 stitches)

Break yarn leaving about 12 inches of yarn and thread through remaining five stitches, pull up and secure, sew up seam.

Poppy Centre: with dark yarn cast on 8 stitches, stocking stitch for 8 rows, (ss knit a row, purl a row), break yarn leaving 8 inches yarn and pull through stitches. With wrong side of knitting face up stitch to centre of poppy. Tucking in corners to make circular.

A black button could also be used as an alternative centre.



THE MICHAEL COLLINS PAGE

DAWN CHORUS



4.30 in the morning,
I'm wide awake listening
to the surrounding silence:
a bird calls,
another answers,
complicit in the plan
to bring on the dawning.

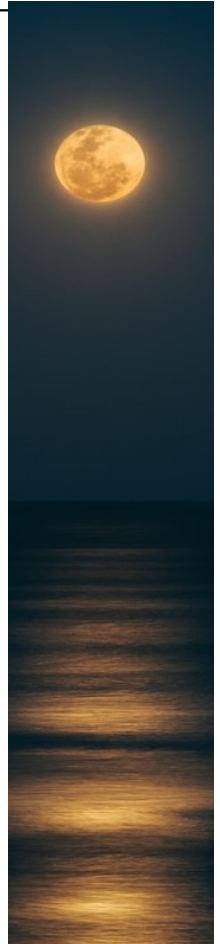


DECISION

Once upon a train
I sat beside a poet;
his pencil hovered over
crisply scripted lines
and tidy spaces
defining verses
as he paused for thought,
then, decisive, struck -
a comma!
That much I saw;
I might have asked him
what he wrote
but that sharp comma
prevented more....

ON THE BEACH

A full moon's light
splinters on waves
that tumble, fall, spread
in a quiet flood.
Piercing the night
a hunting owl
sends its warning
from the shining wood:
'go home, go home
stranger, go home'.



HONESTY

Live by old ethics and the classical rules of honesty. Put no new names or notions upon authentic virtues and vices. Think not that morality is ambulatory; that vices in one age are not vices in another; or that virtues, which are under the everlasting seal of right reason, may be stamped by opinion. And therefore, though vicious times invert the opinions of things, and set up new ethics against virtue, yet hold thou unto old morality; and rather than follow a multitude to do evil stand like Pompey's pillar conspicuous by thyself, and single in integrity. And since the worst of times afford imitable examples of virtue; since no deluge of vice is like to be so general but more than eight will escape; eye well those heroes who have held their heads above water, who have touched pitch and not been defiled, and in the common contagion have remained uncorrupted.

Sir Thomas Browne
(1605-1682)

Born in London, Sir Thomas studied at Winchester and Oxford. He probably was an assistant to a doctor near Oxford. After taking his M.D. at Leiden in 1633 he practiced at Shibden Hall from 1634. He settled in Norwich in 1637.



MAGAZINE DEADLINE

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

9 a.m. on Friday 10th September 2023

We welcome all contributions but publication is not guaranteed.

Send to: garnetrn@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.

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



Regular bookings at Heath United Reformed Church

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 Comm. Choir	2-3	Upstairs
	Kim's music lessons	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 nd Mon.)	Lounge
	Halifax Symphony Orchestra	7-9.30 S roy-biggs @halifaxorchestra.org	Upstairs
Tuesday	Kim's dance class	10-12	Hall
	Community Coffee Club	10.30-12 (3 rd Tues.)	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
Wednesday	Kim's music lessons	10-12 TT V	Upstairs
	Heidi's cardiac rehab	2-3	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	Heath's Worship	10:30-11:30	Upstairs
	Northern Lights (independent church, not linked to Heath)	2.30-6 07970 256243	Hall/Lounge
Variable	Jason's 1:1 Boxing skills	V	Meeting Rm 2

For further details, see page 23

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