

*W. Seymour*  
*Mire*

PARISH OF ACKWORTH

ST CUTHBERT'S AND ALL SAINTS'

# Ackworth Parish Magazine



FAITH † HOPE † LOVE

December 2020/January 2021

85p per copy (£5 per year)

## ~ Ackworth Parish Church ~ Who's Who ~

<b><u>Priest - in - Charge:</u></b>	Rev'd Charlene Smith EMAIL: revd.charlenesmith@gmail.com	599979
<b><u>Assistant Priest:</u></b>	Rev'd Paul Fox, 5 Andrews Grove EMAIL: revpaul.fox@gmail.com	613834
<b><u>Churchwardens:</u></b>	Mrs Jackie Dawson Jean Ensor Ute Plett-Graef	610800 617458 611244
<b><u>Secretary:</u></b>	Mrs Jean Ensor, 24 Langdale Drive, Ackworth	617458
<b><u>Christian Stewardship:</u></b>		
<b><u>Treasurer:</u></b>	Mr David Lunn, 7 Windsor Avenue	615032
<b><u>Stewardship Recorder:</u></b>	Mrs Deborah Barker	610243
<b><u>Car Lifts to Church:</u></b>	Mrs Ann Tait, 52 Banks Avenue	612104
<b><u>Children and Young People:</u></b>		
<b><u>Junior Church:</u></b>	Jackie Fox, 5 Andrews Grove	613834
<b><u>Children's Society:</u></b>	Mrs Helen Parkinson, 48 Holly Bank	614400
<b><u>Little Friends Mother &amp; Toddler Group</u></b>	Jackie Fox	613834
<b><u>Overseas Aid and Missions:</u></b>	Mrs Lynne Ward, 83 Station Road	616384
<b><u>Events Committee:</u></b>	Mrs Biddy Branston, 8 Andrews Grove	610590
<b><u>Church Flowers/Brasses:</u></b>		
<b><u>St Cuthbert's:</u></b>	Mrs Jean Clayton	704042
<b><u>All Saints*:</u></b>	Mrs Christine Williams	617942
<b><u>Weekly News sheet:</u></b>	Jane Gosney jane@nomis.org	
<b><u>Parish Magazine:</u></b>		
<b><u>Publishing:</u></b>	Mrs Lynne Ward, 83 Station Road Mrs Julie Davis, 52 Mill Gate Mr Nigel Parkinson, 48 Holly Bank nigelparkinson@talktalk.net	616384 616121 614400
<b><u>Distribution:</u></b>	Mrs Biddy Branston, 8 Andrews Grove Mrs Margaret Seaman, 20 Flounders Hill	610590 611400
<b><u>Advertising:</u></b>	Mrs Pauline Richardson, 35 Banks Avenue	610168
<b><u>St. Cuthbert's Bell Ringers:</u></b>		
<b><u>Tower Captain:</u></b>	Mr Ian Hall, 32 Station Road	612003
<b><u>Hand bell ringing:</u></b>	Helen Griffiths	617133
<b><u>Web Site:</u></b>	<a href="http://www.ackworthcofe.co.uk">www.ackworthcofe.co.uk</a>	

## **Dear friends,**

One of the things that clergy spend a lot of time doing, as you might expect, is thinking about Christmas! We usually start thinking about it around January, reflecting on what went well the previous year and what we might change for the year to come.

This year, however, has been completely different. Planning ahead for Christmas has felt more like a game of Snakes and Ladders where one roll of the dice can send you sliding back down a completely different path and you have to start all over again!

So we have made some plans for holding services both in Church and online, and we are excited about what we're hoping to offer to help our communities celebrate Christmas this year. But we also know that a surge in local cases could scupper some of these plans and send us back to the drawing board.

All this uncertainty has given me a new perspective on the Christmas story itself, because the more I reflect on it in this year of disruption, the more I realise how disrupting the events of the first Christmas were for those involved.

Mary and Joseph were engaged to be married, they no doubt had their plans for what their lives would look like, until the angel Gabriel turned up and sent all their plans out the window. Then, just as they were getting used to the idea that they would have a baby, the emperor ordered a census so they had to set off away from home on the long journey to Bethlehem. Not what they had planned at all.

Or what about the shepherds, sitting happily in their fields just doing their job until the angels appeared and sent them running into the village to find the newborn Jesus. And then there were the wise men, sent on a perilous journey to a far off land because of the appearance of a new star in the sky. None of these people could have predicted or planned what would happen to them, but when the disruption came they went with it and in doing so they met God face to face.

We all approach Christmas with our own sets of expectations and hopes, rituals and traditions, and after all we've been through this year it may feel heartbreaking that we won't be able to celebrate in the ways that we usually do. But perhaps this Christmas, this strange and disrupted Christmas, gives us an opportunity to learn anew from Mary and Joseph, the wise men and the shepherds, and to allow the strange turn our lives have taken to lead us closer to the God who is always with us.

**Many blessings this Christmas Season.**

## **Mission 2020**

I truly believe that ours is a time of opportunity for mission, mission that is sacramental, rooted in our heritage and traditions.

Mission is at the heart of the church and at the heart of the diocese, so when working with the diocesan strategy, I would like to encourage building missionary confidence in our churches and among the congregation. To be at the heart of worship and mission in proclaiming God's Kingdom, a place where the church and community can grow together through confidence and transformation.

Through this time of global crisis, we have been given an opportunity to explore new avenues of missionary potential and learning. There has been a marked increase in people reaching out to their local church for support, strength and prayer. As we come to the end of this time of reactive ministry, I believe we need to recover the voices of wisdom and discern how best to serve our communities moving forward. I would hope to see that together our joint mission will be to work across the parish in listening to the needs of our people and developing our provision to best serve them.

I would also hope to shape mission and ministry in the direction of the most vulnerable, reaching out to our communities, looking at the aspirations and outward focus for the church and building these into a strategic mission plan. Building on the good works already achieved through church and community partnership in response to the COVID 19 pandemic.

Over the past six months, the place of digital worship has taken centre stage for many churches as we have sought new ways in which to reach our communities. The future of digital mission needs some serious consideration in regard to shaping our theological truths and any future strategies. Digital mission and ministry reaches a demographic of people only ever imagined by the church. Further exploration of the potential of building on digital mission through online worship, virtual learning and courses, meetings, training and events, virtual pilgrims, visitors and outreach, to look at the church as a virtual church, fostering and nurturing an online congregation.

Working collaboratively in the context of mission is essential. I would hope there is time and a desire to work together in reflecting upon the past mission initiatives and through discernment and consultation, a desire to look towards what we hope to achieve in the future.

Mission requires the ability to be more exploratory in building and developing relationships. To build a mission rooted into our lives as Christians, with people exploring faith and those wishing to grow in faith, this would need investment in time and a commitment to personal and

professional development and resourcing.

I would hope to develop the ministry of initiation with a commitment to welcome, nurture and education especially to those on the margins of society. As I commented earlier, I would hope to build on what has already been achieved, by further encouraging links with schools and young people, developing ministry with children and building confidence in young Christians.

I would hope to build on the diversity of mission at both churches, developing All Saints with Revd Paul Fox leading a missional church with a focus for the community.

Prayer is again foundational to move forward, a basic tool and part of our Christian identity, I hope to encourage our congregations to pray for the needs of others and for God's mission in his church. As the church moves forward into a new chapter, I pray that we would be attentive to God's mission and through discernment consult in the public square before moving any missional initiative forward.

In summary and based on our existing strategic vision/mission plan already in place, I would hope we could:

- Build missionary confidence through discernment and teaching.
- Explore further the potential of digital mission.
- Build on collaborative mission and ministry.
- Resource mission by developing the good works already in place to strengthen community partnerships and connections.
- To continue to raise the profile of the Christian presence within the community, letting new people know that we are active and relevant.
- Continue to develop the missionary potential of our young people, building confidence and listening to their voices.
- Work within the new benefice structures to build support and trust.
- Develop the missionary potential of both churches in different ways, focusing on our unique strengths, whilst holding together our shared identity and missional strategy.
- Underpin the above in prayer.

## **CHRISTMAS FROM THE MOUTHS OF CHILDREN**

When a doll was provided for our crib in church, one young member of the congregation was not impressed. During the Christmas morning service young Susie announced: 'Huh! That's not baby Jesus, it's got two teeth!'

A young boy aged five, when asked why we should go to church on Christmas Day, replied: 'I expect people to come to my house on my birthday, so we ought to go to Jesus' house on his.'

The head of an infant department ensured that all two hundred children had an active part in the Nativity performance. Each child had been told which part they were to play, and at the first practice, they were positioned in the hall.

'Angels over there ... Shepherds ... Wise Men .. Mary and Joseph.' One five year old was totally lost. 'Andrew, who are you?' she asked.

'I don't know, I think I'm a book.'

A book?' Looking quickly down the list of characters, it was discovered that he was playing the part of a page!

## **PREPARING FOR A WARTIME CHRISTMAS**

Christmas will be somewhat different this year – and has been difficult for other reasons in previous times! We have recently remembered the 75th Anniversary of VJ Day; the following was printed in the 2005 Parish Magazine with thanks to Margaret Canning – the year of the 60th Anniversary.

"The all-time favourite song 'White Christmas' was recorded in 1942. Families were separated. Husbands and sons were serving in the forces. Wives and girl friends were in the Land Army or doing factory work. To those serving overseas, home was so very far away.

Midnight Mass was cancelled in some churches, as the large stained-glass windows were difficult to black out. Church bells could not be rung in case they were confused with air raid signals. Carol singers were asked not to ring hand bells.

Coal was in short supply. More dust than coal, it had to be brought from the coal depot in old prams, wheelbarrows, or homemade trolleys. Everyone was expected to save fuel. Central heating was banned in offices, shops, or places of entertainment.

There were very few extravagances available. Ladies' stockings were in short supply so legs were painted with gravy browning. Perfume was difficult to obtain, a dab of vanilla essence behind the ear had to suffice. Toyshops were almost empty. Newspapers carried adverts for second-hand bikes, tricycles and dolls' prams. Homemade toys were painted and hidden away for children's presents.

The public was urged to put money into National Savings instead of buying gifts, not that there was much in the shops to buy. Everyday clothes were shabby and worn. There were not enough clothing coupons to replace everything so 'best clothes' were only worn on Sunday or special occasions. Still the Government urged the public to be thrifty. 'Tighten your belt and press on with the war effort'.

There was no petrol for cars, in fact, after 1942 the public was not allowed to

use petrol for private cars at all. The railway trains were slow and very overcrowded. Buses were packed with passengers and parcels. Posters asked, 'Is your journey necessary?' People walked to work. Shoes had to be cobbled.

Preparation for Christmas had of necessity to begin early. The thrifty housewife who was lucky enough to have a few hens would look for the first signs of a hen going broody. The hen would sit on a few fertile eggs and when they hatched, the hen chickens would be reared as next year's layers. The cockerels were fattened for the Christmas feast. In summer when, with luck, a few eggs could be spared they would be prepared for the winter by dipping them in isinglass. When the soft fruit season began a little extra sugar was allowed. M.A.A.F. issued leaflets giving tips and recipes on making jam, bottling fruit, and the making of pickles and chutneys. Windfall apples were used up quickly before they became inedible. They were either used in jam making to help get a good set, or they were cut into thin slices and dried in a slow oven. The sound fruit would be stored in a cool place to keep as long as possible. M.A.A.F. also printed leaflets recommending uses for wild fruits. Elderberries could be collected, dried, and used in cakes to replace currants. Beechmasts could be used as almonds.

During the war, bread was not rationed. Every part of the corn was used. As time went on the national loaf got darker. Due to a world shortage of grain, bread was rationed after the war from 1946 to 1948. In 1942 more ships were sunk in the Atlantic Ocean so rations were reduced. Many household goods became unobtainable. Hot water bottles, garden hoses and bathmats could no longer be bought. Soap was rationed, two coupons per pound. Fish was never rationed; it was first come first served. Queues were formed; queuing took up a lot of the housewife's time. A great deal of thought and planning went into making meals.

For Christmas mincemeat, lemon cheese, Christmas cakes and puddings could not be made too early. The ingredients were not available to make them as rich as today's cakes so they would not keep so well. In November 1941, a pink ration book was issued. Each person had sixteen points a month. These points could be used to 'buy' a tin of fish or meat or fruit, packets of biscuits, dried peas, lentils or dried fruit. About this time a new tinned meat went on sale in the shops. Special Prepared American Meat - 'Spam'. It became very popular. In reality, the housewife could only buy what was available. Prunes and dates had to be used in cakes when no other fruit was available. Prunes and dates had to be used in cakes when no other fruit was available. Saving a little butter and sugar, a few eggs, dried fruit, lard and margarine towards Christmas baking took a lot of planning. Two ounces of tea per person per week would just about make three cups of tea a day. It must have taken a will of iron to put aside a few ounces so as to be able to offer Christmas visitors a refreshing hot drink. One of the reasons wartime recipes give such small quantities is because so little could be spared.

Vegetables were a necessary part of every meal. The protein allocation of one shell egg, two ounces of cheese and meat to the value of one shilling and

tuppence had to last all week. Everyone tried to grow their vegetables in gardens or allotments, as well as working a fifty-hour week for the war effort. On top of that there was fire watch or air raid warden duties.

Throughout the year, knitting needles clicked and flashed. Wool cost coupons. Much of the wool used would be unpicked, washed and rewound before reknitting into Christmas gifts of scarves, socks, gloves, hats and pullovers.

Old clothes could be cut into clippings. A hessian sack would be bought or begged, its seams unpicked and then it would be laid out flat so a pattern could be drawn on it with chalk. Red clippings would be used to make a diamond in the centre. The whole family would spend many evenings prodding a rug getting it ready to lie before the kitchen range on Christmas Day. The week before Christmas the housewife would clean the house. Everything would be scrubbed and polished. Net curtains would be washed, dipped in dolly cream, ironed and rehung. The kitchen range would have all the flues cleaned and would be black-leaded then polished till it shone.

Christmas Day would find a fire burning fiercely, heating the oven, ready to start roasting. A feast born out of ingenuity and perseverance.”

### **HANDY HINTS FROM OLD MAGAZINES**

**Washing Day:** Washing can be made much simpler. Just put two tablespoonfuls of paraffin into the water in the copper. You will be surprised how it loosens the dirt. My clothes are on the line long before my neighbours. They are the envy of all the housewives of the district, for their dazzling whiteness.

**Sewing:** When sewing anything, should your needle become blunt, don't throw it away; if you put the point in your hair a few times, you will find you can sew quite easily. Repeat this again when the needle becomes blunt.

### **CALENDAR 2021**

We had hoped to produce a calendar again this year, showing Ackworth through this year -unfortunately this will not be possible. Instead of which, there will be simple A4 sheet for the year, showing both our churches which will be available for sale, in addition to the complimentary copies.

It has been a difficult decision, but there have been problems obtaining enough variety of pictures, and particular concern over the cost of production against likely sales. We really appreciate the support we have had from local businesses providing outlets for sale of the calendars, but owing to the current restrictions in shops, and lack of our own usual outlets such as the coffee morning, we have agreed it would not be financially viable this year.

We hope to be back better than ever next year !



## On the Edge by Malcolm Guite

Christmas sets the centre on the edge;  
The edge of the town, out-buildings of an inn,  
The fringe of empire, far from privilege  
And power, on the edge and outer spin  
Of turning worlds, a margin of small stars  
That edge a galaxy itself light years  
From some unguessed-at cosmic origin.  
Christmas sets the centre at the edge.  
And from this day our world is re-aligned;  
A tiny seed unfolding in the womb  
Becomes the source from which we all unfold  
And flower into being. We are healed,  
The End begins, the tomb becomes a womb,  
For now in him all things are re-aligned.

## A traditional Lincolnshire Xmas recipe from a Lincolnshire Yellowbelly!!

### Lincolnshire Plum Loaf

450g strong plain flour  
115ml warm milk  
4 tbsps caster sugar  
50g sultanas  
2 eggs lightly beaten  
1tspn allspice

225g chopped prunes  
115g butter  
50g currants  
15g dried yeast  
1 tspn cinnamon  
pinch of salt

Mix together milk, sugar, butter, yeast, eggs, salt and spices.

Add the flour and beat into a pliable dough.

Turn onto a floured surface and knead until smooth and elastic.

Cover and leave in a warm place to double in size.

Knock back and knead briefly again adding in the dried fruit, making sure it is evenly distributed.

Divide mixture into two 1lb tins, cover and leave in a warm place until doubled in size again.

Bake at 190 degrees C for 40-45 mins, remove from the tin and bake for another 5-10 mins until the loaves sound hollow.

Traditionally enjoyed at Christmas with a piece of Lincolnshire Poacher cheese, or for the Yorkists among you – Wensleydale cheese.

For those of you who don't know there are many suggestions of where the nickname Lincolnshire Yellowbelly comes from but the one we prefer is that we were named after the colour of the waistcoat of the Royal North Lincolnshire Militia who wore bright yellow waistcoats when they went into battle.

Can you find the words listed in the grid? They may be written in any direction.  
 ANGELS EARTH GLORY HARK HERALD KINGMERCY MILD  
 NEWBORN PEACE SING

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

**'Advent preparations at St. Cuthbert's and All Saints' Churches. The outdoor advent candles have been designed and made by Philippa Perry - we will add a candle every week'**






## DO YOU HAVE A PROBLEM WITH PESTS?

Mice, rats, wasps, flies, moths, fleas, or moles.

Don't delay, call Gareth at Prompt Pest Services today!

07519 145509 or 01977 617430 Ackworth family run business. Friendly, professional and reliable service. 

Fully qualified and insured with competitive rates

### FAIRTRADE ACKWORTH

Third World Products  
Esso Petrol Station,  
Wakefield Road, Ackworth.



Tea, Coffee, Dried Fruit, Nuts, Gifts etc

Mon, Tues, Fri, 3 pm - 5 pm

Sat 10 - 12 noon

### The Brown Cow

Pontefract Road, Ackworth.

Tel: 01977 277813



Home cooked quality food.

Served 12pm—9pm, Wed—Sat

Sunday Lunch, 12-6pm

Weddings, Christenings,

Funerals catered for.

Tel: 01977 277813



### Ackworth Wills

Peace of Mind Affordably

14 Years of Faithful Service

Wills \* Trusts \* Power of Attorney

Home Visits

John Alder BA, BA (Hons), M. Ed  
Ackworth Wills

01977 611833 or 07733377413

[www.ackworthwills.co.uk](http://www.ackworthwills.co.uk)

# Lancaster MEMORIALS Ltd

Tel: 791426 Mob: 07801336896

[www.lancastermemorials.co.uk](http://www.lancastermemorials.co.uk)

FOR UNBEATABLE ALL ROUND SERVICE AT THE  
LOWEST PRICES PRODUCING OUTSTANDING  
QUALITY

Request a brochure or home visit or choose from  
our showroom. Design your own stone on our  
computer.

OTHER SERVICES AVAILABLE THROUGHOUT  
YORKSHIRE



# MAPLE drainage

Maple drainage is a emergency drainage company specialising in drain clearance, CCTV surveys and drain repair. With over 20 years experience in the industry we provide a professional, reliable and efficient service.



- **24/7 Emergency Call out** • **Drain Clearance**
  - **Drain Repairs (Excavation/Lining)**
  - **CCTV Drain Surveys** • **Root Cutting**
  - **Drain Smell/Leaks Investigations**

0800 288 4060

[www.mapledrainage.com](http://www.mapledrainage.com)

[info@mapledrainage.com](mailto:info@mapledrainage.com)

### Butterflies Sandwich Bar

Hot & Cold Food Served

Outside Catering

Pick up or Free Delivery

Party's Christenings

Eat in or Takeaway

Funeral Teas

Business Meetings

Open Monday to Friday 7am – 2pm

Saturday 8am – 1pm

Sunday 9am – 1pm

Tel: 01977 613444

42 Wakefield Road,

Ackworth, WF7 7AB



## J C POWERCO LTD

"Your LOCAL Garden Machinery Specialists"



Find us in **ACKWORTH**

(next door to the BP petrol station)

# 01977 612319

**NEW & USED FOR SALE**

**+ SERVICE, REPAIRS & PARTS**

[www.jcpowerco.co.uk](http://www.jcpowerco.co.uk)

### SKF LO (CHEMISTS) Ltd

29 Barnsley Road

Ackworth

01977 613132



Friendly advice on all healthcare.

Monday - Friday 9am - 6:00pm;

Saturday 9am - 12:00pm

## Dixons Decorators

**For all aspects of  
painting and decorating**

Over 30 years experience

Telephone Carl

**07795325794**

or email

[dixonsdecorators@hotmail.co.uk](mailto:dixonsdecorators@hotmail.co.uk)

For a free no obligation quote

## G FROST HANDYMAN & PROPERTY MAINTENANCE

General DIY jobs and repairs,  
Internal / External Painting,  
Garden Maintenance, Decking  
For a free quote contact Gary on  
07586 369147

[gfrosthandyman@gmail.com](mailto:gfrosthandyman@gmail.com)

Current DBS Checked



Pat Olbison

**Traditional Joiner**

**Mission Room House**

**Wakefield Road, Ackworth**

**WF7 7AB**

**Tel: 01977 612733**

**Mob: 07779 485572**

# **NORMINGTON & SONS LIMITED**

**(Funeral Directors)**

Email: [normingtonfuneral@gmail.com](mailto:normingtonfuneral@gmail.com)

Website: <http://normingtonandson.co.uk>

**Private  
Service  
Chapel**



**Private  
Chapels  
of Rest**

## **Newstead View Funeral Home**

**Newstead Lane, Havercroft, Wakefield. WF4 2HW**

Also At

Private Baptist Chapel, Wakefield Road, Kinsley, Pontefract. WF9 5JF.

### **The Independent Family Business That Puts People First**

24 hour Helpline 01226 700760 365 days a year

**CATERING — FLORAL TRIBUTES — HEADSTONES**  
Monumental Services on the Premises  
Worldwide Repatriation

Pre Paid Funeral Plans  
For Future Peace of Mind



UK REG 2697534

Members of S.A.I.F. International

# **Spick & Span Cleaning** **We don't cut corners....** **We clean them!**

**Contact:**  
**Helen: 07798840438**



**Family  
business**



**Established  
1981**

**8 BELL LANE ACKWORTH**

**Tel: 613633**

**[www.aldredsonline.co.uk](http://www.aldredsonline.co.uk)**

**NHS & PRIVATE EYE EXAMINATIONS**  
**WIDE RANGE OF FRAMES**  
**FOR ALL BUDGETS**

**We have the latest Seiko technology  
for spectacle choice & dispensing.**



y  
a  
The Court  
d Tea Room and Gallery  
Womersley




Good home cooked tasty food, locally sourced and served with courtesy and a smile.

Open from 9.00am to 4.00pm, Thursday to Sunday, serving breakfasts, lunches and traditional afternoon teas.

for more info. and for special events see  
[www.thecourtyardwomersley.co.uk](http://www.thecourtyardwomersley.co.uk)

Park Lane, Womersley, DN6 9BH  
(5 minutes off the A1, at the Darrington turnoff)  
Tel 01977 621190  
email: [tea@thecourtyardwomersley.co.uk](mailto:tea@thecourtyardwomersley.co.uk)

PRIVATE DENTURE CLINIC WHERE QUALITY AND SERVICE COUNTS

 Dentures by  
Dominic

Re-creating your lost smile

Clinical Dental Technician Dip CDT RCS Eng  
GENERAL DENTAL COUNCIL REGISTRATION NUMBER 145164

**The Importance of a Smile...**

It takes but a moment, but the memory of it can last a lifetime. It creates happiness in the home, fosters goodwill, brings rest to the weary, cheer to the discouraged and sunshine to all who are sad...

**At Dentures by Dominic we don't just make dentures, we create smiles**

Just as you are unique so are your denture requirements, all our dentures are designed and crafted to suit your individual needs, working together as a team, you and your clinician; using the finest materials and natural looking teeth, can create a functional and comfortable denture that is uniquely yours...

At Dentures by Dominic we pride ourselves on the relaxed and friendly environment that we provide...

11 Andrew Street, Featherstone, Pontefract, WF7 5NS  
Tel: 01977 793193



## Naturopathic Nutrition & Reflexology Look After You!

### *Good Health Could Be Just Two Feet Away*

Reflexology is a deeply relaxing therapy applied to the feet, sometimes hands and ears, which reduces tension and is suitable for all ages. You may sleep better following a Reflexology treatment and find that your mood and sense of wellbeing improve, people often find that other symptoms of stress also improve.

### *Hippocrates: Let Food Be Your Medicine ...*

### *And Let Medicine Be Your Food*

Hippocrates believed that 'dis-ease' was the product of a combination of environmental factors, diet and living habits, a philosophy that is still relevant today. The body responds well to changes in diet and has enormous healing potential

44 Holly Bank  
Ackworth  
Pontefract  
West Yorkshire  
WF7 7PE

Suzy Sherratt D.N.N. M.A.R.  
Mobile: 07719 745420  
Landline: 01977 612008  
E-mail: [suzy@look-after-you.co.uk](mailto:suzy@look-after-you.co.uk)  
Website: [www.look-after-you.co.uk](http://www.look-after-you.co.uk)  
Qualified: 1995 and 1999



# Celestielle

FLORAL DESIGN

Occasions

DELIGHTFULLY DIFFERENT FLOWERS

Weddings

For further enquiries and orders call:

01977 618287

Events

Or visit [www.celestiellefloraldesign.co.uk](http://www.celestiellefloraldesign.co.uk)

Corporate

Specialist Wedding, Event & Corporate Florist

Sympathy

@celestiellefloraldesign

## **YOUR CHURCH IS OPEN**

Throughout December, in addition to the services which have resumed at St Cuthbert's and All Saints' both Churches continue to be open for private prayer. Please come along if you would like to spend a short time in the peace of the Church—everyone is welcome.

St.Cuthbert's:Wednesday Afternoon  
from 2.00pm – 4.00pm,

All Saints':Thursday Morning from  
10.00am – 12.00noon.

St Cuthbert's will also be open on  
Christmas Eve from 5.00pm—  
6.30pm

(Please note this is for quiet prayer  
not our usual Crib service).

**Harry's Fish & Chip Restaurant**  
**Open Tuesday - Friday 11:00am - 2:00pm**



**69 Kirkgate**  
**Wakefield**  
**West Yorkshire**  
**WF1 1HX**

**01924 299499**  
**or**  
**07879 015377**

