

The Saint

Benefice Magazine

2021
complimentary issue

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JUL-AUG-SEP 2021

Faith
Hope
Love

ECUMENICAL MISSION
CHURCHES TOGETHER

— THE —
BENEFICE OF
ACKWORTH AND BADSWORTH
FAITH † HOPE † LOVE

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Statement of Mission

'We are a Benefice which has the desire to nurture a church of Faith, Hope and Love, which reflects God's presence, helping us to serve and transform the communities of which we are a part.'

~ THE BENEFICE OF ACKWORTH AND BADSWORTH ~ Who's Who ~

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A Message from Rev. Paul Fox - Ecumenical Mission

Welcome to this edition of our Magazine. We hope you find the many and varied articles interesting, and of use. Although this magazine is produced by the Anglican Church in Ackworth, we are a member of Churches Together in Ackworth. And so, in this edition you will find contributions from the other Christian Churches in Ackworth. It is a privilege for me to be the current Chair of the Churches Together Group, and an honour to work with friends from other denominations.

As many of you will already know, Revd Charlene left us in June, to take the role of Hospital Chaplain at Mid Yorkshire NHS Trust. We wish Charlene well in this new role.

This does mean that we have entered another Interregnum, and are now following the process of appointing a new Rector to the Benefice of Ackworth and Badsworth. However, our churches are still open for business as usual, and all are welcome to join us for worship, or for social events as they happen.

Over the last 18 months most of our church activities have been curtailed, or stopped completely. But we are now beginning to restart and replan some of our usual and regular activities. Our Knit and Natter Group has recently restarted. We hope that our Baby and Toddler Group, Little Friends can restart in September, and hopefully our Thursday Coffee Morning at All Saints 'Church. Please keep an eye on our notice boards and our website for information about these things.

Our Sunday Services have been open since Easter of this year. Our next big celebration will be our Harvest Services on 10th October (times to be announced). And on 17th October, Bishop Tony, The Bishop of Wakefield will be celebrating with us in Ackworth and in Badsworth.

We are all looking forward to worshipping more normally, and being able to plan our social activities again, and we hope that as many of you as possible will be able to join with us, and support us as we do.

"I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for."

Jeremiah 29:11

Churches Working Together in Ackworth - Ecumenical Mission

One of the great pleasures of being a priest in the Anglican Church here in Ackworth, is the strength of the relationships between all of the different Christian denominations. It is a pleasure to be able to work with the leaders of the Methodist Church, the Community Church, the Quaker Meeting, and the Catholic Community here.

We have had many different and varied discussions about all sorts of things. But the best thing is when we come together to discuss, and to celebrate our faith.

We have for many years met for a series of study sessions during Lent, where we discuss matters of faith. And it is here that we can listen to different perspectives on faith, and learn about each other more, but more importantly, learn from each other.

Twice a year we have met to sing together and pray together in the Coop car park, for Christmas, and on Good Friday. We have also worked together, with the Parish Council, for the switching on of the Christmas Lights, not to mention the Village Carol Service.

We have come together regularly during the Week of Prayer for Christian Unity, usually in January. Here we can learn from each other again, and pray together. Which brings us all closer together.

All of the above are fantastic opportunities for us to be together. But the whole point of this, is for us to work together, and one example of this is working together during the week of collecting donations for Christian Aid. Helping poorer communities around the world.

Sadly, over the last eighteen months, we have had to suspend all meetings. But that did not stop us working together. In fact we worked even harder. Just before the first lockdown in March 2020, we worked together, with the Parish Council, Ackworth School, and This is Ackworth, to develop a response to the crisis that was developing. So within a week, we had developed a scheme where we could offer volunteer services to anyone who had a need which they were struggling with, most commonly, that was collecting shopping, or prescriptions. We had over one hundred people across our community

offering their services. We set up the Ackworth Food Bank during the lockdown, which provided much needed supplies to those who were struggling to keep up.

Pride, and boasting, are things that Christians are not supposed to do. But I have come very close to it when I see what members of all of our Churches Together in Ackworth, have been able to do during this very difficult period we have all endured.

I am looking forward to meeting up with friends from across all our church communities after the Summer. And hoping that we can begin to plan events together, and move forward into our new future together.

Rev. Paul Fox

St Cuthbert's Way

As many of you might remember, eighteen months ago I was set many different challenges by friends and family to celebrate my 60th Birthday. Sadly, because of the lockdowns caused by Covid 19, most of those challenges had to be cancelled or postponed. One of those challenges was to walk 60 miles in a week. My wife Jackie and I booked a week walking last year, but postponed it until this year. The challenge was to walk the 62 miles of St Cuthbert's Way, which starts in Melrose, Scotland, and finishes on Holy Island in Northumbria. It would take us six days, stopping at Jedburgh, Morebattle, Kirk Yetholm, Wooler, and Belford. But taking in St Cuthbert's Cave on the way.

A member of our family drove us to Melrose one Sunday evening, where we visited the Abbey there, where Cuthbert was Prior. The following morning we left the hotel with rucksacks stuffed with food and drinks (our clothing luggage was transported for us each day) and we set off on the walk. This began with a steep climb up some very steep steps, and a further steep climb up the Eidon hills. My legs were aching within 30 minutes! And the first day's walking was the longest at 15 miles!

Throughout the week we walked through woodland, arable land,

alongside rivers, and even golf courses. But one highlight was crossing the Cheviot hills, which gave us fantastic views, and took us to the highest point in the walk called "Wide Open Hill". Which was appropriately named. It was also in the Cheviots where we crossed the border between Scotland and England.

I have often said that one of the joys of a pilgrimage is meeting other people. I have to say, that this walk had very few people on it, until we neared Holy Island. But we did meet two ladies who were walking St Cuthbert's Way in four days instead of our six. We were in awe of them. But they disliked cows more than we did. We also met two other ladies, one of whom was hobbling to dinner one evening. We presumed from tired legs, but it turned out it was from blisters on the sole of one foot. She did make it to Holy Island though. We also met a Father and Son who asked us when they should take their shoes crossing to Holy Island. We suggested when they were on the sand! We later found out that it was less sand, and more mud! And we met a myriad of characters in the places we stayed, including a very funny Scotsman in Kirk Yetholm.

The weather was kind to us all the way. Not hot nor sunny, but not raining or cold either. Perfect walking weather.

When we reached Holy Island we were met by Jackie's cousin, who just happened to be staying nearby. So we celebrated with lunch, and a beer.

Of course the point in doing the challenge was to raise money for Cancer Research UK. So thank you to everyone who donated (<https://fundraise.cancerresearchuk.org/page/pauls-giving-page-2078>). We raised over £400.

If anyone feels like they would like to complete the same challenge, please get in touch, and I can advise on how to book and prepare for it. It really is a worthwhile thing to do. Following in the footsteps of St Cuthbert is a spiritual experience indeed!

revpaul.fox@gmail.com



Ackworth Community Church - Ecumenical Mission

Jeremiah 29: 11: For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.

As we reach September, there is always a sense, for me at least, as the schools restart of a new year beginning (I know New Year's celebrations take place in January – but having worked in schools for a number of years, September also has the feel of things getting underway again.) Particularly for us as a church, September this year has a feel of resuming, of fresh beginnings and of new opportunities to re-connect with our community.

This will happen in some very practical ways. Our church services have steadily got back up and running again and it has been lovely to meet together with many of our church members again. Hopefully (government intervention permitting) we can re-establish our weekly pattern of meeting together and also can steadily introduce again some of the things that have become a familiar part of our meeting together (kids work, drinks etc.)

Also, we are planning to start with our toddler group again, running on Tuesdays and Wednesdays starting on the 14th and 15th September. Toddlers has been running for nearly twenty years and has been a great way of connecting with hundreds of families in Ackworth. It is hard work but it does provide a great meeting place with our community, so let's pray for it as it gets underway again.

Equally, it will be lovely to connect again over the coming month with our friends from the other churches in Ackworth. They will be in a similar position of restarting so let's pray for them and also for us on the Churches Together committee as we meet to start to plan our outreach for the coming months.

Also we will be taking time during the autumn to pray and to listen to God as we think about the rest of our program always with thought of being able to share something of the amazing love of Jesus with our community.

Recently we have been encouraged by a recurring verse from Jeremiah 29: 11: For I know the plans I have for you,' declares

the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. Be encouraged that the Lord has good plans for us as churches as we move forward.

Ashley Guest

Methodist Church - Ecumenical Mission

BELONGING TOGETHER IN ACKWORTH

When I came to Ackworth about 6 years ago, I felt as if I had come home. Having trained in an interventional Theological college, working together with other denominations felt normal. The way the Churches together unite and work together is admirable. I know we hold slight difference in the way we do things but because of our faith in our Lord Jesus Christ, we have acted like one Church located in different corners of Ackworth. The months of Covid 19 obviously have not been kind to us in that we have not been able to hold our meetings and different services that we always hold throughout the year. Working in Ackworth has never felt lonely as I knew I have the support of my brothers and sisters in Quaker, Anglican, Community Church and the Catholic Church friends. We have worked as a team in leading Alpha Courses, Advent and Lent Bible studies, Good Friday's service at the co-op grounds, leaflet distributions, village carol singing, Christian Aid week collection and service and so many other things that we have done together. I know this is special because I have worked in many other places where there is no fellowship like this. We have demonstrated to the village that there is actually one Church of Christ no matter what Theological view each church hold. For this, I am eternally grateful. Jesus told his disciples that ' By this everyone will know that you are my disciples, if you love one another.' (John 13:35). I believe by working together as one church, we have demonstrated that we belong to Christ. I am praying that we will soon start meeting together as the Covid restrictions continue to be eased.

I take this opportunity to thank all the leaders of the Churches together in Ackworth for the role in leading us to this point. I just want to point out due to unforeseen family circumstances, the person who has been coordinating the activities of Christian Aid is stepping down after serving us in this role for many many years. The couple who have been organising and leading the activities of Fair Trade also are stepping down after their admirable service of many years. If you feel

you can do any of these roles, please contact the Secretary of the Churches Together for any information. I know this is asking much as you might have many other jobs that you might be involved with in your local Church. However, if you sense God calling you to do this, please respond. He always give us the grace and strength to do what he asks us to do.

Let us continue praying for and supporting each other. God bless you and may His peace fill your lives. I leave you with this saying. The words you speak will become your reality. Watch out what comes out of your mouth. Words are like seeds. When you speak something out, you give life to what you're saying. If you continue to say it, eventually that can become a reality. Whether you realise it or not, you are prophesying your future. May these words of our mouths and the meditation of our hearts be positive and pleasing to our Lord Jesus Christ. Amen.

Rev Naomi N Kaiga (Methodist Minister in Ackworth and Upton Churches)

Ackworth Quakers – a Return to Meeting - Ecumenical Mission

Sunday, 11th July saw Ackworth's Quaker Meeting return to the Meeting House after 16 months of Zoom meetings! Like other denominations, Friends relied on worshipping together using computers and mobile phones; as well as Sunday morning Meetings, there were faithful mid-week Meetings on Wednesday evenings throughout. Although not all Friends were able to access these on Zoom, one unexpected bonus was that Quakers connected with the local Meeting who live in other parts of the UK, together with those who attend other nearby Meetings who were not running Zoom alternatives, were able to join in on occasions – so Lockdown did at least enable us to reach out nationwide and strengthen our bonds!

Quakers (members of Churches Together in Ackworth) worship in silence, which is broken only when someone feels moved to speak; this is what Quakers call 'ministry'. They are also known as the Religious Society of Friends, and place a high value on developing true friendships and quality relationships. Friends' experience has led us to accepting what we call our testimonies: to peace, equality, simplicity and truth. From our testimony to simplicity has grown a strong concern for the environment.

All are welcome to join us at Ackworth School's Meeting House (pictured) each Sunday at 10.45 am. Meetings in Ackworth last for 45 minutes.

For more information, contact Andrew Ward on 01977 616384.



Board Games

Do you have a favourite?

In a recent survey of 2,000 adults the most popular adult board game was Monopoly, but that game has also been called a relationship ruiner! I remember my mother being a rather ruthless Monopoly player. It is my son's least favourite game but I retain fond memories of nights around the kitchen table hoping to land on and buy Park Lane and Mayfair or hoping to avoid landing on them if someone else owned them, especially if there were houses or worse still a hotel on them.

I think board games are a time for friends and family to get together have fun and enjoy each other's company over a great activity.

According to "bead games" there are 8 reasons why playing board games can be good for us and would be a beneficial activity to enjoy regularly-

1. Board game playing increases brain function.
2. They can bring laughter and decrease stress.
3. Playing board games triggers the release of endorphins- the body's natural "feel good" chemicals.
4. Playing together can bring people closer and strengthen relationships.
5. It reminds us what it's like to live in a real world (kind of) away from smart phones, tablets, PC and internet etc.

6. Playing board games lowers stress.
7. It teaches us how to set goals and be patient.
8. Playing board games can enhance creativity and self-confidence.

What is your opinion? I believe it depends a lot on how competitive you are!

My son has reintroduced us to playing board games and he is building up a large collection. He has introduced me to many new games and we have spent many an enjoyable hour or so playing board games especially during the recent lockdowns.

Some of my favourite ones at the moment for 3-4 players are Wingspan, Carcassonne, Azul and Barenpark. It is also enjoyable to play co-operative games. Fun games for larger groups are Herd Mentality (we played this over Zoom several times for work fun nights), Just One and Sushi Go. For when I am on my own I like Orchard (designed by my friend's husband) and Railroad Ink can be played by 1-4 players.

Why not check the back of your cupboards, get together with a few friends or family members and have yourselves a games night? You could even write a review of any games you play for the church magazine.

Kirsty Morris



“The Strawberry Thief”

It is always hard to think of something original for a birthday present for someone you have been married to for ... well, a very long time ... and as my birthday is in March that was a real problem for my husband this year who, at the very best of times, is not a keen shopper. So, in the middle of a National Lockdown, I was not at all expecting the wonderful gift that he came up with.

Rewind over 20 years, I have always loved and admired the books of Joanne Harris; her book *Chocolat* was the first I read and soon I had followed the story of Vianne Rocher and her daughters through subsequent books such as *Lollipop Shoes* and *Peaches for M le Cure*. So, when I opened my birthday envelope and I found an invitation to a Literary Lunch where Joanne herself was to talk about her recent book *The Strawberry Thief*, telling the next part of Vianne's story, I was very excited and thrilled. As I read the invitation further, I realised that this lunch was to be a Zoom lunch, when Joanne would speak to us all from her special writers' den at her home and we could ask her questions at the end. So, on April 29th, with my special lunch prepared on my own plate on my own dining table, I met with over 100 other fans on Zoom. So exciting! No worries about travel arrangements, what to wear, 'health and safety' or anything and here was Joanne Harris talking to me – and others – about the art of writing and storytelling. It was an absolutely wonderful afternoon and I learnt so much about Joanne herself as well her characters that I had followed in her many books.

Of course, my husband now has created himself a problem for next March!

How can he better that?

Watch this space!

Jane Gosney

Apricot and Almond Cake – Pam Lunn

During the first lockdown we all found ourselves confined to our homes, with our usual pastimes put on hold as everywhere had to close to protect ourselves and others. It soon became clear that this situation wasn't going to last for just a few weeks. So, we thought of how to spend our time. Decorating and gardening became the order of the day. Saturday night became movie night as we found old DVDs and videos of our favourite films that had been hidden away in storage. We worked our way through recipe books with 'Gok Wan Cooks Chinese' and 'The Three Sisters' Indian cookbook becoming favourite to turn as take-a-ways became a thing of the past.

We found ourselves exploring a wide range of walks locally, the walk along the ridge at Wentbridge and a circular walk from Ackworth to Badsworth both giving us the chance to see and photograph a wide range of birds and butterflies. Despite not being able to visit RSPB sites we soon found our record of bird sightings for the year building up and even managed a sighting of the Kingfisher on the River Went, much to Dave's delight. On one snowy day we spotted local deer which made a lovely photo opportunity.

We had missed our walks at National Trust sights where we usually finished up in the café to have tea and the occasional cake. It was time to get back into the routine of baking. This cake recipe which can also be used as a pudding proved a popular treat.

Recipe for Apricot and Almond Cake

Prepare a 23cm circular cake tin by lining with greaseproof paper and then grease the paper. A spring form tin is best as it makes it easier to remove the cake when warm. Next sprinkle in 5 tablespoons of dry breadcrumbs (brown or white) to coat the base and sides of the tin. Preheat your oven to Gas 4 or for electric ovens 350 degrees F or 180 degrees C. Take care with fan ovens towards the end of cooking as you may need to reduce the temperature slightly to avoid the sides of the cake burning.

Ingredients

Brown or white breadcrumbs approx. 5 tbsp

450 g of fresh apricots (stones removed) or tinned if they are not in season

225g of softened butter

225g of golden caster sugar

4 medium sized eggs

175g sifted self-raising flour

2 tbsp milk
115g ground almonds
3 or 4 drops of almond extract/essence

Method

Cream the butter and sugar until light and fluffy.

Beat in the eggs one at a time.

Fold in the sifted flour.

Add the milk followed by the ground almonds.

Finally add the Almond essence/ extract.

Carefully spoon half of the mixture into the tin and spread evenly.

Now place half of the apricots evenly across the mixture. Don't press down the apricots.

Repeat this step again with the remaining mixture and apricots.

Bake in the centre of your oven for 30 minutes before checking.

Depending on your oven you may need longer. Check and cook until a skewer comes out of the centre of the cake clean. If the top of your cake is getting too brown then cover with baking paper.

Remove from the oven and allow to rest for 10 minutes.

If you wish to serve as a pudding carefully remove from the tin and remove the paper around the side.

If you wish to serve as a cake allow it to cool on a baking rack, remove the greaseproof paper.

You have the option of sprinkling with a dusting of caster sugar if you wish.

This cake will keep for several days in an airtight container.

The Lamb of God.

When I was a young child, about five years old, The Lamb of God lived at my house. He had a white curly coat and travelled on four red wheels and a handle with which I pushed him along. I loved him. My parents were caretakers at our local Parish Church, and Dad was also the Verger. Every Saturday afternoon they, myself and my sisters used to go down to clean it. My favourite part was dusting and polishing the picture of my Lamb carved on the front of the Altar. Afterwards, if it was a wet day my sisters and I used to play houses in the pulpit. If it was dry, we would be out in the Churchyard looking after the graves. My favourite ones were those with Waxed Lillies and a glass dome. We were very respectful and treated them with care. I don't know if it was the wrath of God or my Mother who encouraged us to be good, but we

really cared about the place. Woe betide anyone coming in and behaving badly by running around or, even worse, actually standing on a grave. They got very short shrift.

The grave digger died and probably because there weren't many fit Anglican men in our little village, being like most farming communities mainly Methodist, my Dad took it on. I was allowed to help him dig graves, but only until they got too deep when I had to leave. I can still remember my first "wage" for doing this. It was 1s 6d. I was very proud. As for my Lamb, one day I realised that he wasn't there anymore. Hopefully he had gone to make another child happy, although by then he had lost his wheels and looked a bit raggedy, so I suspect that he had gone to join our Lord in Heaven. At least I hope so.
Jackie Dawson

Yoghurt Pot Muffins – A recipe from Jackie Dawson

1 small (100-150g) individual pot of flavoured yoghurt.

¾ pot sunflower oil

1 pot caster sugar

3 pots of self raising flour

1 tsp baking powder

1 pot dried fruit/chopped fresh fruit or choc chips.

1 egg

½ pot of milk

Preheat Oven to 180/ Gas Mark 6

Empty yoghurt into a mixing bowl and keep pot to measure out other ingredients

Measure out oil in pot and add to bowl

Break egg into yoghurt & oil, add milk and mix together

Add sugar to bowl and mix.

Add 3 pots flour, baking powder and 1 pot fruit or choc chips etc and mix. Don't overmix, just enough to combine flour etc with wet ingredients.

Spoon into Muffin cases or greased Muffin Tray and bake for 20-25 minutes until springy on top. Bake Mini Muffins for 12-15 minutes.

Suitable additions :-

Strawberry Yoghurt and White Choc Chips.

Butterscotch Yoghurt and Rasin

Orange Yoghurt and chopped Marzipan

Toffee Yoghurt and Coconut or Apple

MONEY.... an easy way to pay off your debts?

It is August. In a small town on the South Coast of France the holiday season is in full swing but it is raining so there is not too much business happening.

Everyone is heavily in debt.

Luckily, a rich Russian tourist arrives in the foyer of the small local hotel. He asks for a room and puts a Euro100 note on the reception counter, takes a key and goes to inspect the room located up the stairs on the third floor.

The hotel owner takes the banknote in hurry and rushes to his meat supplier to whom he owes E100.

The butcher takes the money and races to his wholesale supplier to pay his debt.

The wholesaler rushes to the farmer to pay E100 for pigs he purchased some time ago.

The farmer triumphantly gives the E100 note to a local prostitute who gave him her services on credit.

The prostitute goes quickly to the hotel, as she owed the hotel for her hourly room used to entertain clients, and lays the E100 on the counter.

At that moment, the rich Russian is coming down to reception and informs the hotel owner that the proposed room is unsatisfactory and takes his E100 back and departs.

There was no profit or income. But everyone no longer has any debt and the small town people look optimistically towards their future.

COULD THIS BE THE SOLUTION TO THE Global Financial Crisis?

Or, is there a catch here? Think about it.

Bill Branston

Noah's Ark 2021

In the year 2021, the Lord came unto Noah, who was now living in England, and said: 'Once again the earth has become wicked and overpopulated, and I see the end of all flesh before me. Build another Ark and save two of every living thing, along with a few good humans.' He gave Noah the Microstation CAD drawings and specifications, saying unto him, 'You have 6 months to build the ark before I will start the unending rain, which will last for 40 days and 40 nights.'

Six months later, the Lord looked down and saw Noah weeping in his yard, but he could see no Ark.

'Noah!' He roared, 'I'm about to start the rain! Where is the Ark?'

'Forgive me, Lord,' begged Noah, 'but things have changed. I needed Building Regulations Approval. I've been arguing with the Fire Brigade about the need for a sprinkler system. My neighbours claim that I should have obtained planning permission for building the Ark in my garden because of the development of the site, even though in my view it is a temporary structure. We had to go to appeal to the Secretary of State for a decision. Then the Department of Transport demanded a bond be posted for the future costs of moving power lines and other overhead obstructions, to clear the passage for the Ark's move to the sea. I told them that the sea would be coming to us, but they would hear nothing of it. Getting the wood was another problem. All the decent trees have Tree Preservation Orders on them, and we live in a Site of Special Scientific Interest set up in order to protect the Red-backed shrike. I tried to convince the environmentalists that I needed the wood to save the shrikes, but they insisted that my actions were not in accord with English Nature's Biodiversity Action Plan, so no go! Getting it paid for is a nightmare. I thought there was money, but if I could show I had spent it I could have it, but as I didn't have an output, I couldn't have spent it ... Lord. When I started gathering the animals, the RSPCA sued me. They insisted that I was confining wild animals against their will. They argued that the accommodation was too restrictive, and that it was cruel and inhumane to put so many animals in such a confined space. Then the County Council, the Environment Agency and the Rivers Authority ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood. I'm still trying to resolve a complaint with the Equal Opportunities Commission on how many people of Black and Minority Ethnic Origin I'm supposed to hire for my building team. The trades unions said that I can't use my sons. They insist I have to hire only

CSCS accredited workers with Ark-building experience. I'm only allowed to use people who are 'hard to reach' and they're hard to find, and then they're not qualified. To make matters worse, Customs and Excise have seized all my assets, claiming I'm trying to leave the country illegally with endangered species. So, forgive me, Lord, but it would take at least 10 years for me to finish this Ark, and that's without snagging, overruns and delivery reviews by all stakeholder parties!' Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. Noah looked up in wonder and asked, 'You mean you're not going to destroy the world, Lord?' 'No', said the Lord, 'the Government has beaten me to it.'

Could you contribute something for the Benefice Magazine?

We are always looking for contributions to 'The Saint', our Benefice magazine. Ideas – Recalling a special visit, a holiday, a childhood memory, telling us about a church or place of religious significance you have visited, a drawing, a photograph of Ackworth, Badsworth or the surrounding area, a recipe, a quiz, a poem, a prayer. ANYTHING that you would find interesting to read as part of your magazine! The deadline for the next issue is Monday 4th October, 2021.

Please send your contributions to j.e.davis9@btinternet.com and also to lynne1ward@googlemail.com

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

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WF7 7PE

Suzy Sherratt D.N.N. M.A R.
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THE BENEFICE OF ACKWORTH AND BADSWORTH

Statement of Mission:

'We are a Benefice which has the desire to nurture a church of Faith, Hope and Love, which reflects God's presence, helping us to serve and transform the communities of which we are a part.'

Private Prayer:

The churches are open for private prayer on the following days

Sunday	8.30am – 10am All Saints' Church
	3.30pm – 4.30pm All Saints' Church
Thursday	10am – 12noon All Saints' Church
	2pm – 4pm St Cuthbert's Church

Regular Service Times: *(when the churches are open for public worship)*

8.30am Eucharist All Saints'
9.30am Eucharist St Cuthbert's
10.30am Morning Worship All Saints'
11am Eucharist St Mary's
3.30pm Afternoon Worship All Saints'

Baptisms/Weddings:

Enquiries about weddings, banns of marriage and baptisms, please contact 01977 599979 or 07874 607148

Book of Remembrance:

If you would like your loved one's name adding to our Book of Remembrance, please contact Lynne Ward (Ackworth) 01977 616384 or Margaret Spacey (Badsworth) 01977 648491.

'Little Friends' Mother and Toddler Group:

Following our closure due to the pandemic, we are hoping to begin our sessions again in September. Please contact Jackie Fox for further information 01977 613834.

