

Issue 61

March 2023

*Only 50 pence*



# Faith in the Moor



**News, Views and Information**



## Competition

Design a cover for the April Issue,  
theme: **'Lost and Found.'**

Send your entry, with name on the  
back, to the editor, or drop it into the  
Parsonage, by the 18<sup>th</sup> March.

It can be a drawing or painting, or a  
photograph of a 3D creation.

As well as being published on the  
April front cover, there will be a small  
prize suited to the winner



**March 2023**

**'P.I.E.S.'**

## God be in our PIES

This well-known prayer, from an early 16<sup>th</sup> Century *Book of Hours* is a plea to God to be present in all aspects of our lives: physical, intellectual, emotional and spiritual.

*God be in my head and in my understanding;  
God be in my eyes and in my looking;  
God be in my mouth and in my speaking;  
God be in my heart and in my thinking;  
God be at my end and at my departing.*

In mediaeval times *Books of Hours* were prayer books containing collections of prayers to be said at the so-called canonical hours throughout the day. Often beautifully illustrated and richly decorated, they became status symbols for the wealthy and influential patrons who were the only people who could afford to commission them. This illustration is from one of the most famous examples, the *Très Riches Heures du Duc de Berry*, created by the Limbourg brothers around 1412-16 for the French Duke John of Berry, also known as John the Magnificent. It shows the calendar page for the month of March, with peasants ploughing and preparing the vineyards. The Duke's castle, Lusignan is in the background.



ES

This issue is an enthusiasm pie; we've put everything we've got into it! No space for contents list, but you'll find a hint of the PIES order, as we begin physical and end spiritual. However as many articles show, there are no easy divisions between these aspects of our lives.

BNW

## Lop-sided Faith?

Dear friends

I was talking to someone today about how people perceive faith, and realized as we talked that many people see Christianity as something quite superficial – just going to church now and again, and believing a few rather odd things about Jesus! For spiritual depth, they are more likely to seek out Buddhism, or more 'new age' Mind-Body-Spirit practices. And yet Christianity has profound depths of spirituality, many centuries of meditation, contemplation,

adoration and prayer to draw on and explore (including the Stations of the Cross, which you can experience in St Wulstan's on Thursdays at 4pm during Lent). And many of the new age accoutrements – candles, incense, chants... have roots in Christianity. Fasting, too, is part of the Christian tradition – and year, the Church of England is inviting us to resume the tradition of meat free Fridays, both as a spiritual discipline and as a way of reducing our carbon footprint in Lent.

But our faith is grounded in everyday reality too – it's no use being so heavenly minded we're no earthly use! At its heart is a vision of the world as God longs for it to be – a place of peace and justice, of love and mutual care, where none have too little and all God's creatures can thrive together. A Christian life should combine spiritual growth, a deepening understanding and practical love and care for God's creatures – in different ways and proportions, depending on our individual gifts and vocation. Our faith should permeate every aspect of our lives – physical, intellectual, emotional and spiritual.

Perhaps this Lent might be a time for us to ask ourselves how deep our faith goes – are there areas of my life which it doesn't touch, or is my faith 'lopsided' – missing one aspect? The weeks leading up to Easter can be a valuable time to 'dive deep' – and if there are ways in which the church can help you with that, please get in touch!

God bless you this Lent, *Your vicar and friend, Mark Nash-Williams*

## **Hills, Hymns, and Hints of Heaven**

Not many years ago, whilst walking into Alston, I looked over to Cross Fell and thought to myself, "I wonder if I'm getting too old ever to go up to the top of there again?" These sort of thoughts prompt me to get the map out and plot a way to get there, and if possible work out a circular route, to avoid what always seems an interminable return by the same path. Then, "how far is it?", "how long will it take?", "how much food and drink do I need to take?", "what's the weather going to be like?"

More often than not, however, I'm not as organized as that. Usually I go out in a particular direction with some vague idea as to where I'm going and then decide where to go as I proceed. Serendipity can often be much more fun. As J.R.R. Tolkien put it,

*The Road goes ever on and on, Down from the door where it began.  
Now far ahead the Road has gone, And I must follow, if I can,*

*Pursuing it with weary feet, Until it joins some larger way,  
Where many paths and errands meet. And whither then? I cannot say.*

Alfred Wainwright, famous for his “Pictorial Guides to the Lakeland Fells”, always preferred to walk alone; that way he could go at his own pace, stop when he wanted to, take a photo, make some notes, do a sketch. Equally, it was not a solitary pursuit; he would often meet others on the way and pass the time of day with them, comparing notes on where they’d been and where they were going. Clearly the Lake District can be mobbed, but it often surprises me how many people you meet in the high and remote parts of the North Pennines. On the day I did eventually re-visit Cross Fell (yes, I made myself do it and have been twice since!), I picked a route round the back past Slatesike Mine and Tees Head; even there, I met a family coming the other way and was able to direct them to higher and drier ground. As I laboured up the winding rocky path towards the summit the words of Love Maria Willis came to mind, *“Not forever in green pastures do we ask or way to be; but the steep and rugged pathway may we tread rejoicingly.”* On the summit, there were more people, one or two with their heads down resolutely walking past, but most wanting to stand and talk for a while. Out there, people are rarely ‘in a world of their own’ as they are in a city street, or glued to their phones; they actually see the glory of Creation that is all around them.



Sometimes I’ve headed out in warm sunshine and by the time I’ve got to my destination, it’s blowing a gale and throwing hailstones showers at me. Dropping down into a gully out of the wind it is suddenly peaceful and you can hear the trickle of a spring and the chirping of an unseen meadow pipit. The Old Testament Prophet, Elijah went out into the wilderness and endured a destructive gale, and earthquake and fire and didn’t find the Lord in any of them, but then came a Still Small Voice, words used to conclude the hymn *“Dear Lord and father of mankind,”* by American poet and Quaker, John Greenleaf Whittier, *“Speak through the earthquake, wind and fire, O still small voice of calm.”* In an earlier verse, he wrote, *“O Sabbath rest by Galilee, O calm of hills above, where Jesus knelt to share with thee the silence of eternity, interpreted by love.”*

By contrast, other days in summer are warm and still. The purple heather carpets the moors and dusky moths flit about amongst the flowers. Sitting on a rock in silence, binoculars at the ready, I hear the mournful sighing call of a golden plover, giving away its position; skylarks twitter away high above in the blue, a distant curlew calls its bubbling call and a startled grouse cries ‘go back, go back, go back’ as it skims across the heather.

*“Be still, for the presence of the Lord, the Holy One, is here,”* written by David J Evans in 1986. This also evokes that need for silence away from the hubbub of daily life, and recognizing something intangible that gives spiritual healing and refreshment.

As the days’ expeditions come to an end, something like *“Abide with me, fast falls the eventide,”* might seem appropriate, but another hymn-writer comes to mind, or at least his words do. American Unitarian Minister, Frederick Hosmer, in his hymn, *“Thy kingdom come! On bended knee the passing ages pray.”* penned these descriptive words, *“And lo, already on the hills the flags of dawn appear.”* I usually find myself out at dusk rather than dawn, as the sun finally dips below the horizon and the ‘flags of dusk’, the crepuscular rays, fan out from the sun through a gap in the clouds. *The Peace of God, which passeth all understanding . . .* *Richard Graham*

"Singing hymns and songs is one facet of worship that engages many of our senses, physical and emotional – and, crucially, links words to a memorable melody." *Laurence Wareing*

## **Alston Wednesday Walkers Update**

We are a group of people who like to walk alongside others and enjoy both the countryside and being with a friendly group of people. We are not a formal organisation but do concur with good behaviour in the countryside. Usually, we walk about 3 miles or so around Alston and the surrounding area, including forays to Allendale, over Hartside to the Eden valley, Teesdale and Weardale to name but a few. We usually meet early Wednesday afternoon in a designated place in Alston in order to take the minimum number of cars. We volunteer a gift to the drivers to cover fuel – usually £3 for local areas, and set off together on the adventure. On the walk we like to swap around and chat to most people taking care of anyone that may be slower and keeping the group together. Exercise is important but so is friendship. Well behaved dogs are also welcome and bring extra joy to the walk! It may also be of interest to know that the grand finale is at a tea shop or pub providing

tea/coffee/scone refreshments at the end of the walk before we find our ways home.

If you wish to join us the wonderful Helen will let you know of where we are going and the time and where to meet. Contact her by e-mail for further details at [helen.holt@outlook.com](mailto:helen.holt@outlook.com) We are all equals and aim to enjoy the fabulous countryside around here, car drivers are happy to take those that don't drive or have access to a car, and well behaved dogs are welcome; what is there not to like?

Each walk has a leader that has tried the walk out a few days before the official walk. When Helen lets you know of the time and place to meet early in the week, she also reports on the terrain: any hills, mud, stiles etc. You can then decide if that is a walk for you.

We look forward to welcoming you.

*JH*

Talking of walking, a big thank you Linda for her work for WAW. Alston's group is now closed, but the walks and guides are still active, and there are good links with Haltwhistle, Brampton, Penrith and Teesdale. *BNW*



## **No Time to get Bored**

Circuit training is a type of workout involving short, more or less intense, exercises (usually between 5 and 10 in a circuit) designed to strengthen various muscle groups, increase endurance and maintain flexibility and

balance. It has been shown to be one of the most time-effective methods for improving cardiovascular fitness. Exercises include push-ups, squats, bench dips (to strengthen the arms), skipping, balance exercises, kettle-bells (weights), battle ropes, to name but a few. The individual exercises in each circuit are short, usually around 30 seconds per exercise, and follow in quick succession. There is then a short rest at the end of each circuit. Because the individual exercise stations are short, there's no time to get bored, and it might even be possible to use a heavier weight or to push a little bit harder than you might otherwise do.

Jonny Bell, from Garrigill, has been teaching circuit training and other fitness techniques for many years, in the summer months outdoors on Tyne Willows and in the winter in Samuel Kings School. Each session starts with gentle exercises to warm up, after which he runs through the various

exercise stations on the circuit and demonstrates the exercises (probably the only time in the whole evening when they are done correctly!). Depending on the length of the circuit, we run through it several times,



before the final cool-down and stretching session – important for avoiding muscle cramps later and maintaining flexibility.

At the moment Jonny offers circuit training every Wednesday evening between 6 and 7pm in Samuel Kings School. He also runs “Spinning” sessions (on static exercise bikes) on Monday and Thursday evenings. Contact Jonny for more information on 07944650529.

We are a small, but friendly group, encompassing a wide range of ages and abilities. We do sometimes moan about the exercises but we enjoy it really! Anyone is welcome to come along and give it a try and to

participate as much or as little as they feel able. There is no membership fee; you just pay for each session you attend. The current price is £5 per one-hour session. *LS*



## Recipes for Success

If all this talk of P.I.E.S. has made you hungry, you're not alone. In any case, an issue of the FitM entitled P.I.E.S. wouldn't be complete without a visit to the home of what are surely some of the best in Alston!





Hayley and Rick took over Saddlers Bakery & Bistro in October 2018 and opened for business in September 2019. They've gained a well-earned reputation for delicious, freshly-cooked food served in a relaxed and welcoming atmosphere. Business is good at the moment, Hayley tells me. 2023 has proved busier than expected, with more visitors than usual in the town in Jan/Feb – perhaps due to the relatively mild weather.



The menu includes all-day breakfasts, including breakfast sandwiches and rolls. There's a vegetarian option too, of course. For lunch there's a choice of soup, scones, the famous and delicious quiches, pie of the day, or omelettes

- the omelettes, incidentally, being about the only item which isn't bakery based. As a bakery, Hayley explained that they try to base their whole menu around baked items. There are two staple cakes available daily, the Apple and Almond Cake and the Bakewell Tart (believed by some to be the best in the world!) In the summer months when it's busier there's an additional cake, which varies from day to day. Of course there's Rick's great bread too, but you have to get your order in quickly or get there early to make sure you get your loaf.



Perhaps keeping things simple and relaxed is the key to their success. When I asked if they had any plans for future changes, Hayley explained that they don't really plan. What they've achieved so far has been part of a learning curve. This is the first time they've run a business. Rather than deliberate planning, Rick and Hayley take a more laid-back view, allowing



things to grow and develop, "seeing what happens". This relaxed approach certainly seems to spill over into the atmosphere of the place, which is further enhanced by the excellent choice of music.





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*Continued from p8...* There have been some changes since they started, of course. Before Covid the bistro was open in the evenings too, with special food events accompanied by wine and candlelight. During lockdown they switched to takeaways, concentrating on a different cuisine each week. But the romantic atmosphere of the evening bistro was very popular and people still ask if they are going to restart them. Rick and Hayley obviously miss them too, but the working days were simply too long to be sustainable. Rick is up between 4.30 and 5.30 every day to bake his bread. The couple have two growing children (10 years and 12 years), with whom they felt they were spending too little time, and the family has recently been augmented by the addition of two Lakeland terrier pups. So regular evening shifts are simply not feasible. But they are happy – occasionally – to cater for group bookings some evenings, for special occasions.

I couldn't resist asking a master baker for a few tips on baking the perfect pie. Not surprisingly, the recipe for the amazing Bakewell is a family secret, but Rick did share a couple of tips. When making pastry, add a small amount of white wine vinegar to the dough in addition to the water (Rick adds about 25ml to an amount of dough enough to make five pies, so about 5ml for one pie). That makes the pastry crisper. And the other golden rule for pastry? Always use a metal tin! So now we know. I'm sure my pastry still won't come anywhere near the standard of Rick's, but I'll give it a try!

ES

Saddlers Bakery & Bistro Westview, Alston

Open: Tuesday – Saturday, 10.00 – 3.00 pm. Phone: 07494 129845

## **Bodies Matter**

*If God made our bodies, it means that they matter to him.  
How could it be otherwise?*

Our theme this month about the integration of all aspects of our being has made me see how much bodies matter and how that realisation impacts our thinking about the issues of our day. Knife crime, the use of foodbanks, sexual harassment, even war, would all be banished if all people were revered as being 'fearfully and wonderfully made'. (see Psalm 139)

Once at a Bible Study, life after death was being discussed. A member of the group said, 'I don't want to be a disembodied spirit'. The Leader responded, 'I have news for you. You won't be done with bodies when you die.' As it says in Romans 8 'If the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.' Sometimes people think that holiness consists in subduing the physical to concentrate on the spiritual but our faith sees a human being as a unity of body and spirit. Each is an image of God to be respected, protected and actively loved.

It follows that bodies matter. We should not neglect them. Paul said, 'I discipline my body and keep it under control'. (1 Cor 9:27 ESV) Our bodies are not our own to do with as we please. Neither should we be disrespectful of other bodies - alive or dead. The way we care for those who have died is significant. In the Old Testament, laws on bodily injuries, murder and manslaughter called for the protection of all humans recognising that all were made in the image of God. Slaves were singled out for particular attention, representing an important development in preventing cruelty towards slaves. All lives matter.

The most amazing truth of Christianity is that Jesus himself took on flesh - 'fullness of God in helpless babe' and suffered and died for our salvation. Therefore, I urge you, brothers and sisters, 'to offer your bodies as living sacrifices, holy and pleasing to God'. AND 'be transformed by the renewing of your mind'. (Romans 12:1-2)

ME



## Little Grey Cells

Keeping our brains active doesn't require academic study. There's been a very good series on the radio about why we play. The final one on play in old age made the benefits to the brain very clear. Apparently Bingo

warded off the progress of dementia better than Bridge! Whether it's board games or book clubs, there's definitely a value in teaming up with others to add emotional benefits to our brain workout.

Listen to The Compass, Why We Play, BBC Sounds.

BNW

## **‘E’ Moments — where Emotion, Intelligence, and Imagination Combine.**

Young children make fleeting poignant observations that surprise - touch our hearts and make us smile. I asked myself and some parents from Nenthead school to re-visit such precious moments:



Peter in answer to this Sunday School question –  
“Why does God send us the rain?” – “To make puddles.” – of course he does!  
John at Mum’s side in HSBC: “This ceiling is like a wedding cake.”



Daniel: While sweeping the snow from a wall:  
“This is so satisfying.”

Philippa when driving past a pylon:  
“Mum – Dad look, there’s the Eiffel Tower!”

Macey on noticing the Egger chimney:  
“Does that chimney make clouds?”

When settling down at bedtime: Rhei: “I thank God that baby Rhys is in heaven.” And “Mummy can we have prayers and bible stories in the Play Park?”

Gestures can also speak deeply to us: Clare: “When I was feeling very sad – Charlie simply put a comforting hand on my shoulder.”

As can the written word; here in the appreciation of a daisy: Sarah:



*‘You are closing.  
Your time has come.  
You are losing your prettiness.  
You open your eyes,  
Your shine comes back,  
Your little centre appears,  
You are awake!’*



Moments – words that take us into a place of therapeutic wonder.

MH



**APPLE POY** (sorry PIE, but we said poy!) from my Kentish youth.

When I was a little boy I was asked by aunty Flo if I'd like some apple poy – I said I would and so I've liked all kinds of poy's e'er since – rhubarb, plum, all kinds of mince, cheese and onion, chicken mushroom, all kinds of steak; I love them all, make no mistake.

As far as I know pies are not mentioned in the Bible but in the Book of Numbers, Chapter 11 verse 5 we read of cucumbers, melons, leeks, onions and garlic – all possible ingredients of pies and pasties.

Find all but two of the underlined bold words above in this grid. Which two are missing? Look in all directions, forwards and backwards. The nine unused letters should give you one bird.

M	O	E	C	H	I	C	K	E	N	P
I	N	G	R	E	D	I	E	N	T	S
A	I	N	O	B	R	A	B	U	H	R
G	O	M	U	S	H	R	O	O	M	I
S	N	P	L	U	M	E	L	O	N	S
K	E	E	L	C	I	L	R	A	G	E

All the words of the following six sayings and quotes are each run together - and backwards. Have fun!

eipsaecinsA    yksehtnieiP    eipanidekabsdribkcalbytnewtdnaruof  
eipelpparouyekill,aMO    eipelbmuhataE    eipnaciremAssiM,eybeyboS

Pair the following words which include the letters **P I E S**    Clues A-I given

1. C?PIES    2. E?PIES    3. ?PIES    4. C?N?PIES    5. J?L?PIES  
6. OCC?PIES    7. THER?PIES    8. CR??PIES?    9. H??PIES?  
A RICH COVERING    B SEE AT A DISTANCE    C TRANSCRIPT  
D MOST BRITTLE    E TAKES POSSESSION    F SECRET AGENTS  
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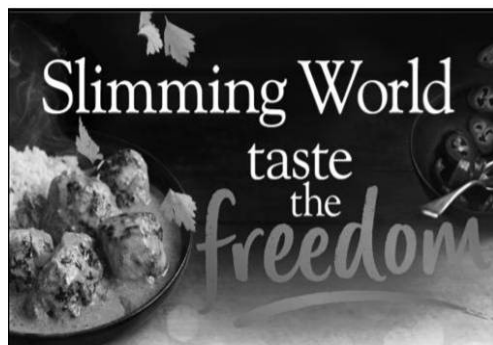
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**Church Steward:** Mr John de la Mare ☎ 01434 382338

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### ROMAN CATHOLIC

**Parish Priest:** Fr John Winstanley *(usual day off: Monday)*

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☎ 01768 862273 ✉ [penrithrc@btinternet.com](mailto:penrithrc@btinternet.com)



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### CHURCH OF ENGLAND

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**Kirkhaugh** Richard Graham 381367

**Knaresdale** Irene Boyles 381388 Carol Grieves 382472

**Nenthead** Madeleine Harris 382144 James Caspian 381055

**Lambley** Kathryn Pell 07799 503674 Chris Knox 07999 484060

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## Methodist Services

All services at 11 am at St Wulstan's except the evening of the first Sunday of the Month when Pennine Praise takes place in Nenthead.

- 5th Rev Dave Milner
- 5.00pm Pennine Praise at The Hive
- 12th Rev Keith Speck
- 19th Mothering Sunday Peter & Hazel Bowes
- 26th David Pepin (clocks go forward)



See our Facebook Page - Alston Moor Methodist Church - for news.  
Meeting for vital prayer every Tuesday at 9 am Old Meadow Barns.  
Ecumenical House Group meets fortnightly on a Wednesday evening.

Contacts: John and Pauline de la Mare 01434 382338

## Quaker Meeting for Worship



Quaker Meeting for Worship continues to take place  
every FOURTH SUNDAY of the month at 10.30am, throughout the year.

We would warmly welcome anyone who would like to join us for an hour of  
silent, reflective worship at these times.

## Roman Catholic Church Services

St Wulstan's, Kings Arms Lane, Alston, CA9 3JF

March 2023

**Vigil Mass** every Saturday as usual throughout Lent at 6.00 pm  
with **Confessions** available from 5.30pm

**Stations of the Cross** Every Thursday in Lent 4.00 pm

April 2023

**Vigil Mass** every Saturday at 6.00 pm  
with **Confessions** available from 5.30pm

Maundy Thursday (April 6th) **Stations of the Cross** 4.00pm

Good Friday (April 7th) 3.00 pm **Liturgy of the Lord's Passion**  
led by members of the Congregation

**Easter Vigil Mass** Saturday (April 8th) 6.00pm



# Church of England services



## Worship and Prayer in March

### **Sunday, 5<sup>th</sup> March (1<sup>st</sup> Sunday in the month):**

9.30 am Holy Communion (BCP) *Holy Paraclete, Kirkhaugh*  
11.00am Prayer & Praise *St Augustine, Alston (also livestream)*

### **Sunday, 12<sup>th</sup> March (2<sup>nd</sup> Sunday in the month):**

9.30am Morning Prayer *St John, Nenthead*  
11.00am Sung Communion *St Augustine, Alston (also livestream)*  
3.00pm Prayers for Ukraine *St Jude, Knaresdale*

### **Sunday, 19<sup>th</sup> March (3<sup>rd</sup> Sunday in the month) – ***Mothering Sunday:*****

9.30am Holy Communion *St John, Nenthead*  
11.00am Prayer & Praise *Livestream & St Augustine, Alston*

### **Sunday, 26<sup>th</sup> March (4<sup>th</sup> Sunday in the month):**

9.30am Morning Prayer *St John, Nenthead*  
11.00am Sung Communion *St Augustine, Alston (also livestream)*  
3.00pm 'Messy Mary'! All Age Activity service  
celebrating the Virgin Mary *Ss Mary & Patrick, Lambley*

## Sunday services online

- Join us at 11am weekly on **Zoom** using the app – or, with an ordinary phone, dial 0203 051 2874. The **Meeting ID code** is **357 123 751**.
- Or find us on **YouTube** – [youtube.com/@AlstonMoorParishChurches](https://youtube.com/@AlstonMoorParishChurches)
- Download the orders of service from [alstonmoorcofe.org.uk/worship](https://alstonmoorcofe.org.uk/worship) and the notice sheet from [alstonmoorcofe.org.uk/whatson](https://alstonmoorcofe.org.uk/whatson)

## Regular Weekday services

**Morning Prayer** Wed - Sat, 9am, *St Augustine, Alston & Zoom*

**Holy Communion** Thursday, 12 noon *Chat Room, Alston*

### **Evening Prayer**

Wednesday, Thursday, Saturday, 5pm *St Augustine, Alston & Zoom*  
Friday 6pm, *In St John, Nenthead*

### **Night Prayer (Compline)**

Friday 9pm *Zoom only*



### Prayer requests and virtual candles



If you would like someone to pray for or with you, phone Mark on 01434 382558 or email [pray@alstonmoorcofe.org.uk](mailto:pray@alstonmoorcofe.org.uk)

Light a candle at [churchofengland.org/our-faith/light-candle](http://churchofengland.org/our-faith/light-candle)

### Supporting your parish churches financially

To make a one-off online donation, go to [alstonmoorcofe.org.uk/donate](http://alstonmoorcofe.org.uk/donate). To make a regular donation, ask Mark or a Churchwarden who your church treasurer is.



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## **Prayer for St Augustine's**

There is much excitement as at last we can begin plans on improvements to St Augustine's. But all the work will be nothing without prayer. The Parish Prayer Group meets at the Chat Room every Monday, from 6.30pm-7.30pm to pray particularly for the church development project, to meet the needs of the parish and the mission of the churches here. Everybody is welcome.

For more information, please speak to Richard Pattison, 382182

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## **Faith Overcomes Fear in a Fractured Society**

The Christian Churches of Alston held their service of Christian Unity on Tuesday 24<sup>th</sup> January in St Wulstan's Church. Christians from the three churches gathered to pray, listen, and sing in unity with one another. The Gospel reading was that of the good Samaritan (Luke 10, 25-37), followed by an inspiring address by Reverend David Milner.

He spoke of his time when he was involved with a Christian programme for the local radio station, in the area of London where Stephen Lawrence was murdered. He was privileged to have had one of the first interviews with Doreen Lawrence after the murder of her son. Then later an interview with the couple that came upon Stephen after the attack.

The story was one of racial prejudice shown by white youths that hurled abuse, attacked and knifed Stephen so viciously. Stephen had been with 2 friends trying to catch a bus. Any of three bus numbers would have got them to where they wanted to go, but there were three different bus stops. After going to a roundabout ahead to see which bus came first, they were then to run back to the correct bus stop. However, they encountered the white youths who racially abused them, then violence erupted and Stephen was stabbed. He and one of his friends then tried to run back to the bus stop but Stephen was slower due to his injury. On the other side of the road a couple, Louise and Conor Taffe, were walking along having just left a meeting at their Catholic church. They heard a commotion and saw two boys running along, one lagging behind holding his chest. As they watched, the boy holding his chest collapsed.

What should they do? It was reported that Conor was a bit concerned that it may be a ruse to get them across the road. They told Reverend David Milner that they quelled any fear and quickly decided they must go and see if they could be of any help. Stephen's friend was frantically trying to call for help and summon an ambulance, so they went to Stephen. They could see that he was seriously injured as they knelt down by him. They thought that the best thing they could do was to care and comfort him. They held him in their arms and whispered to him 'You are loved, you are loved.' When the ambulance



arrived, the paramedics shook their heads and they then realised that Stephen had been fatally injured and had died in their arms. They hoped that the last words he would have heard being 'You are loved'. In April it will be the thirty years anniversary of this happening. Since that time, knife crime has soared, racial abuse becoming both illegal and less tolerated by the general population. Do we still have good Samaritans in our midst? I would like to think so.

As I write this, I heard on the news that after being stabbed, a 15 year old girl died yesterday (27<sup>th</sup> January) in Hexham and a 16 year old boy is in hospital with serious injuries and another 16 year old boy in custody. They and their families should be in our prayers. I hope that there were good Samaritans about in Hexham who also helped them. None of us know when we are called to be the one who helps or needs help.

JH

As I write we're preparing for Ash Wednesday and the beginning of our ecumenical Lent get-togethers; soup for our bodies, stimulation for our minds, friendship for our hearts and inspiration for our souls.



Friday evenings at the Parsonage, Tuesday lunchtimes at the Chat Room. The topics and discussions will be led by different leaders each week, so there'll be plenty of variety. **Please contact Pauline 382338 for Tuesdays, and Bar 382558 for Fridays, as space is limited.**

### World Day of Prayer 2023 - "I have heard about your faith"



This text from St. Paul's letter to the Ephesians provides the theme for the World Day of Prayer service 2023, which has been prepared by Christian women from Taiwan.

The service in Alston will be held on

**Friday 3rd March at 2.30pm**

in **St. Wulstan's** *Please note change of venue!*

All are most welcome to join us.

## **News from Saint Jude's Knarsdale and Slaggyford**

February can be a strange month, but we have had some lovely sunny days. The snowdrops carpet the churchyard in white and soon it will be a sea of yellow. This is a truly inspirational area.

Last month saw even more people coming to the Coffee Stop, it is lovely and warm, both in temperature and friendship. February's event on the 25th will probably be over before you read this, but March Coffee Stop is the 25th again. Please come, you will be made very welcome, it's still only £2.50 for as much tea or coffee as you can drink and two pieces of home baking. Plus getting to know your neighbours and friends.

The next church service will be March 12th when we will be remembering Ukraine. This will be at 3pm, in church. It's difficult to imagine it is a year since this war started, we can pray that it will have a satisfactory end soon. Please also pray for the World Day of Prayer on March 3rd.

One of the best things to start in February was our local pub. All brand new and inviting, the Kirkstyle. Catering for lunch and evening meals and your local pub for a drink. It was a big miss, hope it gets good support. Keep safe, look after each other.

God Bless.

*Irene Boyles*

## **What Makes us Tick?**

What sort of a person are you? Even a quick search on the Internet makes it evident how many people are concerned to find out more about what makes themselves and others "tick".

The idea of personality types is not new; the Ancient Greeks and Romans had already identified what they saw as the four temperament types: Sanguine, Melancholic, Choleric and Phlegmatic.

Carl Jung, the Swiss psychologist and psychoanalyst developed a theory of psychological type based on such factors as whether you are mainly Extrovert (E) or Introvert (I), whether you mostly take in information by Sensing (S) or by Intuition (N), whether you are primarily Thinking (T) or Feeling (F) and whether you are more likely to assess the world around you by Judging (J) or Perceiving (P). The four letters which make up your personality type can help you understand yourself and your interactions with others. These ideas were taken up in the 1940s in the US by the mother and daughter team Katharine Cook Briggs and Isabel Briggs Myers, who identified 16 different personality types based on these letters. The Myers Briggs model became very popular

and an estimated two million people every year take the Myers Briggs test, but there are many other systems out there too.

**E**

### **Extroverts**

Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.

**S**

### **Sensors**

Sensors are realistic people who like to focus on the facts and details. They apply common sense and past experience to find practical solutions to problems.

**T**

### **Thinkers**

Thinkers tend to make their decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.

**J**

### **Judgers**

Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.

**I**

### **Introverts**

Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.

**N**

### **Intuitives**

Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.

**F**

### **Feelers**

Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.

**P**

### **Perceivers**

Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

Such tools can be useful in helping us to become more aware of what motivates us, as well as how our actions can influence the reactions of others. Why, for example, is certain behaviour perceived as difficult by some people, but not by others? Or why does someone you know always seem to take things the wrong way, even when you don't mean to upset them? The more we understand how personalities differ, the more we can try to avoid behaviour which to us might seem harmless, but which to someone else might feel hurtful or threatening. They teach us that we do not all think alike! Useful as some of these systems can be, however, their scientific accuracy is disputed. Many are based on self-assessment and are thus at risk of being inaccurate because we are not always honest with ourselves. Another risk is that they can lead us to "pigeon-hole" people, i.e. to treat them as a particular type of personality, rather than as a person. None of us will fit exactly into any of these models.

Perhaps, after all, the Psalmist brings us closer to the truth, when he wrote:

*Lord, you have searched me and known me.  
You discern my thoughts from far away.  
You are acquainted with all my ways.  
For it was you who formed my inward parts;  
you knit me together in my mother's womb.*  
From Psalm 139

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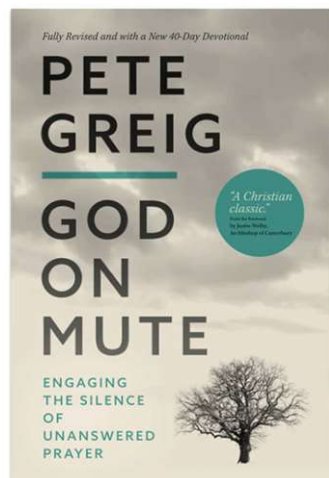
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## God on Mute by Peter Greig

I have recently been reading this book on why God does not appear to answer our prayers. This subject has great relevance for me - just over 4 years ago we lost our precious daughter Jacqui to bowel cancer aged only 35. Many people up and down the country were pleading with God for her healing, and Jacqui herself was absolutely certain that the God she loved and served would miraculously heal her, even though the doctors had said that she was terminally ill and they could do nothing to help her. In spite of her great faith, seven months later she was gone to be with her Lord, leaving behind many heartbroken people. Hence, I had more than a passing interest in a book about God's silence.



Peter Greig speaks from personal experience on this issue of a silent God. His wife Sammy suddenly became seriously ill with a brain tumour soon after the birth of their baby. Although the tumour was removed, she continues to suffer from violent and painful seizures. They know all about unanswered prayer.

The first lines of the first chapter read like this:

“If your deepest, most desperate prayers aren’t being answered, if life sometimes hurts so much that you secretly wonder whether God exists, and if He does whether he cares, and if He cares why on earth He doesn’t just *do* something to help, then you’re not alone.”

Dr Amy Orr-Ewing wrote this review of ‘God on Mute’: “In this brilliant, poignant and deeply personal book, Pete Greig explores the experience of God’s silence in the midst of suffering. Without dodging the reality of the dilemma – God is powerful and loving and yet our prayers are often met with total silence – Pete leads us through our questions and disappointments to a place of hope. *God on Mute* is a must-read for anyone facing the bewildering experience of unanswered prayer.” Whilst this book cannot provide answers to all the mysteries we face, nonetheless I found it sensitive and helpful. I highly recommend it.

*Pauline de la Mare*




## The Nones: Who are they and what do they believe?

From Hannah Waite's report exploring the beliefs of those who define themselves as non-religious.

24/11/2022

Around half of Britons now categorise themselves as having "No Religion"; these are colloquially known as 'Nones'. But having no religion does not mean having no beliefs. It doesn't even mean having no religious beliefs.



 Fewer than 50% of people in Bucks are religious (Image:

Buckinghamshire Live / Darren Pepe)

Fewer than half of the residents of Buckinghamshire and Milton Keynes described themselves as Christian, according to official census data. The figures show that more people have turned away from religion over the last 10 years.

*Anyone can miss a typo – we hope ours are as funny!*

This report explores the demography, beliefs and practices of Nones and then presents a cluster analysis of this group. It shows that Nones comprise a complex and sometimes counter-intuitive group with, for example, only 51% of them stating they "don't believe in God," and 42% believing in some form of the supernatural.

This report demonstrates that there are three distinctive types or clusters of Nones. Each cluster displays varying degrees of belief about religion, knowledge, God and spirituality. In essence, "Campaigning Nones" are self-consciously atheistic and hostile to religion; "Tolerant Nones" are broadly atheistic but accepting of (sometimes warm towards) religion; and "Spiritual Nones", who are characterised by a range of spiritual beliefs and practices, as much as many people who tick the "Religion" box.

The full report is available.

M.E.

## **Are you well?**

Oh yes, I'm fairly physically fit and keep well – exercise daily – fresh air, eat and sleep well – and I think I've still got my marbles! But there was something I was going to ask you about Church. You did say it's really about God's Family here on earth and the dear departed. I was reading the other day about people – young people especially, who like to feel they belong to something – hence the gang culture.

Have you thought any more about that sense of belonging then?

**Well, as I told you last time, I'm still not religious and don't go to church - although I did go to a friend's funeral recently and heard some words of Jesus who promised a place for all of us after we die.**

It sounds as if you are beginning to think about what might happen to us beyond the grave! Remember, though, there's more to life here and now.

**We hear so much about physical and mental health – it's on the news all the time – and rightly so; but all the charities that raise awareness of Mental Health issues and help those who are suicidal, depressed and so on, as far as I know, seldom mention what happens when we die.**

Human beings are born not only with a body and a mind but also with a soul.

That's the part of our being that nurtures our emotions, that loves and cherishes, that experiences Life with a capital L, in all its fullness, with hope beyond death which Jesus promises. It was Augustine, not from Canterbury but the one from Hippo in North Africa, who long ago said of God *'Thou hast made us for yourself and our hearts are restless until they find rest in Thee*.

Millions believe – and not only Christians – that we have a soul that needs satisfying and nurturing just as much as our body and mind does. Remember the three characters in The Wizard of Oz and what they wished for. Check it out sometime. Author L Frank Baum thought on similar lines.

**Yes, the current concern for human wellbeing considers the body and mind, that is the physical and the mental but usually fails to take into account the spiritual aspect - the health of the soul of each individual.**

And it's not about going to church (though it may or should help) - As far as the Christian Faith is concerned it's about realizing who Jesus is - God in Christ – where true peace, joy and hope may be found to face the ups and downs and the twists and turns of life. We don't have to face life's stresses and strains alone. God's grace brings us a sense of self-worth and assurance of his love and forgiveness. Have this Bible – it's full of such hope.

**Thanks. Maybe we'll chat again – Cheers!**

Bye for now.

*DP*

## Body, Mind, Heart and Soul

The Lord has blessed me from a young age, though my mind and body have been affected by illness.

I gave my heart to the Lord at the age of 12, but my young body left me in a sanatorium twice: pneumonia at 12 and TB at 17. Oddly the sanatorium led me to be the best athlete in the school when I came out! I was also able to train there in engineering, stretching mind too. They allowed me out to church, and I got to see Billy Graham, thus keeping my soul growing. Much later in life a truck hit my car, leaving me with one leg shorter than the other. A heart attack was yet another assault on body, but the breath of life revived me through Brenda our nurse. Diagnosis of dementia was an assault on mind and sense of self, but soul is as strong as ever; partly helped by a wooden holding cross given to me in the hospital when I was diagnosed. It is with me every moment of the day. Prayer is the way we work for the Lord now.

1 Cor 15.44 It is sown a natural body, it is raised a spiritual body.

Php 3.21 who will transform these humble bodies of ours into the likeness of his glorious body, by means of that power by which he is able to subject all things to himself.

1 Cor 2.16 'For who has known the mind of the Lord so as to instruct him?' But we have the mind of Christ.

Much of Paul's writing concerns his complex understanding of spiritual and physical, especially Corinthians.

Proverbs has much to say of the heart, e.g. Prov 4.23; Keep your heart with all vigilance, for from it flow the springs of life.

Prov 23.7 KJV For as he thinketh in his heart, so is he.

Ps 72.13 -14 make an interesting point: 'He will spare the poor and needy, And will save the souls of the needy. He will redeem their life from oppression and violence; And precious shall be their blood in His sight.' – souls, bodies, blood and people's social situation matter equally to God.

*George Mullard*

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## **(Un)doing the Splits**

Life, and especially human life, is complex. From the earliest civilisations and philosophies people have tried to understand it, often splitting it up into manageable bits. But this oversimplifies, often leading people to overvalue one part and dismiss the rest. Paul's attempts to deal with the Corinthians' dualism is only one example and worth much study. Perhaps the most influential oversimplification in western society is René Descartes' 'I think, therefore I am.' In ensuing Enlightenment fervour this became a great divide between body and mind, matter and enlightened thought, religion and reason, animal and human, even female and male! Always the material was subject to, and inferior to the rational. As Michael Moynihan puts it: 'In this new division of knowledge not only is faith marginalized and deprived of the ability to say something in the public square (or even to build a community), but ethical and humane concerns are also pushed to the side.'

Descartes' believed the body could not think, but modern medicine has revealed that brain, heart and guts are vitally interdependent. 'Gut feeling' is more than instinct, and our understanding is not entirely lodged in our brain. As one opensource site put it 'We are creatures of embodied cognition. We think and feel and be at the same time. Rather than think of ourselves as disembodied brains in vats, we ought to celebrate our full visceral and emotional and our cognitive selves.'

Religion has been guilty too of treating bodies as lesser or even evil, only souls as 'pure.' But as people longed for a more whole understanding, another division has developed. A traditional viewpoint is that organised religion is good and has authority. Faith is personal, and 'Spiritual' means something dodgy and possibly occult. A very different interpretation is that religion is an authoritarian cult, Faith can be good or bad depending on how it is lived out, and Spirituality is good because it is in touch with the divine, or creation, healing energies or 'spiritual enlightenment.'

The latest division is between thinking and feeling – 'Don't think; feel.' It rightly values emotional intelligence – or 'EQ' – but can lead to mob manipulation whipping up emotions to drown out rational thought.

When the Bible talks of salvation the verb used means 'to make whole.' Christ came to make us whole, not just within ourselves, but with the whole of creation. (Eph 1.10) Can we undo the splits?

*BNW*

## About 'Faith in the Moor'

This Magazine is a 'Churches Together' publication. It aims to share information useful to regular and occasional churchgoers, to the wider community, and to tourists and visitors. It reflects the life of the faith community in our corner of the North Pennines. Here people encourage, celebrate and debate their faith.

The different Christian churches who create this magazine get along very well, and work together in a spirit of openness and mutual regard. Faith in the Moor welcomes input in harmony with this open Christian Faith. Also from those whose spirituality is not focussed on a particular religion, and those whose faith is in the Moor itself; its people, its uniqueness, its future. We support whatever enriches our community here.



April Theme: '**Lost and Found**'

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If you would like to advertise please contact the eds. Send either the ad you want included, or the wording you want us to format for you, with your contact details, and what size you want the ad. Small images are possible too.

Please include your payment for our treasurer, either cash or cheques made payable to 'The Parish of Alston Moor Parochial Church Council'

Or by bacs – for bank details please contact the eds.

If you would like a **large print copy** please contact us above.

# The Tree that Holds up Heaven

*from Fragments (first  
published in Yggdrasil,  
a Journal of the  
Poetic Arts)*

My hands know  
the silk of wood  
finely planed  
with a sole of greenheart.

He knows the sound  
of his name.

His mother holds him  
like a letter.

She reads the letter.  
She writes on it  
in her own hand.

She gives him  
her ink and spit.

I make tables, chairs,  
houses, tools,

I spit on my tools  
to make them true.

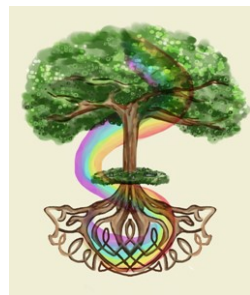
She breathes in  
treasure.

She is my teacher.

A torrent of rain  
came down  
and she had a baby —  
my beautiful!

lamb and lion in one.  
Yet her bed is virginal.

He was born of hu!  
— the tree that holds up heaven.



Alas she will lose  
her treasure.

He will be cut down,  
a reed in his counting hand.

How else can a tree be carpented?  
How else can earth and heaven meet?

*Josephine Dickinson.*



Intrigued by hu! The tree of heaven I looked it up. *Ailanthus altissima* is native to China and Taiwan, where it is used in medicine and to feed silkworms for a strong cheap silk alternative. It can grow to 30 metres. It is sometimes linked to the World Tree – Yggdrasil – with its roots in earth and crown in heaven, a motif in many religions. See Dan 4.10

*BNW*

## Iconic Images of Life on the Moor



If you have a favourite photo of life on our patch, do please send it to the eds – see over for address – and we'll use where it fits. Big or small, landmark or fleeting moment, animal, vegetable or mineral – it's up to you.



Cross Fell Trig pillar and Great Dun Fell golf ball.

A summit where the physical and spiritual may meet,  
familiar to walkers round these parts – see Richard Graham's article, p3