



# Bamford Chapel & Norden URC



**October 2019**

# **BAMFORD CHAPEL & NORDEN URC**

## **MISSION/VISION STATEMENT**



Loving God, Serving Others,  
Building Community

### **Worship**

In our devotion we will come together to express our joy, love and thanks through worship.

We shall share our praise and dedicate it to God.

### **Ministry**

Through the guidance of the Holy Spirit we will show compassion and love by understanding, supporting and meeting the spiritual, the physical and the emotional needs of others.

### **Evangelism**

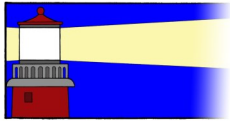
We are called as Christians to share the good news; living as examples of Christ in our everyday lives we can spread the word and love of Jesus.

### **Discipleship**

We as a church have a responsibility as Christians to encourage people to know God and to enable them to develop their relationship with Him through prayer, discussion, study and learning.

### **Fellowship**

We welcome to our church family those who want to belong. We show our love for others by sharing acts of fellowship in God's name.



## October 2019

Tuesday 1 <sup>st</sup> October	7.30 pm	Churches Together in North West Rochdale Meeting at St Vincent's RC Church
Thursday 3 <sup>rd</sup> October	7.30 pm	Elders' Meeting - please pray for the Elders as we meet
Friday 4 <sup>th</sup> October	1.30 pm	Bamford and Norden Dementia Friendly Café
Sunday 6 <sup>th</sup> October	10.30 am	<b>Family Worship with Communion</b> Led by the Pastor Brian Drury
	6.30 pm	<b>Evening Worship</b> Led by Revd Richard Bradley
Monday 7 <sup>th</sup> October	7.00 pm	Missional Partnership Alpha Course Session 4 (see page 6)
Tuesday 8 <sup>th</sup> October	8.00 pm	Tuesday Home Group (see Richard for venue)
Saturday 12 <sup>th</sup> October	10.30 am	North Western Synod of the URC in Cumbria
Sunday 13 <sup>th</sup> October	10.30 am	<b>Family Worship</b> Led by Revd Richard Bradley
	12.30 pm	<b>Elders' Vision Afternoon</b> please pray for the Elders
	6.30 pm	<b>Evening Worship with Communion</b> Led by Ken Greer
Monday 14 <sup>th</sup> October	7.00 pm	Missional Partnership Alpha Course Session 5 (see page 6)
Sunday 20 <sup>th</sup> October	10.30 am	<b>Family Worship</b> Led by Joanne Ackroyd
	6.30 pm	<b>Evening Worship</b> Led by Revd Richard Bradley

Monday 21 <sup>st</sup> October	Half Term	NB - No Missional Partnership Alpha Course
Sunday 27 <sup>th</sup> October	10.30 am	<b>Family Worship</b> Led by Andy Platt
	6.30 pm	<b>Evening Worship</b> Led by Dot Craig
Monday 28 <sup>th</sup> October	7.00 pm	Missional Partnership Alpha Course Session 6 (see page 6)
Tuesday 29 <sup>th</sup> October	8.00 pm	Tuesday Home Group (see Richard for venue)
Thursday 31 <sup>st</sup> October	6.45 pm	Bury College Meal for the "Gap Kenya" Project (see page 27)

## Prayer Meetings

Whilst the Missional Partnership Alpha Course is running on Monday evenings the **Monday night prayer meeting will be cancelled**, due to four of the regular attendees being involved in leading or participating in Alpha.

**Thanks and God Bless, Richard**



## Church Flowers

*Donations for flowers placed in church  
in September were received from:*

Michael Lucas in memory of Doreen  
Debbie Wood in memory of Dad and Mick's Birthdays

## Weekday Opportunities for Learning & Sharing Fellowship

- Monday:** 9.00 am Monday Maintenance Gang  
(who do work in or around the building)  
10.00 am Pastoral Meeting  
1.30 pm Bridge Club  
7.30 pm Focus on Prayer (God Squad Room)  
8.00 pm Monday Night Home Group
- Tuesday:** 9.00 – 11.00 am Toddlers' Group  
1.30 – 4.00 pm Indoor Bowls (Upstairs Hall)  
From 6.00 pm Rainbows, Brownies, Guides
- Wednesday:** 12 noon Luncheon Club  
6.30 pm Boys' Brigade & Girls' Association  
7.30 pm Home Group 'Exploring the Bible'
- Thursday:** 10.00 am Community Coffee Morning
- Friday:** 6.00 pm onwards Beavers, Cubs and Scouts
- Sunday:** 7.30 pm God Squad (for Teenagers)

## Fortnightly & Monthly Opportunities

- Tuesday:** **Stillness & Sharing** 1<sup>st</sup> & 15<sup>th</sup> October  
2.15 pm in the Lounge  
**Home Group** 8<sup>th</sup> & 29<sup>th</sup> October  
8.00 pm (see Richard for Venue)
- Thursday:** **Ladies Fellowship** 10<sup>th</sup> October  
7.45 pm (see page 20)  
**Heritage Group** 17<sup>th</sup> October  
7.00 pm (3<sup>rd</sup> Thursday in the month)
- Saturday:** **Ian Newman Community Film Club**  
6.30 pm refreshments 19<sup>th</sup> October (see page 22)  
7.00 pm film Admission £3.00

Further information on the **weekly notice sheet** or visit the website at [www.bcnchurch.org.uk](http://www.bcnchurch.org.uk) or speak to an Elder.

## Message from the Manse



As I pen this article, I do so having attended the official commissioning of the Rochdale, Bury and North Manchester Missional Partnership. The service went well and the image on the left shows a prayer cross with approximately 550 names in it of people from across the 12 churches in the Missional Partnership.

One moving part of the service was when people from the churches came forward and placed the rolled up pieces of paper with the names of people on them in the cross as an act of commitment to work together. As people came forward to add the papers to the cross instrumental music was played and people were encouraged to pray as the names of the churches appeared on the Projector Screen. For the next 12 Sundays the cross will journey around all 12 churches and names can be added into it.

At the service Lawrence Moore (former Director of the Windermere Centre) preached, Revd Brian Jolly (Synod Clerk) presided at Communion and Revd Dr Marian Tugwood (Convener of the Synod Pastoral Committee) led the congregation in the commissioning part of the service. I introduced and led the act of commitment where people added the names into the cross.

Lawrence spoke in part of his sermon about the fact that some people in our churches are not perhaps fully supportive of Missional Partnerships and some of us may align ourselves with this view. What I hope and pray is that we will all give Missional Partnerships time. As the name suggests we are encouraged to be 'Mission' minded in the way we work and that work is not done in isolation as one congregation or another. We are called and encouraged to work together in 'Partnership' with other brothers and sisters in Christ.

Personally, I ask you for patience. I have been the minister at the joint pastorate of Bamford Chapel and Norden URC since it came into being in October 2014 (and at Bamford Chapel and Norden URC as separate churches from January 2011 to when the two churches came together). That means the Church has benefited from 100% of my time for five years. This will slowly change within the Missional Partnership. There are two ‘opportunities for ministry’ within our Missional Partnership which will be declared in the coming weeks.

Prayer is essential. Please pray:

- for the Steering Group as they, along with Darren Holland and I, write the Profiles for those two opportunities for ministry
- for unity among the people in the 12 churches
- that God will show us His priorities for our Missional Partnership
- for the ministers God is preparing to serve in our Missional Partnership
- that together we will grow as followers of Jesus and commit more of our lives to Jesus.

Often when God calls He doesn’t reveal the full journey to us. We have to step out of the boat, as the apostle Peter did, and keep our eyes fixed firmly on Jesus. When Peter took his eyes off Jesus he began to sink beneath the waves.

May we all be water-walking Christians. Walking to Jesus, keeping our eyes fixed on him as we journey together.

May God bless us all richly on this journey,

**Richard**

**150 years ago, on 16<sup>th</sup> Oct 1869**

Girton College (now part of Cambridge University) was established as one of England’s first residential colleges for women. It became part of Cambridge University in 1948, and co-educational in 1976.

# **Missional Partnership Alpha Course**



# Pulpit Supply Secretary REALLY - VERY URGENT!

As a church we are in need of a Pulpit Supply Secretary. Unfortunately, no one has come forward to date. If we don't have someone to do it we will go without a preacher on some Sundays.

The role entails seeking preachers to fill our weekly services. It may be that in the Missional Partnership we will have joint meetings of Pulpit Supply Secretaries and fill preaching rotas that way. At present I am working on the January to June 2020 preaching rota so the job will not be onerous as I am trying to get ahead.



We will need to compile a list of preachers and contact numbers but I can assist the person with this. We are very blessed to have several willing preachers here at Bamford Chapel and Norden URC.

**Please, would someone consider taking this role on.**

*God Bless, Richard*

**MCS Church**  
My five senses

**ALL ARE WELCOME**

I see  
I smell (sorry)  
I touch  
I hear  
I taste

On Sunday  
6 October 2-4 pm  
@ Bamford Chapel  
and Norden URC

Menu  
hot dogs

Come to **Professor Potty's Lab**  
children please bring an adult with you

Fancy a bacon butty?

**Project Big Breakfast**

**B**acon butty  
at our **B**ig rekkie

£3.50

**Saturday 12 October**  
10.00 - 12.00

**LeapKerida Mungu Anaweza**  
Bringing Hope to the Hopeless

*Rescue, Nurture, Restore*  
A UK Registered Charity No 1112978  
Registered in Kenya CID No. 00403386A/CND/001/0018

## *Sunset and Sunrise*



*Sunsets and sunrise, rainbows and moonbeams,  
Waterfalls rushing, streams tumbling down,  
All of the planet teeming with life,  
A celestial ball in the sky spinning around.*

*The whole of creation sings of God's glory,  
The work of His fingers crafted with care,  
All intrinsically moving together  
A world of wonder without compare.*

*But this world that we see will pass away,  
It is only a shadow of what will be,  
When new heavens and earth burst into existence,  
No sun, no moon, and no more sea.*

*Christ Himself will be the Light  
That illuminates all this heavenly sphere,  
Where He is there is life everlasting  
No pain, no sorrow, just joy everywhere.*

*We cannot imagine what glories await us  
Where the radiance of God's glory shines through  
His Son,  
Together we'll walk on the street made of gold,  
We just know that the best is yet to come.*

*By Megan Carter (Parish Pump)*

## Cath Atkinson's Ordination



On 31st August, 60 of us from Bamford Chapel & Norden URC went to Cath Atkinson's Ordination and Induction Service at Ormskirk Street URC, St Helen's.

It was a wonderful and moving service and we all enjoyed seeing Cath ordained to Ministry after her training. We have all benefited from having Cath with us for 2 years as a Student Minister.

I know that Richard was honoured to take part in the service, in which he said how much we will all miss her, and continued to pray for Cath in his opening prayers.

As well as us from BC&N, the Church was full of family, friends, ministers and students from Northern College, people from her home church in Burnley and from the three churches Cath was inducted to as their Minister.

The stole she is wearing was presented to her by her home church. Afterwards we had a chance to congratulate Cath, wish her all the best and enjoy a nice cup of tea and refreshments.

Thanks to Ian Sturrock for organising the coach, so that everyone could go to the service.

**Anne Fitton**

## “Home from Home”

Whenever Steve and Sheila Lawley stay at their caravan in Whitby they are made welcome as regular worshippers at Flowergate URC. The congregation look forward to their visits and to reading our church magazine. Recently, with Debbie Wood’s permission, they used her poem in their magazine. So you never know how evangelism can be spread in ways that we never imagined!

Steve was recently asked whether he would contribute an article for Flowergate’s magazine on “Celebrity Guests at my Dinner Party.” This is where members of the congregation select three celebrity guests – two deceased and one still living – who they would invite to their dinner party, and why. This is the article as printed in their June/July magazine.

### Celebrity Guests at my Dinner Party By Stephen Lawley

This month we have asked Steve – one half of our ‘regular duo from Bamford Chapel’ to tell us which three celebrity guests he would invite to his dinner party. His response was as follows and I think you will agree that they are three exceptional people from three very different spheres of life.

Steve writes:

My first guest would be **James Stewart** – actor and humble Christian who performed his duty courageously in the Second World War, fighting Naziism, without calling attention to himself.



My second guest would be **Martina McBride** – the American country music singer and songwriter with a distinctive soprano voice. Many of the lyrics in her songs are ‘food for thought’ in today’s world. She is active for many charities connected with ending domestic violence and those providing practical help for the disadvantaged in our society.

My third guest to be invited would be Raoul Wallenberg – a Swedish diplomat whose unselfish actions in Budapest during 1944 saved up to 100,000 Jews from being transported to the gas chambers. Ironically, in January 1945, he was imprisoned by the Russians and his fate was a mystery.



I can imagine that the after dinner conversation would have a wonderful common thread, based on the care and welfare of others, rather than themselves. An ideal end to the evening would be Martina singing the carol “O, Holy Night”. I can already feel the goose pimples when she sings the last few bars!

**What holds society together is a concern for others.” Dalai Lama**

*Editor: I think this is an interesting article and an idea that we could introduce to our magazine on a regular basis. Please let me know if you would like to contribute a 'Celebrity Guests' article for a future magazine.*

## *A big Thank You to all*

*Neil and Marigold Edmond have both had recent hospital admissions and continue convalescence at home. They, and their daughters Susan and Trish, appreciated the visits, concerns, prayers and flowers they received during a difficult time. Fortunately Neil and Marigold have improved and hopefully may be able to attend church again soon.*



## Sociability



For my birthday this year I received Winnie-the-Pooh's "Little Book of Wisdom" (wise words from a Bear of Very Little Brain). On the page headed **Sociability** is this quote:-

*"A good reason for going to see everybody is because it's Thursday"*

This reminded me of **The Community Coffee Morning**. How did Pat Gate know when she started the coffee morning in September 2014 (yes, 5 years ago!!) that a Thursday was the most sociable day on which to hold a coffee morning?



From 10.00am to noon friends from Bamford Chapel and Norden URC, plus friends from further afield, meet to enjoy refreshments and a good "catch up" (defined as when you "**catch up with someone**" that you haven't seen in a while, you find out information about how their lives have been lately. You **do** this by sharing stories and making small talk.)

If you have an unoccupied Thursday morning and have never come to a coffee morning, please give it a try. I know you will enjoy yourself.

- ◆ Donations are shared between BC&NURC and Springhill Hospice. Sid Hazlehurst handles this.
- ◆ Pat Gate arrives early on Thursday morning to set up, followed later by a maximum of three volunteers. A rota is prepared by me. New Baristas!! are always welcome.
- ◆ First Thursday of the month Bamford local councillors (Jane Howard, Pat Sullivan and Angela Smith) come along. They are always available to discuss any issues you may have.

**Lesley Sutton**

## **Presentation of a Cheque to the Dementia Café by Councillor Mohammed Zaman, from funds raised during his Mayoral Year 2018/19**

On Thursday, 1<sup>st</sup> August, Councillor Zaman arrived at the Community Coffee Morning with a generous donation of £350 for the Dementia Café. Councillors Pat Sullivan and Angela Smith were in attendance. Our coffee morning co-ordinator, Pat Gate received the cheque on behalf of the Dementia Café. A copy of this photograph was sent to Councillor Zaman. Here is his reply:-

*Hi Lesley,*

*It was nice to meet your group at Bamford Chapel. It felt like a family and friendly atmosphere. I appreciate the good work your amazing team and volunteers are doing. Keep up your good work.*

*Lots of blessings and kind regards,  
Cllr. Mohammed Zaman*





## Music at Lunchtime – the New Season

Leaflets setting out the programme for 2019/2020 are now available and copies are in church and with Mike Lucas and me. We are very grateful to Margaret Ogden for preparing and printing the leaflets for us.

If you can help, please take leaflets to friends outside the church who might be interested. Mike places copies of each concert's poster around the district and in local libraries. I propose to advertise each concert for the following month in our Church magazine.

**Our concerts are always on the second Tuesday of the month from October until March.** The first concert this autumn on 8th October features a superb jazz pianist, who will intersperse the music with helpful informative commentary on some of the greatest jazz pianists of the past. He has already performed for Heywood Probus Club, where I met him, and at Rochdale Rotary Club, where Mike Lucas was happy to invite him on my recommendation.

**Do put the 8<sup>th</sup> October in your diaries now, and make sure to invite any of your friends who are particularly interested in jazz!**

**Walter Brisk**

### Bamford Chapel & Norden URC Presents



**Music at Lunchtime**  
**1.00 - 2.00 pm**



**Tuesday 8<sup>th</sup> October**

**Roger Browne - Jazz Pianist**

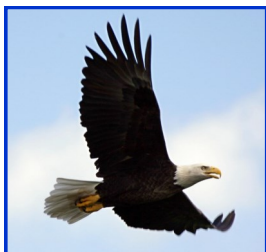
**Concert Admission £4.00**

**Lunch items priced individually  
are available from 12.15 pm**



## Flyers Overhead

There are up to 10,000 different kinds of birds in the world, and with about 530 different kinds in Israel alone, no wonder birds get a frequent mention in the Bible.



Noah released a dove from the ark to look for dry ground. A stork, an ostrich and an eagle are mentioned in Job. Quails were food for the Israelites in the desert. Elijah was fed by ravens. Proverbs refers to sparrows chirping on rooftops. Peter denied Jesus before the cock crowed.

A dove descending is a symbol of the Holy Spirit. The flight of the eagle reminds us of freedom and the renewal of strength. The psalmist uses wings as a symbol for the protection of God in times of trouble. Isaiah likens a bird hovering over its nest, to protect its young, to describe God's protection of Jerusalem. Jesus yearned to gather the people of Jerusalem to Him as a hen gathers her chicks under her wings.

Jesus also compared us with sparrows: *"For only a penny you can buy two sparrows, yet not one sparrow falls to the ground without your Father's consent...so do not be afraid; you are worth much more than many sparrows!"* (Matt 10:29-30)



For Jesus encourages us to know that each one of us is significant to God. He knows us personally, and, in His sight, we are precious and of great value. Let's raise our eyes heavenward and when we see all the birds flying overhead this autumn, let's give thanks to God. Like them, we can be confident, for we are always in His loving care.

**Lester Amann (Parish Pump)**



## Words of Wisdom from Nelson Mandela

“May your choices reflect your hopes, not your fears.”

“It always seems impossible until it's done.”

“Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do.”

“There can be no greater gift than that of giving one's time and energy to helping others without expecting anything in return.”

“There is no passion to be found playing small in settling for a life that is less than the one you are capable of living.”

“One of the things I learned when I was negotiating was that until I changed myself, I could not change others.”

“A good head and a good heart are always a formidable combination.”

“After climbing a great hill, one only finds that there are many more hills to climb.”

“A winner is a dreamer who never gives up.”

“Education is the most powerful weapon which you can use to change the world.”

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

“The brave man is not he who does not feel afraid, but he who conquers that fear.”

“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.”

“What counts in life is not the mere fact that we have lived; it is what difference we have made to the lives of others that will determine the significance of the life we lead.”

## Producing the Church Magazine

It's just over five years since I began as editor of the Church Magazine and in that time I have edited hundreds of articles! The magazine is a witness to the love of God in the local community and the basis of the magazine is the minister's message, the calendar for the month, the list of regular groups/meetings, information about future events and reports of past events. I sometimes receive articles written by members of the congregation (often from Lesley Sutton) and I try to fill the rest of the pages with interesting topics, smile-lines and a prayer (mostly taken from a Christian website called "Parish Pump" or from the "Association for Church Editors").

It would be great to have more articles from church members on any topic (Christian or otherwise) and readers do like to hear of the achievements of our young people, or news of special occasions; it all adds to the interest of the magazine. In days gone by we used to include a lot of the family news shared in Sunday morning worship. Since the publishing of the magazine on the church website, and also the introduction of data protection, we no longer automatically include family news; we need your permission. So if you have news you feel is appropriate to share, please do not hesitate to let any of the magazine committee know. We also welcome news from our many mid-week groups.



Don't forget, this is your magazine; the more varied contributions we have, the more interesting the magazine will be. Also, if you have any suggestions for different types of articles you would like to see, I look forward to hearing from you.

*Your grateful editor! Linda Peacock*



# Traidcraft Decaffeinated Coffee

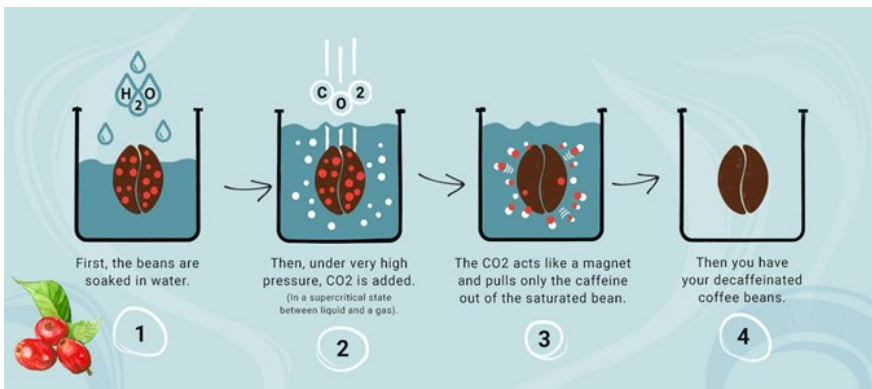
As a decaf coffee drinker I found this article from Traidcraft interesting.



“The method which Traidcraft implement for our coffee beans is an **organic process**; a simple, organic, toxic solvent-free extraction using CO<sub>2</sub> and water. There are **no residues or toxic by-products** in this decaffeination method. CO<sub>2</sub> is an organic substance of great purity, and in its supercritical state (between a liquid and a gas), it’s a gentle replacement for toxic solvents which are known historically to be used during decaffeination.

The CO<sub>2</sub> spares the aromatic and flavourful proteins and carbohydrates within the beans, and only extracts the caffeine, leaving you with the same delicious coffee, simply without the caffeine!”

**Barbara Redmond**



## Family Bible Surprise

A little boy was fascinated as he fingered through the pages of the old family Bible. Suddenly, an old leaf that had been pressed between the pages fluttered out. “Mum, come quick!” he cried. “I think I just found Adam’s underwear!”

# Heritage Open Days 2019

Heritage Open Days started with a full house for Breakfast. Many thanks to Barbara and her team for this fabulous event. This has proved to be very popular and will definitely be something we do again.



There were over 40 people visiting chapel on Saturday. Sunday saw 8 or 9 visitors coming along who had no prior connection to the chapel. They were looked after by our increasingly knowledgeable volunteers. This year our displays included articles from 1819 and 1919 and information on the lives of John Ashworth, founder of the Chapel for the Destitute and Joseph Fenton, recognised as the world's first war photographer.

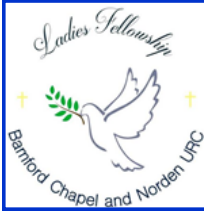


Our archives are now in a much better condition and easier to locate due to the dedicated work of all members of the heritage group. We are now looking at including more people to enable us to ensure we are creating an archive for the future. You may have been contacted already. We are looking for people to start keeping records of the activities they are involved in and if possible collecting information of past events. If you haven't been contacted already and would like to get involved please speak with any of the Heritage Group.



Many thanks for your support

***Louise Aspinall and all members of the Heritage Group***



## Ladies Fellowship

After the summer break the new season got underway on 12th September with a visit from two representatives of the “Body Shop at Home” team, showing a variety of products and providing information about the Body Shop company. Ladies were invited to order products from the catalogue at a discounted rate.

The next meeting is on

**10th October**

when Gary Heywood-Everett will give a nostalgic talk about  
**“Norden Riviera”**

**The meeting will be open to all (men included) starting at 7.45 pm.  
Cost is £3 per person.**

If you are from the area come and take a trip down memory lane; or if you are new to the area come and learn a bit of Rochdale history!

**Linda Peacock (Ladies Fellowship Co-ordinator)**



Thank you to anyone who made a contribution to the Foodbanks at our Harvest Festival.

We are currently very short of food and the demand seems to get greater. Last week we had 34 clients on Thursday alone: the most we have ever had on one day. During August we gave out 841kg more than we received, which is unsustainable.

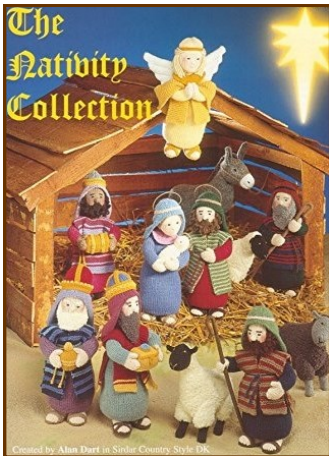
We still have lots of beans, pasta, soup and vegetables, but everything else is very limited. So if you can remember when you go shopping to buy a little extra, we would be very grateful.

**We would particularly appreciate: Milk, Meat, Coffee, Noodles, Rice, Puddings, Fruit, Jam, Pasta Meals**

**Thank you again - Margaret and Anne**



## Name that Shepherd.....



Gillian asked if people would be willing to knit a nativity for the church, a lovely idea. I volunteered and chose a shepherd. As I started knitting his body I felt he should have a name.

In Joel it says: “Fields be joyful and glad, animals, the pastures are green. Your old men will have dreams and your young men will see visions.” So my shepherd became Joel. I then felt he should have a back story and this is my version:

Joel is a young man, a shepherd. He is trying to get on Bethlehem's Got Talent as he can play the flute. He wants to use the prize money to set up his own Donkey franchise, renting donkeys to business men when they need to travel. At the moment he is renting out his room, as Bethlehem is packed and he can charge a lot of money to the visitors. Joel is sleeping in the cowshed behind the Travel Lodge Inn, but don't tell Amos. He has gone to work as usual up in the hills and all is normal until.....

**Jennifer Lee**

**Editor: If you have been asked to knit a nativity figure, perhaps you too would like to give it a name and write a story.**

## 75 years ago, on 30<sup>th</sup> Oct 1944

Jewish diarist Anne Frank and her sister Margo were transported from Auschwitz concentration camp to Bergen-Belsen. They died there, probably from typhus, in February or March 1945.



**CINEMA  
FOR ALL**



**THE IAN NEWMAN COMMUNITY FILM CLUB  
at Bamford Chapel & Norden URC,  
Norden Road, ROCHDALE. OL11 5PQ**

**(Every 3rd Saturday in the Month)  
£3 admission (including refreshments)  
6.30pm Refreshments 7.00pm Film**

**Saturday  
19th October 2019**

**“MY COUSIN RACHEL” PG: 2017**



**Supported by Rochdale  
Township**



## Luncheon Club News

Our weekly Wednesday Luncheon Club, for those of our fellowship and those from the community who live alone, is in full swing again after the August break. We have recently welcomed five new members, four from the community and our own Pat Gate, who after being a volunteer almost from the beginning over thirty years ago, is now enjoying sitting with friends and being served with her very well earned meal!



Since I became co-ordinator a few months ago, having been a hostess for only three years, I have more fully come to appreciate the dedication and commitment we are blessed with from all our volunteers; those who help at present, and those who have done so down the years, with the meal preparation, serving, washing up and our drivers who bring in those members who need transport every week.

The organisation of the rotas, particularly transport, is in itself quite a task, especially fitting in all the volunteers' holidays. Even so, the fact that it has been providing good hot meals every week for so many years is quite an achievement, and something that is so much needed and appreciated by our members. Thank you to all on their behalf.

We are now full to bursting, and should you feel able to assist once a month, either in the kitchen or transporting our member you would be welcomed with open arms!!

**Pat Stephenson**

### School

A little girl was struggling with her first term at school. "I'm just wasting my time," she sobbed to her mother. "I can't read, I can't write, and they won't let me talk!"

## Learn How to Compost

Every household produces lots of organic waste that can be composted. Composting this waste at home regularly means less waste being sent to landfill, but you can also save money by spreading your homemade compost over beds and borders, even your lawn. It will return valuable nutrients to your soil, boosting plant growth and improving water retention, so no more expensive plant foods and fertilisers, and less watering.

Getting started - I'd recommend purchasing a compost bin; while it's not essential, it is more practical for home composting. After this initial purchase home composting is completely free.

***Tip – Take a look at your local council website 'Recycling and Bins' page. They often have offers for reduced priced compost bins.***

Choose a discrete corner in your garden, ideally on open soil so the worms, mini beasts and micro-organisms can easily find their way to it and start working their magic.

Despite what some may tell you, you do not need to buy special worms – the smaller worms known as compost or tiger worms are living happily in your soil right now. Trust me they will find their way to your bin all by themselves.

***Tip – Don't be fooled into buying expensive compost activators – They are not needed but if you want to give your compost bin a helping hand put on some thick garden gloves and go collect some nettles (minus roots and any flower heads). Crush them in your hand and throw them in your bin, they are a natural activator. Alternatively your own urine works just as well.***

## What to put in your compost bin?

Browns (carbon rich) and Greens (nitrogen rich). You should aim for a balance of 50% Brown and 50% Green. The lists provided are not exhaustive but are the sort of things you can typically find at home.

Browns	Greens
<p>Autumn Leaves Straw/hay Woody Prunings Shredded/torn up newspapers, household bills and letters Paper bags Toilet and kitchen roll tubes Egg boxes Cereal boxes Crushed Eggshells</p>	<p>Uncooked fruit and vegetable scraps Coffee Grounds Teabags Soft Green Leaves Grass clippings Other garden waste – plants, stalks, flowers Herbivore Manure e.g. Rabbit, Hamster, Chicken</p>
<p><b>Do Not Include</b> - Meat/Fish, Cooked Food, Coal Ash, Cat Litter, Dog/Cat Faeces, Dairy Products, Treated Wood, Glossy paper and cardboard such as magazines, catalogues and takeaway menus</p> <p><b>Best Avoided</b> - (if you're going to use your compost in your garden) Perennial Weeds, Diseased Plants</p>	

**Tip** – If it's looking a bit dry and not decomposing add some water and more greens. If it's looking slimy and smells, add some browns and give it a mix.

This is only meant as a basic guide to get you started if you just want to do your little bit to help the environment and maybe save a little money along the way. For the serious gardener/composter there are lots of books available or information online.

**Happy composting and God Bless from the Eco Church Team**

## Interesting Recipes

The **Eco Church** team is looking for “old” recipes which use seasonal produce plus less dairy and meat produce. If you have any interesting recipes which fit into these categories, please let me have them and they can go into the magazine so others can use them. Here is an amazing recipe from Jess Davis.



### FRUIT LEATHER RECIPE

Fruit leathers are sheets of dehydrated fruit and can be made from any fruit, although the more water based fruits like melon don't work so well. They make a great healthy snack for adults and children alike and are the perfect way to use up a glut of fruit.

### Method

Stage one is making a puree with the fruit of your choice. Peel, core or de-stone your fruit as needed. Chop up all your fruit to bite sized chunks. If using soft fruits like berries and bananas a quick mix in the blender will be sufficient to make your puree. For harder fruits such as plums, apples, pears, you will need to cook them for 10-15 minutes to soften before you puree them. If in doubt, cook your fruit.

For a really smooth puree and to remove seeds, push the puree through a sieve or mouli. Taste your puree. Depending on which fruit you've used you may wish to add a little sugar. Adding cinnamon, nutmeg, cloves, honey and/or lemon are also good options to enhance the flavours.

Line a baking tray; spread your puree over the paper no more than ¼ inch thick. Place in the oven on a low heat 140F for 8-12 hours overnight. Once dehydrated and cooled, peel the leather off the tray and roll up the leather in a clean sheet of baking paper. Cut into small portions. A large tray rolled up, typically makes 12 portions. Unravel a portion and enjoy.

Store in an airtight container in the fridge or freezer. The combination options are limitless but here are a few ideas to get you

started:- apple, cinnamon and honey, apple and pear, mixed berries, kiwi and strawberry, strawberry and banana, pear, blueberry, banana and orange, peach and honey.



**Jess Davis** (any questions: Jess will be pleased to answer.)

## Project Meal

This year's meal at Bury College to raise funds for the Project takes place on:

**Thursday 31<sup>st</sup> October**

**at 6.45 pm for a 7.00 pm start**



**at Three Seasons  
Restaurant**



**Bury College**

**Tickets £18 per head**

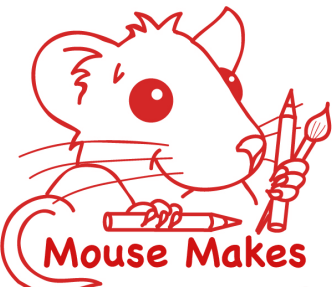
The menu and sign up list can be found on the notice board



*Rescue. Nurture. Restore*

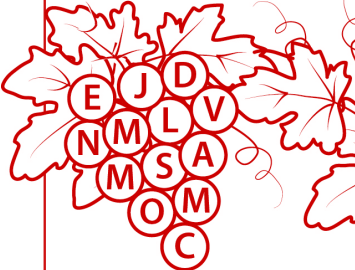
A UK Registered Charity No: 1111373  
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# Children's Page



THE TRUE VINE  
 Jesus said:  
 "I am the **vine**;  
 you are the **branches**.  
 The one who remains  
 in me -and I in him -  
 bears much fruit,  
 because apart  
 from me you can  
 accomplish nothing."

John 15:5



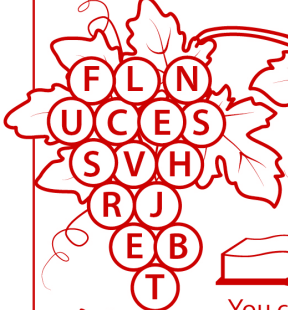
"My **commandment** is this -  
 to love one another just  
 as I have loved you."

John 15:12



"No one has greater  
**love** than this -  
 that one lays down  
 his life for his friends."

John 15:13



You can read  
 Jesus' teaching on  
 The True Vine in:  
 John 15:1-17



Each of the word  
 in **bold** on this page  
 is hidden in the  
 bunches of grapes.  
 Can you work  
 out which bunch  
 each word is in?

How many other  
 words can you make from:  
 THE TRUE VINE

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## **BAMFORD CHAPEL & NORDEN URC MAGAZINE**

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## **DATES FOR THE NOVEMBER MAGAZINE**

**Articles to be handed in by:**                      Sunday 13th October  
(one week early to avoid Half Term)

**Magazine to be completed by:**                      Thursday 31st October  
(usual completion date)

**Magazine distributed:**                      Sunday 3rd November

# **BAMFORD CHAPEL & NORDEN**

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### **Times of Services:**

**Family Worship :** 10.30 am : Holy Communion 1<sup>st</sup> Sunday in month

**Evening Worship :** 6.30 pm : Holy Communion 3<sup>rd</sup> Sunday in month