

HEATH LIVES

Number 8

October/November 2023



EDITORIAL

Heath Church is, at time of writing, looking at forming an Eco Group and establishing an Eco Policy to monitor and further our actions relating to our God-given responsibility to care for his creation and to carry out his command that we value others as highly as we value ourselves. This will be brought to the church meeting later this month.

The Community Garden, featured In our last issue, is part of this policy and we are delighted that certain local people have been using it as a quiet place to sit and ponder awhile. We have had some success with our vegetables—particularly marrows—and some failures—our cauliflowers, which were eaten but not by humans!

Our provisional Policy document suggests not only things we intend to do in church, (as well as those we do now or have already done) such as energy efficiency, but also different ways we can reduce our footprint in the world in our domestic lives. Some are easy to achieve, others less so: but we maintain that it is worth the effort and the more people who are prepared to make that effort, the more this wonderful planet of ours will benefit. If you would like to see a copy of the Policy document, please ask!



CHURCH CONTACT DETAILS

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

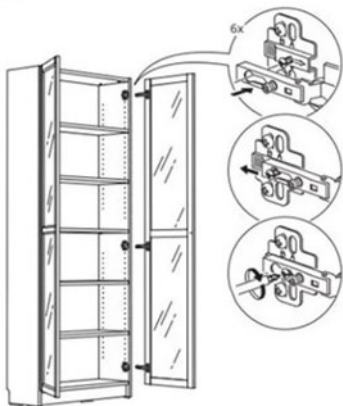
Minister: Rev Heather Pollard. E-mail: ministerhalifaxgroup@gmail.com
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Dear Friends,

Follow the instructions!



Forty-six years ago, as we were preparing to move into our first home, we bought some flat pack dining chairs. In our inexperience we thought that they would be easy to put together, but how wrong we were. The instructions were far from clear and one of us decided that we didn't need them anyway! Since then we've had quite a few different pieces of flat pack furniture, and just recently bought some doors to convert a book-case into a cupboard. We've learned that reading and following the instructions can save a lot of time and frustration.

Instructions play a significant part in our daily lives. Recently, I've been knitting poppies for our Remembrance display. Whilst I got to the point where I didn't need to keep reading the instructions because I was so familiar with them, I certainly still followed them. Then there are recipes for new dishes that we want to try and for some that we make so occasionally that we need to check the ingredients and the method. If we acquire a new washing-machine it's well worth following the instructions, and the information on clothing care labels is important.

Sometimes instructions can be quite amusing. For example, the handbook for my car tells me that I shouldn't drive with my feet on the dashboard! My joints aren't flexible enough to make this possible, but I do wonder how I would operate the pedals. Sometimes instructions can be quite confusing too, either because the text has been translated by computer software rather than by someone who knows both languages well, or because text has been completely replaced by diagrams.

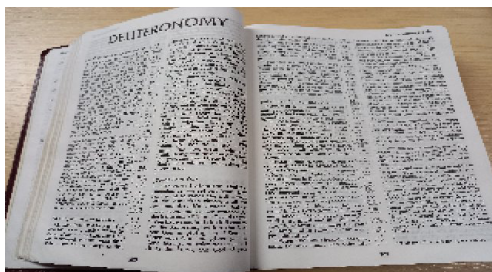
I'm reminded of a story told by Jesus about a wise man and a foolish man. The wise man built his house on a foundation of rock and was safe and secure when the wildest, strongest storms beat on his home. The foolish man built his house on sand, which was destroyed in those same destructive and disastrous storms. Jesus says that the wise man is the one who listens to his teaching and puts it into practice. He also says that the foolish man is the one who hears the same words but faces disaster

due to his refusal to follow the instructions.

This story comes at the end of the Sermon on the Mount, in which Jesus gives a lot of instructions for daily life, covering a wide range of issues including anger, revenge, worry, judging others, how to treat enemies, giving to the needy and hoarding. The Gospel writers tell us that Jesus repeated much of this teaching in other contexts. The parable of the wise and foolish builders is a reminder to us to take his teaching seriously and to follow his instructions.

The Bible contains many instructions, some of them very detailed. Some, particularly in the Old Testament, seem quite irrelevant to 21st Century Britain. This means that we shouldn't always take them at face value but consider the context and look for underlying principles to guide our decisions and actions.

In the Book of Deuteronomy there are dietary rules and instructions for keeping a camp site clean. We can really only understand them by reading them in the context of a nomadic life in the Middle East over 2500 years ago. Ritual purity was a crucial aspect of religious life and keeping the community healthy was difficult when there were no fridges, sewerage systems or hospitals. The instructions were definitely appropriate for the time, but we might also say that the underlying principles (care for others and yourself and creating an environment where God's presence can be known) are good for today, even if the details are no longer relevant. Even the ten commandments need interpretation for our modern world; for example what does the instruction to keep the Sabbath holy mean for those whose work pattern includes Sundays (or Saturdays)?



One day, Jesus was asked to say what the most important of the commandments is. His reply was, "Love the Lord your God with all your heart and with all your soul and with all your strength. The second is this: love your neighbour as yourself. There is no commandment greater than these." These instructions give the context and underlying principles of all the others in the Bible. How wise we would be to follow them!

God bless,
Heather

THESE I HAVE LOVED

These I have loved.....

White plates and cups, clean
gleaming,

Ringed with blue lines; and
feathery, faery dust;

Wet roofs, beneath the
lamplight; the strong crust

Of friendly bread; and many-tasting food;

Rainbows; and the blue bitter smoke of wood;

And radiant raindrops couching in cool flowers;

And flowers themselves, that sway through sunny hours,

Dreaming of moths that drink them under the moon;

Then, the cool kindliness of sheets, that soon

Smooth away trouble; and the rough male kiss

Of blankets; grainy wood; live hair that is

Shining and free; blue massing clouds; the keen

Unpassioned beauty of a great machine;

The benison of hot water; furs to touch;

The good smell of old clothes; and other such -

The comfortable smell of friendly fingers,

Hair's fragrance, and the musty reek that lingers

About dead leaves and last year's ferns....

Dear names

And thousand others throng to me.



From: The Great Lover by Rupert Brooke

MEMORIES OF HEATH CHURCH

Part Two

There has been a Scout group at Heath, 49th Halifax, since before the war and when the young leaders were called up to serve their country, the minister ran the troop before it was taken over by an older scout, Godfrey Bairstow, who was only 16 and he held it all together till the soldiers came back. Stephen Fearnley was the Scout Leader and he took over again as Group Scout Leader and ran the Cubs for a while till he asked me to help and eventually bowed out leaving me in charge. My future husband David was an assistant scouter too and we both remained involved with the 49th for most of our married life. The current Scout Group Leader, Tony Strong, was a Cub, Scout and Venture Scout at Heath. In the 60s when we had a church Parade, we all assembled on Manor Drive complete with the flags and marched round the corner, up Free School Lane and into church. There must have been a lot less traffic in those days! We did have Guides and Brownies for many years and many girls, my daughter being one of them, had great experiences, including a trip to America. Rules have now changed and the Scout Movement now takes girls as well as boys so girls are still being catered for. For many years we ran a Holiday Club for a week in summer, jointly with St Jude's. This was very popular and we had many activities including woodwork, baking, science, art and sport and ended with a service for parents. Another activity we had was to perform a musical version of 'The Mustard Seed' in which children and staff took part and which we performed in church.

In 1972 we all became United Reformed when we joined with the Presbyterians and deacons became elders. I don't think it all made much difference to us at Heath, but lots of people were confused at the URC title!

The URC has constantly urged us to share ministry and join with other churches and in 1977 we formed the Halifax Group with Heath, Carlton, Providence and Park. This was led by Rev Ackroyd and Rev Vernon Openshaw but they were very soon replaced by two young ministers, Rev Cliff Bembridge and Rev John Jenkinson. They both worked very hard to achieve a group and we held lots of activities together including joint services and some study groups and also more recreational things like meals and walks. Cliff got very involved setting up a URC Charity at Park

Church, which helped young people into work, and he accessed government funds to make this possible, while at Heath we started the Heath Stroke Club for people recovering from strokes. The first Manager was a retired nurse, Betty Honour, and she was helped by members of Heath who brought people in in their cars and helped with refreshments. We were able to employ several care staff and a cook and it ran very successfully for many years until 2017 when government funding changed.

We have always tried to have social groups to include everyone who wants to come and the Minister's wife in the fifties, Winifred Jenkins, started the Ladies' Circle which met monthly in the afternoon. They had speakers and outings but they also worked very hard for the church and raised money with Jumble Sales and Fairs and they provided lunches for older residents in the area. In 1978 the daughters of some of these ladies decided to start a younger group and the Thursday Club was formed and met in the evenings. They aimed to be open to anyone who wanted to come, male or female, married or single, and that is still going strong today.

Eventually Park Church closed and the members from there went mainly to Highroadwell which later became New Hope, and more recently Carlton had to close and their members have shared themselves out between the other churches, which has been good for us.

After John and Cliff moved on, we had a minister called Nick Nicholas and with him we explored an Alpha Course which we shared with other churches in the group and from the area. Nick was with us for the Millennium and with Churches Together helped to establish CICS which stands for Christian Initiative in Calderdale Schools. We raised money to provide leaders to go into secondary schools in Halifax and talk to the young people about their faith. This project has been successful and is still running today. Nick was followed by John Filsak and later by Annette Haigh who came initially as a trainee to work with John. We then had a vacancy until our present minister took office.

I have enjoyed reminiscing about the past at Heath and was surprised to realise that there have been five of our members in my time who have gone on to enter the ministry. We must be doing something right!

Jean Bull

A FRIEND IN NEED

Age UK Calderdale & Kirklees offers a Befriending Service in Calderdale providing companionship and support to older people in the local community.

Especially since the start of the Covid-19 pandemic, many older people have had to deal with loneliness and a lack of meaningful social contact. Befriending services help connect older people with friendly volunteers with whom they can have regular chats, share stories, and discover common interests.

A gentleman contacted Age UK C&K to see how we could support his wife who is living with dementia. Our Client Liaison team visited to offer support for his wife, but after speaking with the whole family, we also discussed the befriending service, and decided that this would be beneficial for the husband who felt very alone. He now has a visit once a week from a volunteer, with whom he has a shared love of sport, especially rugby; as a former player and manager, he was thrilled to hear the volunteer's father played amateur rugby. The client's daughter travels for months at time and the fact that he has a regular visitor gives her peace of mind; it has also given the client, in his words, "a bit of a kick up the backside". He said: "I realise that I still have a life, and it is not just all about my wife, though she is still the most important thing to me. She may not be able to speak, but she listens, and I can see she is happy for me. I have started to look at going out for lunch on the day my wife goes to a day centre, thanks to my volunteer, who is wonderful, very supportive, encouraging, kind and caring. Age UK have been fantastic, very patient and understanding, they took time to listen, and found me the best volunteer."

Befriending also works to help build the confidence of isolated older people, supporting them to re-engage in their local communities. For health reasons, Joan had not been out of her house for over a year and had become lonely and isolated; though she longed to go for a walk, she had no confidence to go on her own. Age UK C&K introduced her to a volunteer to accompany her on walks to build up her confidence and for companionship. On her first walk she burst into tears :she said it was such a great feeling being able to do this. She recently told her volunteer "My highlight of the week is going for a walk with you".

Derek felt very anxious being outside on his own and had no confidence in talking to people, not even his neighbours. Feeling very lonely and cut off from society, he told us that he felt too frightened to go on a bus. Age UK

C&K introduced him to a volunteer, and they started off by going for short walks; soon Derek progressed to going on bus journeys with his volunteer. Today, Derek makes regular journeys on buses on his own, attends a weekly Meditation class and talks to his neighbours and other people.

The service doesn't just benefit our clients, but also the volunteers who find it an incredibly rewarding role. Sue, one of our befrienders, told us that she found being a volunteer for Age UK C&K helped build up her personal character by getting involved in the community. At first, she said she was excited but felt quite shy and a little anxious but once she got involved it had enabled her to become more courageous and compassionate, able to reach out to people who needed support and she said she knew she had done the right thing by becoming a volunteer. "It is one of my phenomenal experiences as a human being"

As a person-centred organisation, our service readily adapts to the individual, providing support face-to-face, over the telephone, or the individual can attend one of our Companionships Cafes. For more information, please contact us today on 01422 252 040 or enquiry@ageukck.org.uk



WHAT WE CAN LEARN FROM BEES

While many fear bees for their ability to sting and harm, their benefits to humans and the environment far outweigh any short-lived pain, which they are unlikely to inflict without reason. Creating intricate hives that store and produce honey, pollinating more than a hundred standard food crops and flowers, and generally helping the environment to thrive, there's a thing or two we can learn from these insects in how they work together.

Neil Davidson is a beekeeper of two hives at the Outback Community Kitchen and Garden, a local green space owned by Halifax Opportunities Trust, located in the heart of Park Ward, Halifax. He explains the work of bees and their important connection with community, not only through their role in our local ecosystem, but their ability to team up for greater good.

They're in it together

We usually see bees in isolation, buzzing around flowers and crops, but they're often closely followed by one or two thousand others hunting for

their bounty of pollen. Like humans, they work hard to get the job done and this often means they must work independently, but don't be fooled into thinking this means they're out for themselves.

Bees are notorious for their teamwork; they know that their job is crucial to the bigger picture – building the hive and producing honey. To ensure the hive runs efficiently, each bee has a role to play, often adapting to new roles as they grow older.

Just like building a community, there's power in numbers! The small actions of individuals have lesser



impact in isolation, but when combined with the actions of others they have greater impact, contributing to a stronger and more cohesive community.

They are great communicators

Of course, you can't boast excellent teamwork without a crucial ingredient - communication. Bees have some unique ways of ensuring those in the hive are kept in the loop. Worker bees, in particular, share information about the best plants using a "waggle dance" which gives precise directions. Through complex and patient communication, bees work together to ensure that their colony thrives.

Information-sharing is vital within a community. Ensuring everyone is armed with the knowledge and information to support their role within the community and plans to enhance it, helps people feel valued and part of a wider plan that they can contribute to.

They care about the wellbeing of others

Did you know that if a bee has an itch, a fellow bee will eagerly assist and relieve it? Likewise, with their general maintenance and self-care, should a worker bee require grooming it will dance as a signal to other bees to come to its aid.

A quality we can take on board. Strong communities support their members, providing a network that acts as a safety net. Looking after our neighbours and those who need guidance, makes us stronger, together!

Be more bee

Honey bees set out a shining example of how a compassionate community could look. If we further build and harness our communication and hard work, we can encourage these skills in others, and maybe it will lead to a world where inclusive and dynamic communities thrive!

If you'd like to learn more about bees and connect with others in your local community, why not visit the Outback Community Kitchen and Garden, and join Park Ward Pollinators in their beekeeping group? It takes place each Thursday and there you'll learn to care for our community beehive, share skills and look after the habitat for our bees and other wildlife.

Faye Gilling and Neil Davidson

STOPPING AT THE SMITHY

On a Friday afternoon, Mother used to go to town to collect her Police Widow's Pension (small) from the Town Hall and do a little shopping (costly). She often took me with her for the outing and in clement weather we would walk down Lee Bank and up Corporation Street where we invariably paused at the blacksmith's forge. This fascinated me. A small boy of about four years old, I stood at the entrance staring entranced at the scene before us - fascinated, and clutching Mother's hand for moral support.

There was often one of the huge dray horses being shod, one of the many from local breweries, a gentle giant with a silky, well-groomed skin and soft white forelocks flapping from his hoof as the farrier lifted it and pressed it against his leather apron. The horse would stand patiently while he removed the old shoe and began to pare the hoof. Over at the anvil, the smith was hammering noisily on a new shoe, sending the sparks flying, the sweat running down his tanned face. It was all quite awesome.

Arranged on the walls were numerous horseshoes of different sizes waiting their turn to be finished off ready for fitting. Waves of heat flowed out from the forge, warm even to the spectators in the doorway. Outside, there was often another horse awaiting attention. It might be a much smaller one than the Shire inside, a carthorse from a tradesman's wagon or a milkman's float, it might even be a riding horse, well-groomed and still showing on its hooves traces of linseed oil.

They were not always as quiet as the Shire inside. Some of them objected to the whole business and showed their feelings clearly by their restless behaviour and skittishness. But this intermission in our daily round passed all too quickly and 'Come along, now' said Mother, and with a final glance we resumed our walk into town.



What beautiful and noble horses they were, and how pleased we all were on May Day to see so many of them parading and looking their very best. Their grooms and drivers took great pride in grooming them especially well for this occasion and their sleek bodies gleamed like satin after intensive brushing and wipping. Their manes were carefully plaited and tied with ribbon bows and sometimes a waving plume nodded on the head. Their tails were well-brushed and similarly trimmed and their hooves were treated with linseed oil which made them gleam. The final touch was the highly polished brasses which were attached to their harness and shone like gold.

What a sight they were! No wonder their drivers and owners were so proud of them. Is there anything today to compare with it? Not a car, I would venture to say.

Derek Bridge



PRACTICAL PHILANTHROPY or PAY IT FORWARD

In 1784, Benjamin Franklin wrote the following letter to Benjamin Webb:

Dear Sir,

Your situation grieves me and I send you herewith a banknote for ten louis d'or. I do not pretend to give such a sum; I only lend it to you. When you shall return to your country, you cannot fail of getting into some business that will in time enable you to pay all your debts. In that case, when you meet with another honest man in similar distress, you must pay me by lending this sum to him, enjoining him to discharge the debt by a like operation when he shall be able and shall meet with such another opportunity. I hope it may thus go through many hands before it meets with a knave that will stop its progress. This is a trick of mine for doing a deal of good with a little money. I am not rich enough to afford much in good works, and so am obliged to be cunning and make the most of a little. With best wishes for your future prosperity, I am, dear sir, your most obedient servant, B. Franklin

(From 'the Wisdom of Franklin, edited by John J. Murray).

DIWALI

(November 12-14 2023)

Deepavali, or Diwali as it is sometimes called, means different things to different people. It literally means "row of lamps and lights," since people use lamps to adorn their homes to light up every nook. It is one of the most joyful, well-liked, and lively periods of the year for Hindus, Sikhs, and Jains. It is a season of warmth and brightness, a time of joy for Indians everywhere. It connotes school vacations, shopping expeditions for clothes, candy, toys, and crackers for children. To office workers, it implies an annual bonus that will fund all of this. Diwali represents brisk business for the businessman, just as Diwali is the time of year when the clay potter makes the majority of his sales. Diwali has great significance for India's trade communities, who celebrate this occasion. Diwali is undoubtedly the most exciting of all Indian celebrations. It is the equivalent of the Western Christmas, and individuals of all ages have contributed their own meaning to the Diwali festival..

Diwali's origins may be traced back to ancient India, where it was most likely celebrated following a significant harvest. It was an appropriate moment for the farmers, or Vaishyas, to rejoice. At the end of a lengthy monsoon, the granaries were full, and winter was still ahead. They paid off their obligations, celebrated, and began again. The Vaishyas gradually became landowners and traders, and Diwali became a time for them to update their annual financial records. Diwali marked the start of their new year. The celebration of light, beginning anew, and new beginnings are the underlying meanings of Diwali. The fact that many people view Diwali as the beginning of their new year gives them the opportunity to make plans for a fresh start, somewhat akin to new year's resolutions.



Various mythological reasons for Diwali celebrations have been offered over time. The most well-known of them is the one of the ancient prince Rama, his wife Sita, and brother Lakshmana returning to their country, Ayodhya, after a 14-year exile, and defeating Lanka's monarch, Ravana. People in Ayodhya are said to have lighted up their houses with lamps to commemorate this occasion.

According to another legend, Dhanvantari was the gods' physician who appeared with a pot of 'Amrit' (nectar) during the "Samudra manthan", or the churning of the ocean, when the gods and demons fought. It is also believed that Lakshmi came from the churning of the ocean, therefore her worship is an important feature of Diwali celebrations. Diwali is primarily a religious and spiritual celebration where Indians meet with friends and family to pray to Maha Lakshmi, the goddess of prosperity and fortune.. Lakshmi is prayed to by Hindus for happiness and serenity. The theme of Diwali is the triumph of good over evil, of truth over lies, of righteousness over deceit, and of light over darkness. Prayers are said to Lakshmi requesting her blessings. The pooja ritual is performed in the evening, when little clay diyas are lit to chase away evil spirits' shadows. Bhajans (religious songs) are performed in honour of the deity. In South India, the Diwali fable is associated with Narasimha, the man-lion avatar of Vishnu, regarded as the God of Preservation among the Hindu Trinity, which also includes Brahma (the God of Creation) and Shiva (the God of Destruction).

Housewives, aunts, and friends gather in the kitchen to cook humble feasts. These include shakarparas (deep-fried sugar crackers with coconut powder and a hint of cardamom), lentil pakoras, sweets like shrikhand (a chilled pudding prepared with homemade yogurt) and yard-long green beans, which symbolize eternal youth due to their length. It is crucial to clean the house right before Diwali. You do this so that you can sweep up any debris. Additionally, it is a moment for people to pause and purge everything from their hearts that has been bothering them or casting a shadow over their lives. It's for the purpose of allowing your family and house to be filled with divine light.



Dr. Nitin Gupta

SEEING DIFFERENTLY

Some years ago, I was listening to the radio when I heard one of those strange surveys that occasionally appear.. A reporter asked the interviewees: "If you had to lose one of your senses, which would it be?" The answers were almost unanimous. Nearly 90% of people asked said they feared losing their sight. While this may not be a surprise to you, reading this with perfect or nearly perfect vision, it was to me.

Sight loss can affect people in a number of different ways. I, Edward, and my colleague Mark, work for a charity for the blind and we are both totally blind. Mark was born partially sighted, so he has some idea about colour and people's faces and he can see in his dreams, but he has now lost his sight fully. "A visual memory is very helpful in terms of understanding the world around me" says Mark, "and although it can be upsetting not seeing new buildings or people's faces, I can still get a good mind's eye picture with verbal description."

Edward has never had sight,, so he learns everything through touch, or, better, through having conversations. He gets to know voices, and after spending time with someone, is able to put a name to that voice. One fact you may not be aware of is that just 3% of people with sight loss are totally blind, so it is unusual.

Most of the people we deal with are older, and tend to have sight loss because of an age-related condition, such as macular degeneration. However, failing sight should not mean fading life. Far from it. There are a number of different things that can help people who are losing their sight. Whether it's getting a piece of equipment, getting out and about, doing crafts or leisure activities you once enjoyed when your sight was good, help is available.

One thing we get asked, which constantly surprises us, is: "If you feel someone's face, what do you get out of this?" Some films show a blind person feeling someone's face to get an idea of what they look like. But this never happens, and for many of you reading this, it would be a shocking experience if someone came up to you, asking to feel your face. Most people, sighted or not, would say they get no mileage at all just by going on what someone looks like from the feel of their face. Blind and partially-sighted people would use other methods, as we specified above, such as listening to voices.

So, if you are blind or partially sighted, what is out there that can help you get by independently?

Managing money can be a challenge for a start. However there are many different ways in which you can identify what you have. There are a number of simple everyday products to help. A coin holder can be very useful, so you can feel exactly what cash you've got in your bag or pocket. For notes, some people learn to use their fingers, recognising a note by the size as it fits into your hand. I

personally find this technique a nightmare, but have a 'bank note identifier' which reads from the metal strip in the note and vibrates a certain number of times to let me know what a note is. One buzz and it's a fiver, two and it's a tenner and so on (I don't seem to get many £50 notes!).



Sighted people often worry if they are watching someone with poor or no vision making a hot drink. However, a small device called a liquid level indicator can help. It hangs on the edge of your cup and you pour. As the liquid hits the first of three prongs, the device will beep and vibrate. If you add milk, it beeps and vibrates faster. It vibrates for those who may also have hearing loss.

Simple things like that can make a huge difference.

Reading is exceptionally important for everyone, and those who have limited vision, or indeed no vision at all, can read using many different aids such as a magnifier, a television set where you can change lighting, colour, contrast and size, or a reading light; with these, those with some residual vision can cope. For those who have no vision, Braille is used: this is not so frequent now due to computers, smart phones and tablets which speak out to you, but Braille teaches you how to spell. Technology that reads out to you may not give you this information, and anyway, it can be very enjoyable to sit with a favourite book or magazine in Braille to read in one's comfortable armchair. Both Mark and Edward are Braille readers. Mark learnt when he was in his teens, whereas Edward learnt from a young age, and does not even remember what it was like. The younger you start doing such things, the easier it usually is. But there is no reason not to start reading Braille if you lose your sight in later life as there are various courses and aids which can help you. Remember, you are never too old to learn!

One thing we benefit from is having books to read, just like you would, from the library. The Royal National Institute for the Blind (RNIB) has the largest library in Europe, and at the time of writing, their website stated they had over 30,000 titles available in audio, plus many which have been transcribed from print into giant print, and from print into Braille. In total, the RNIB has about 60,000 titles available in all formats, which even includes about 11,000 Braille music books with notation available, plus books for children to read as well. It is sometimes forgotten that young people live with sight loss as well. So, plenty to keep us occupied!

Ed Bates

(In our next issue we will have information on other useful equipment that is available)

THURSDAY LUNCH

The gas bill's in my mail; I sit
to minimize the shock—it's huge!
I rise in horror, scratch my head
and catch my weaker knee
against the table leg.
I rub my knee; it throbs, I moan,
the table leg's unmoved.
Shaken, I glance across the room.
The clock says half-past twelve -
I've friends for lunch at one!
Shall I give them beans?
I know they aren't that fond
Of pilchards or sardines . Again
I rub my knee, flex my legs-
A sudden thought transcends the pain :
I'll poach them eggs!

Michael Collins



MAGAZINE DEADLINE

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

9a.m. on Friday 10th November 2023

We welcome all contributions but publication is not guaranteed.

Send to: garnetnr@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.

From ***THE TIME FALLING BODIES TAKE
TO LIGHT***

Imagine God in heaven surrounded by the choirs of adoring angels singing hosannas unendingly...."If I create a perfect world, I know how it will turn out. In its absolute perfection, it will revolve like a perfect machine, never deviating from My absolute will."

Since God's imagination is perfect, there is no need for Him to create such a universe: it is enough for Him to imagine it to see it in all its details. Such a universe would not be very interesting to man or God, so we can assume that the Divinity continued His meditations. "But what if I create a universe that is free, free even of me? What if I veil My Divinity so that the creatures are free to pursue their individual lives without being overwhelmed by My overpowering Presence? Will the creatures love Me? Can I be loved by creatures whom I have not programmed to adore Me for ever? Can love arise out of freedom? My angels adore me unceasingly, but they can see Me at all times. What if I create beings in My own image as a Creator, beings who are free? But if I introduce freedom into this universe, I take the risk of introducing Evil into it as well, for if they are free, then they are free to deviate from My will. Hmmm. But what if I continue to interact with this dynamic universe, what if I and the creatures become the creators together of a great cosmic play? What if, out of every occasion of evil, I respond with an unimaginable Good, a Good that overwhelms Evil by springing out of the very attempts of Evil to deny the Good? Will these new creatures of freedom then love Me, will they join with Me in creating Good out of Evil, novelty out of freedom? What if I join with them in the world of limitation and form, the world of suffering and evil? Ah, in a truly free universe, even I do not know how it will turn out. Do even I dare to take that risk for love?"

William I Thompson

Recycling: On a recent trip to Borough Market I noticed an area provided by Halifax WI which contains receptacles for all sorts of goods to be recycled, including damaged rubber gloves, Vanish product packaging, plastic bottle tops and much more. As part of Heath Church's eco stance, I intend to take advantage of this on future trips to town and hope others will, too.

Editor.

Make an angel for our Advent display—needed by mid-November, please



CHRISTMAS ANGEL

What you will need.

Some wool (in any yarn or colour)

Knitting needles (between size 10-8 (that's 3.25mm and 4mm))

Darning needle (like a big sewing needle)

Small amount of stuffing

The angels have been designed to be as simple and as flexible as possible so everyone from a beginner to a more advanced knitter can have a go. Feel free to adapt the pattern if you want by adding in different colours or making a larger angel.

If you want a place to start we have used size 9 needles with double yarn to knit some of ours.

You will need a basic knowledge of knit and purl to make these angels but don't let that stop you if you haven't done it before. Find someone who can teach you and ask them to help you learn a new skill.

And most of all have fun.

The Pattern

Angel - Body

Cast on 48 sts

1. Knit row
2. Purl row
3. K2TOG, K10*, repeat until end
4. Purl row
5. Knit row
6. P2TOG, P9*, repeat until end
7. Knit row
8. Purl row
9. K2TOG, K8*, repeat until end
10. Purl row
11. Knit row
12. P2TOG, P7*, repeat until end
13. Knit Row
14. Purl Row
15. K2TOG, K6*, repeat until end
16. Purl row
17. Knit row



This angel is knitted in sparkly cream, with sparkly mohair wings.

18. P2TOG, P5*, repeat until end
19. Knit row
20. Purl row
21. K2TOG, K4*, repeat until end - 20 sts
22. Purl row
23. Knit row
24. Purl row
25. Knit row
26. Purl row
27. Knit row

Pattern is continued on the other side.



CHRISTMAS ANGEL
www.christmasangel.net

At this point, you can change your colour to create the face if you want.

28. Purl row
29. Knit row
30. Purl row
31. Knit row
32. Purl row
33. Knit row
34. Purl row
35. K2TOG - repeat until end
36. Purl row
37. Knit row
38. P2TOG - repeat until end

Using a darning needle, thread the end of the yarn through the stitches and tighten to create the top of the head. Turn the angel inside out and sew up the head and the body. Around the neck, take a small amount of stuffing and place at the top of the head, then thread some yarn between stitches and pull loosely together.

Angel - Wings

Option 1

Cast on 27 sts

1. Knit row
2. Knit row
3. Decrease at each end (Knit)
4. Knit
5. Knit 12 rows, decrease at each end
cast off

Option 2 (more advanced)

The wings are knitted in short rows, with the yarn wrapped around the last stitch in the middle of each ridge. To complete this you need to bring your yarn forward, slip the stitch over purlwise, take the yarn back again, replace the slipped stitch, bring the yarn forward again and turn the work.

w&t = wrap & turn



Wings as they should look using option 2.

Cast on 9 sts

1. K8, w&t, K8
2. K6, w&t, K6
3. K4, w&t, K4
4. K2, w&t, K2
5. K4, w&t, K4
6. K6, w&t, K6

Repeat these 6 rows, 4-5 times
as necessary. Sew wings to the body.

HALIFAX HERITAGE

Our Cause: RECALLING AND VALUING OUR HERITAGE TO SHAPE EVERYONE'S FUTURE.....

We truly believe that focussing on heritage is pivotal for community wellbeing, cohesion and civic pride and importantly offers a resilient future for Calderdale economically, creating prospects and aspirations for the next generation.

As a group of volunteers, we started organising Town Hall, walking and bus tours to share Halifax heritage during National Heritage Week held in September each year. Witnessing interest in our heritage grow exponentially with the rejuvenation of the Piece Hall and filming for Gentleman Jack, Happy Valley, Last Tango in Halifax and The Gallows Pole, amongst the abundance of other attractions, we saw the opportunity to support and increase people's interest in our heritage. We invite you to join us to explore the ages of Halifax, sampling our tours and events and engaging with us and our heritage associates .

Heritage means many different things to different people. Individually or collectively, it is a unique, inherited sense of family or community identity supported by values, traditions, culture and artefacts handed down by previous generations – to enjoy now, preserve and pass on to following generations.

Heritage can fall into three categories:

- Tangible, such as historical sites, buildings, monuments, museums and artefacts
- · Natural, including our waterways, landscapes and woodlands
- · Intangible, being our customs, folklore, skills, traditions and memories

Together, these categories of heritage create a common language or understanding, an insight that helps us to communicate on a deeper level with each other and to express this in a unique way to the world around us.

Our heritage is the keystone to our culture. Remembering our heritage is essential to our present and the future we build for the next generation.....

Chris Harris

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@gmail.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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