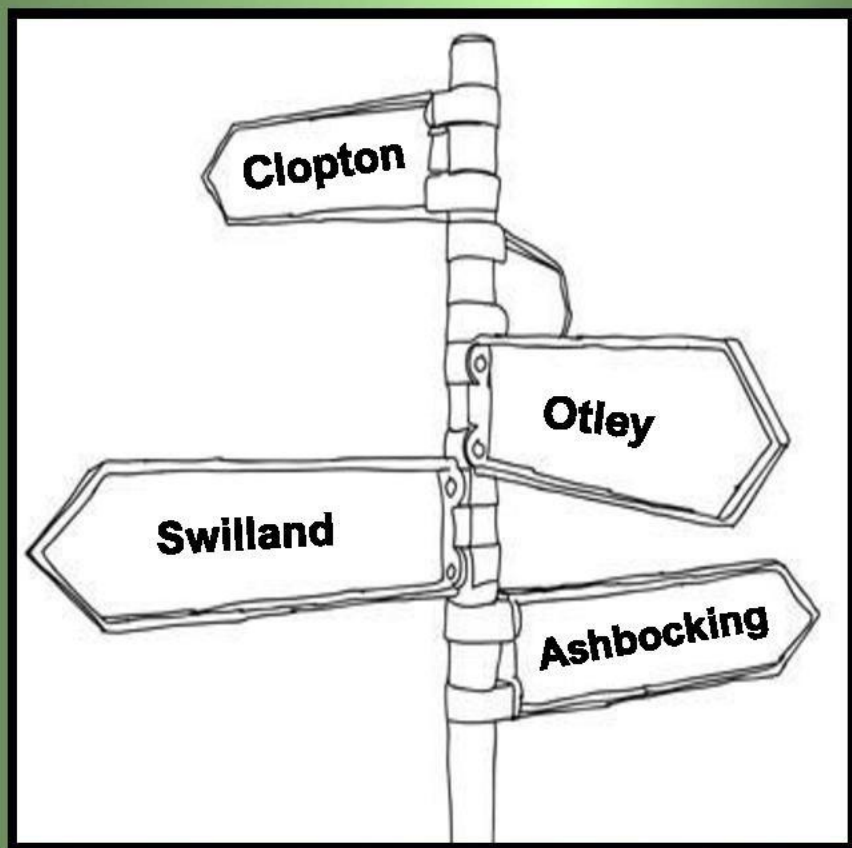


# *The Signpost*



*News from the Parishes*

## A Word from The Editor.....



Welcome to the **April** edition. So, from the very dry February to a very wet March and highly likely the wet will continue into the beginning of April. Don't get me wrong, we did need rain and it has not only helped the bulbs and plants to grow but also the crops in the fields. Sunday 26<sup>th</sup> March saw the clocks go forward so we will now have longer days which is useful when there is much to do outside and in the garden.

If you are planning a King's Coronation event or party, please do let me know ahead of next month's deadline (24<sup>th</sup> April) so that we can share the details with everyone and hope to celebrate with many of our neighbours such a historic event. It would be wonderful to share photos, of events that took place across our villages, in June's edition so please do have your cameras or smart phones at the ready.

### ***“Wishing you all a very Happy Easter”***

If there is anything else you would like to see within the magazine, whatever it may be, I would gratefully receive it for consideration for upcoming editions.

If you would like any family or friends' birthdays, exam results or anniversaries celebrated, then please do let me know and I will include in next month's magazine.

**The next magazine will be the May issue,  
with a deadline of 24<sup>th</sup> April 23.**

To register to receive The Signpost via email, each month,  
please email Amy [bakergirl174@gmail.com](mailto:bakergirl174@gmail.com)

News of the Carlford Churches and details of online Worship can be found on the website [carlfordchurches.org](http://carlfordchurches.org) and within the Mini Grapevine. If you would like to receive the Mini Grapevine weekly via email, please register via the website [carlfordchurches.org](http://carlfordchurches.org) or with Mark Cresswell – [mark@carlfordchurches.org](mailto:mark@carlfordchurches.org). There are links on the Carlford Churches website to the Facebook page, Mini-Grapevine and The Signpost. The Carlford Churches Facebook page can be accessed directly <http://facebook.com/carlfordchurches>.

Should you wish to speak with Rev'd Katrina Dykes or a member of the benefice team, please telephone 01473 735183.

***Keep safe, enjoy the lighter evenings and take care till next month..***

***With best wishes  
Amy***



## April

It's spring! Farwell  
To chills and colds!  
The blushing, girlish  
World unfolds

Each flower, leaf,  
And blade of turf—  
Small love-notes sent  
From air to earth.

The sky's a herd  
Of prancing sheep,  
The birds and fields  
Abandon sleep,

And jonquils, tulips,  
Daffodils  
Bloom bright upon  
The wide-eyed hills.

All things renew.  
All things begin.  
At church, they bring  
The lilies in.

—John Updike

## February 2023

Apart from a few very light spots of rain this month has been the driest for 30 years which is very unusual, but then the weather patterns are changing all over the world. The temperatures both day and night have been above normal plus there has also been some quite sunny days. The last few days have turned colder due to the high pressure area bringing in cold air from the east.

*Russell Ling*

### *April Weather Sayings.....*

- *If it thunders on All Fool's Day, it brings good crops of corn and hay.*
- *March'll search ye, April try ye; May'll tell, whether live or die ye.*
- *A cold and moist April fills the cellar and fattens the cow.*
- *"Thunder in April, Floods in May."*
- *"Easter in snow, Christmas in mud,  
Christmas in snow, Easter in mud."*
- *"If it rains on Easter Day, there shall be good grass but very bad hay." (Haytime – June – will be wet)*
- *The cuckoo comes in April, and stays the month of May; sings a song at midsummer, and then goes away*
- *April makes the flowers and the beauty, but May gets all the credit*



## 2 April - Hugh of Grenoble – He Fought Corruption and Built Hospitals



Murky crimes committed by various church leaders, local shops in trouble, roads needing repair, and hospitals in a sorry state.... wanting to retire, but the law said no... it seems that Hugh of Grenoble was dealing with 21<sup>st</sup> century problems in the 11<sup>th</sup> century.

Born at Chateauneuf in 1052 as the son of a knight, Hugh attended the cathedral school of Valence and became a canon. He was talented and learned, good looking – and yet bashful. Sounds a bit like a shy public-school boy. Certainly, Hugh's parents' contacts and his privileged schooling earned him a good job early on – as secretary to the Bishop of Die, who was also a papal legate. In 1080 Hugh was taken along

to the Synod of Avignon, where the deplorable state of the diocese of Grenoble was reviewed. It was afflicted with widespread simony and usury, and clerical promiscuity was rampant.

Hugh was outraged at what he heard – and was soon in a position to do something about it. He was made Bishop of Grenoble by Pope Gregory VII and went on to fight the excesses and sins of the clergy with notable success. He became virtual co-founder of the Carthusian order. The common people soon came to love him, for as well as reforming their churches and restoring their cathedral, he built a bridge, a marketplace and three hospitals for them.

In later years Hugh wanted to retire, but like many people today, was not able to do so: in his case the Pope would not let him. During the last few weeks of his life Hugh went back to basics: he seemed to forget everything but the Lord's Prayer and the Psalms. He was greatly loved, and so canonised only two years after his death in 1134.



*"The world needs more warm hearts and fewer hot heads."*

*- Anon*

## Wildlife to look out for this April

- **Red Mason Bees** – The females lay eggs in hollow stems, then seal them with mud.
- **Newts in your pond** – They breed later than frogs and toads but will be busy feeding on frog tadpoles to get into peak breeding condition.
- **Swifts** – They tend to arrive on the south coast at the end of the month.



## Don't Miss Out on Your Sleep!

A new study has found that people who do 'all-nighters' for work or study are stressing their brains. Sleep deprivation makes your brain look, and work, like it is two years older.

The good news is that getting just even three hours of sleep is enough to keep it normal.

And also, the study by scientists at Forschungszentrum Jülich, a national research institution in Germany, found that even a single night of recovery sleep reverses the damage of an 'all-nighter'.

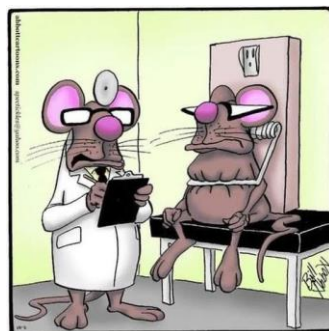


"I'm so good at sleeping..."

I can do it with my eyes closed."



Sleep deprivation has also been found to slow down our cognitive functions. We tend to make poorer decisions, be muddled in our memories, get into a bad mood, and feel very irritable.



"What sort of chest pain?"



## **Brainteasers**

Body Parts Brainteasers - *The answer to each of the following clues is an idiom or an item, which includes a part of the body e.g. At the top of the bed = Headboard / To keep silent = bite one's tongue*

1. Vigorous Rubbing.
2. Back of a Book.
3. A form of contraceptive.
4. The centre of a target.
5. A cough will clear it.



(Solutions on Page 28)

### **Church of England's Social Impact Investment Programme to invest £1.1m in Charity Bank**

The Church of England's Social Impact Investment Programme has recently made a £1.1m investment in Charity Bank and will take a 3.6% stake in the bank.

Charity Bank uses savers' money to provide much-needed loans to UK charities and social enterprises working to drive positive social change – bringing benefits for people, communities, and the environment.

The recent investment will enable Charity Bank to make more than £8.8m in new loans to charities, social enterprises and faith-based organisations serving their communities.

Vanessa Morphet, Head of Social Impact Investment at the Archbishops' Council, commented on the investment: "Charities, social enterprises and faith-based organisations provide key services to communities in areas such as housing, social care, food banks, skills development and tackling loneliness.



"Charity Bank loans are a vital part of the funding landscape for these organisations enabling them to sustain, improve and grow their services."

## **Why The Stars are Fading**

By the time a child born today becomes an adult, they may be able to see fewer than half the stars that are currently visible.

This is not because the stars are fading, but because of ever increasing ‘skyglow’, or light pollution, which is brightening the night sky by 9.6pc on average each year.



So warn researchers at the German Research Centre for Geosciences. And the Royal Astronomical Society (RAS) says that the change could see some of the fainter constellations – such as Cancer – fading away, along with astronomical features like the Orion nebula and Andromeda galaxy.

“At this rate of change, a child born in a location where 250 stars are currently visible, would be able to see only about 100 by the time they turned 18,” said one scientist.

Too much artificial light at night not only impacts our ability to see the stars, but affects animals and plants, who rely on daily and seasonal cycles to determine behaviour and physiological processes. The researchers published their work in the journal Science.

## **Remembering The Royal Yacht Britannia**



Seventy years ago, on 16<sup>th</sup> April 1953, Queen Elizabeth II launched the Royal Yacht Britannia. It was decommissioned in 1997. The Royal Family no longer owns a royal yacht.

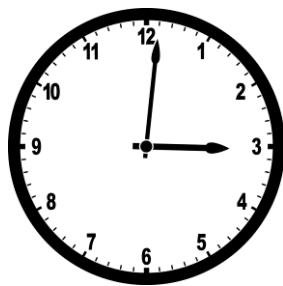
Britannia was the 83rd such vessel since King Charles II acceded to the throne in 1660, but the first Royal Yacht to be built with complete ocean-going capacity and designed as a Royal residence to entertain guests around the world.



She was decommissioned in 1997, when the Government decided she was too expensive to repair, although she had raised £3 billion in commercial days between 1991 and 1995. Moves have been made to replace her, but they have so far come to nothing. She is currently moored in Leith, Edinburgh, and attracts 300,000 visitors a year.

Built by John Brown & Co, one of the world's most famous shipyards, she was commissioned into the Royal Navy on 11<sup>th</sup> January 1954, and on 22<sup>nd</sup> April sailed into her first overseas port, Malta. In 44 years, the Britannia sailed the equivalent of once round the world each year, calling at over 600 ports in 135 countries.

Britannia's final mission was to bring the last Governor of Hong Kong, Chris Patten, back from Hong Kong after its handover to the People's Republic of China in July 1997. The Queen was reported to have shed a tear at the decommissioning ceremony, which was attended by most of the senior members of the Royal Family.



All the clocks on board are stopped at 3:01pm, the time the Queen was piped ashore for the last time.

### **10th April William Law, spiritual writer extraordinary**

William Law is the saint for anyone forced to choose between losing their job or losing their integrity.



It had all begun so straightforwardly. Born in King's Cliffe, Northamptonshire in 1686, William had studied at Emmanuel College Cambridge, been ordained a deacon, and been made a Fellow of the college in 1711.

But soon politics interfered. At his ordination, William had made his Oath of Allegiance to the House of Stuart. But with the accession of the first Hanoverian monarch, King George I in 1714, William found he was now expected to make his Oath of

Allegiance to King George I. This he felt he could not do, with any integrity. But without the Oath, William lost his Fellowship, and was unable to be priested.

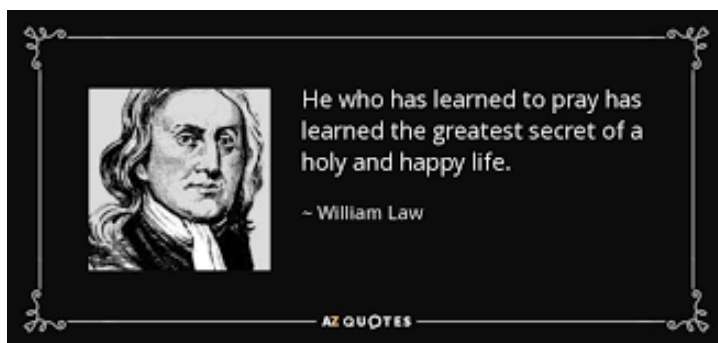
It would have been a bitter blow to anyone wanting a career in the Church, but William did not change his mind. He wanted more than a career in the Church, he wanted to live a holy life before God, and to keep his conscience clear. And so he spent many years as a simple curate (he was not priested until 1728), living by tutoring, but also writing extensively.

And it was through his writings that William Law went on to make a lasting impact on the spirituality of the nation. One of his numerous books, *A Serious Call to a Devout and Holy Life*, is recognised as having had more influence on the English people than any other English post-Reformation spiritual work, except Pilgrim's Progress.

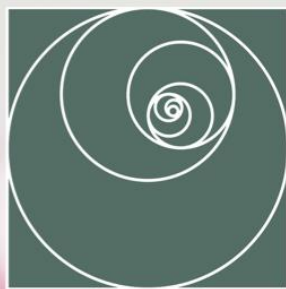
William Law's writing greatly influenced the leaders of the evangelical movement of his day, including John and Charles Wesley, and George Whitefield. Law was also praised by Enlightenment thinkers such as the writer Dr Samuel Johnson and the historian Edward Gibbon.

And 20 years after his death in 1761, William Wilberforce, the politician, philanthropist, and leader of the movement to stop the slave trade, also paid tribute to the effect Law's writing had had on him.

Law's spiritual writings remain in print even today – nearly 300 years later.



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## **DID YOU KNOW.....**

**Birthstone:** Diamond. **Birth Flowers:** Daisy and Sweet Pea.

**1st** In France, April Fool's Day is called Poisson d'Avril which means April Fish. Kids pin or tape paper fish to the back of their friends & "Poisson d'Avril" when they find it.

**3rd 1933** The first flight over Mount Everest took place. British pilots Marquis of Clydesdale and Donald McIntyre flew two biplanes over the summit.

**4th 1873** The Kennel Club was founded in London. It now recognises 221 breeds of dog.

**6th 1896** The first Olympics of the modern era were held in Athens after a break of 1,500 years.

**7th 1948** the World Health Organization (WHO) was founded in Geneva, Switzerland as a specialist agency of the United Nations.

**9th 1747** 80 year old Lord Simon Fraser of Lovat was the last person to be executed at Tower Hill after he was sentenced for his part in Bonnie Prince Charlie's rising. Between 1388 and 1747, more than 130 men and women were killed by beheading on Tower Hill or Tower Green.

**10th 1912** RMS Titanic set off from Southampton, England for New York City on its maiden voyage. Four days into the crossing, 14<sup>th</sup> April, it struck an iceberg near Newfoundland. It sank in the early hours, 2 hours and 40 minutes later, of the 15<sup>th</sup> killing more than 1,500 people.

**10th 1970** was also the day that Paul McCartney announced the end of the Beatles.

**11th 1970** Apollo 13 launched from Cape Kennedy and 56 hours later it ran into difficulties and spoke those famous words "Houston we've had a problem here."

**14th 1865** at a crowded theatre in Washington DC, John Wilkes Booth assassinated Abraham Lincoln, the President of the United States. Lincoln died the next morning on April 15th.

**14th -15th 2018** a rainfall gauge located at Waipa in Hawaii measured a total rainfall of 49.69 inches in a 24-hour period. That's well over a meter of rain all in one go.

**15th 1452** Leonardo Da Vinci was born.

**16th 1963** American civil rights leader Martin Luther King Jnr. wrote his famous 'Letter from Birmingham Jail' while imprisoned in Alabama.

**18th 1968** The London bridge, which was built in 1831, was sold to the American entrepreneur Robert McCulloch for US \$2,460,000.

**19th 1774** The first shots of the American Revolution started.

**20th 1889** Adolf Hitler was born in Braunau-am-Inn on the Austrian-German border.

**21st 1926** Queen Elizabeth II was born.

**22nd** World Earth Day. The first ever Earth Day was held on **April 22<sup>nd</sup>, 1970.**

**26th 1564** William Shakespeare was born.

**29th 1993** Queen Elizabeth II announced that Buckingham Palace would open to the public for the first time, to raise funds to repair fire damage at Windsor Castle.

**30th 1943** The Bergen-Belsen concentration camp was established in Germany. The former prisoner-of-war camp was converted into a holding camp, mainly for Jews. Tens of thousands of people died of starvation & disease due to the overcrowded, unsanitary conditions.



## **27<sup>th</sup> April Tertullian, Fierce Firebrand of The Early Church**

Tertullian was born in Carthage, North Africa, about 155 AD. He had pagan parents and his father may have been a centurion. Carthage was a prestigious Roman colony and Tertullian was given a good education in Greek, Latin, literature, history and philosophy. On arrival in Rome,

Tertullian probably worked as a lawyer.

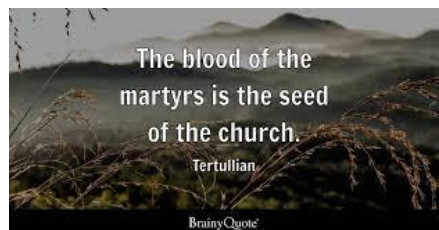
In Rome, he also enjoyed visits to the arena, to see gladiators kill each other and Christians devoured by lions. However, Tertullian grew impressed with the Christians; by their courage, and willingness to die for their belief in one God. He was also moved by their compassion for the poor, the orphans and widows, and how they prayed for their persecutors. In AD 185, he converted, and married a Christian woman.

On Tertullian's return to Carthage, he became a vociferous, if not always orthodox, defender of Christianity. He wrote in Latin, instead of Greek, and used legal terms to persuade the Roman establishment to cease its relentless persecution of Christians. He argued they had a right to a fair trial, instead of just being condemned to death.

Tertullian advocated that Christianity should stand uncompromisingly against the surrounding culture. He addressed a whole range of issues, from appropriate dress and marriage, to idolatry, repentance and baptism. He also wrote essays on prayer and devotion. Tertullian used the Scriptures to refute heresies, especially Gnosticism, which was a major threat to the Church at the time.

His prolific works are full of memorable phrases, puns and wit. While he could be gentle, sensitive, self-critical and reflective, he could also be aggressive and sarcastic. He devised the term *New Testament*, and also introduced the words *penitence* and *sacrament*. His most famous statement was the defiant: 'The blood of martyrs is the seed of the Church.'

Late in life, Tertullian sadly decided that Jesus and the Holy Spirit were not wholly equal with the Father. This was Montanism, one of the early Christian heresies. Although he coined the word *Trinity*, a word that does not appear anywhere in the Bible, sadly he did not mean a triune God, but a group of three. This was heresy, and so the Early Church was not able to recognise him as a saint. According to tradition, he died about AD 225.



## **Roast spring lamb with rosé wine & oranges**

### **Ingredients**

2 ¼kg leg of lamb, bone in  
75ml olive oil  
1 tbsp chopped rosemary  
2 large carrots, roughly chopped  
1 onion, roughly chopped  
3 sticks celery, roughly chopped  
small sprigs of bay, rosemary and thyme  
pared zest and juice of 1 orange (you can use a potato peeler for the zest)  
1 tsp plain flour  
½ bottle rosé wine  
500ml lamb, chicken or vegetable stock  
1 tbsp redcurrant jelly



### **Method**

1. Preheat the oven to fan 180C/ conventional 200C/gas 6. Using a small knife, trim away any excess fat from the lamb and place the fat in the roasting tin. Then criss-cross the top and sides of the lamb with the knife, making shallow incisions. Mix half the olive oil with the rosemary, salt and pepper and set aside.
2. Place the roasting tin over a medium heat and warm the lamb fat with the remaining olive oil for a few seconds. Add the lamb and rub the rosemary oil over the top and into the slashes. Keep turning the lamb over in the hot oil until it begins to colour all over.
3. Tip the vegetables and sprigs of herbs into the tin, sprinkle the lamb with a little extra salt and roast in the oven for 50 minutes or until the outside fat starts to brown. Remove the tin from the oven and turn the temperature down to fan 140C/ conventional 160C/gas 4.
4. Scrape the vegetables away from the bottom of the tin and turn the lamb over. Baste with a little of the fat, then continue to roast for 45-50 minutes. Test by inserting a metal skewer into the thickest part of the leg: for medium-rare meat, the tip should feel warm to the touch and the juices that run out of the meat should be fairly pink.
5. Remove the lamb to a warmed serving dish and cover with a loose tent of foil. This will prevent heat escaping and will allow the lamb to relax while the gravy is made.
6. Blanch the orange zest in boiling water for 1 minute until soft, then drain and set aside. Remove the vegetables from the roasting tin (reserve any that aren't too dark for tucking round the roast), then put the tin on a medium heat and skim away all but 1 tbsp of the fat. Sprinkle the flour in and stir constantly. Add the wine, orange juice and zest and stock and boil rapidly for about 10 minutes until the gravy thickens, colours and is reduced by about half. Taste and add salt and pepper if necessary. Finally, stir in the redcurrant jelly and simmer until melted, then strain. Serve the lamb surrounded by any reserved vegetables, with the hot gravy.



## 14 Conversations to Have with Your Neighbours

### At A King's Coronation Street Party

We have all known that awkward moment at a party, when your conversation with a stranger suddenly dries up. But if you are going to one of the King's Coronation street parties next month, you don't need to worry.



An information pack called the Coronation Big Lunch 'conversation menu' has been published, offering 14 handy ideas for keeping the

conversational ball rolling. The ideas range from asking your neighbours whether they have ever met a member of the Royal Family, to what is their favourite way to spend a bank holiday. The 'menu' even includes a couple of jokes you can tell, if you get really desperate.

More than a million people, and more than 7,000 street parties and community events, have so far signed up to the Coronation Big Lunch initiative.

Buckingham Palace is hoping the celebration will bring neighbours together across the country. Certainly, chatting with our neighbours is no longer common. One poll from 2019 found that half of us had not chatted over the garden fence or outside our homes in at least a month, while almost one in five of us have never spoken to our neighbours at all.

The Coronation Big Lunch will take place on Sunday, 7<sup>th</sup> May, the day after the King and the Queen Consort are crowned at Westminster Abbey.

More than 17.2 million people took part in Big Lunch events last June, for the Queen's Platinum Jubilee.

***To apply for the rewards and find out more about the Coronation Big Lunch or Month of Community, visit [www.coronationbiglunch.com](http://www.coronationbiglunch.com)***



**Which event did *not* happen in April?**



A. “Shot heard ’round the world”/Battles of Lexington and Concord

B. Mutiny on the HMS *Bounty*



C. First transcontinental railroad completed at Promontory Summit in Utah Territory

D. Harrowing flight of *Apollo 13*

**Answer on Page 28**



**Union Flag**



The Union Flag, also known as the Union Jack, is the flag of the United Kingdom of Great Britain and Northern Ireland. It comprises of three flags, England, Scotland, and St Patricks (representing Ireland).



After Queen Elizabeth I of England died in 1603, King James VI of Scotland inherited the English throne and became King James I of England. It was a Union of the Crowns, but not yet of the nations. Each country still kept their own parliaments and national flags – the red St. George’s cross and the white St. Andrew’s cross.

On 20<sup>th</sup> October 1604, James I proclaimed a new title for himself as ‘**King of Great Britain**’.

On 12<sup>th</sup> April 1606, the National Flags of Scotland and England were united for use at sea, thus making the first Union ‘Jack’. However, the old flags of England and Scotland continued to be used by their respective countries on land. A royal decree declared that the ships of the Kingdom of Great Britain “shall bear on their maintops the red cross, commonly called St. George’s cross, and the white cross, commonly called St. Andrew’s cross.”



## **NEWS FROM OUR CHURCHES**

### **ASHBOCKING**

I can't believe March has nearly gone. We are all hoping that April will give us some sunshine and warmth. We were fairly lucky with the weather when the church path was transformed, and the channel dug for the water supply to the church. John and Duncan, the church wardens along with Barry Chamberlain and son Sam, and Andrew and David Gaught spent one Saturday achieving this. David did much of the hand digging and at last the pipe is in, without uncovering any nasties, to await connection into the back of the church. We must thank them all for their hard work, as we are now one step closer to our goal of a kitchenette in the back of the church, possibly a temporary one until funds allow for the major project of kitchen and permanent loo. We are lucky that we have the porta loo now and the tap at the gate will be functional once reconnected. New shingle has been laid thanks to Tristan Elbrick at the Hall. It does look very smart.



We have, up until, now been having our services at home. We started after Christmas and intended to go back in March, but it was still very cold in the church, so it was decided to continue home church until Easter, which has been lovely. Everyone who came enjoyed it and it was definitely a bonus being in the warm.

We will be back in church for Easter Sunday at 11am. This is a communion service led by Phil Dykes. Everyone is welcome to join us. The church will be decorated with flowers again after what seems such a long time after having no flowers in Lent.

Our coffee morning in April is on Good Friday, so we will be serving Hot Cross buns with coffee or tea. There will be biscuits should you not like them or maybe a scone. Everyone is very welcome to join us at 10:30 until 12:00, at Hawthorns, The Green, Ashbocking, situated at the end of Ashley Grange, parking available. It is always good to catch up with everyone.



Knit and Stitch will be held on Monday April 3rd at 10:00 until 12:00 at Hawthorns. We're all doing different projects or waiting inspiration, but we do enjoy a chat and coffee, and the biscuits of course!

Do join us, even if not in Ashbocking. We already have four members from other villages, which is nearly equal to local residents! Everyone welcome.

Linda Pollard: 07887537152 or 01473 890836

Church Wardens: John Pollard 07786 803490

Duncan Bray 07933 705350

*Linda Pollard*

### CLOPTON

Clopton churchyard is looking very pretty at the moment with lots of snowdrops and daffodils in bloom. The better weather is hopefully on its way.

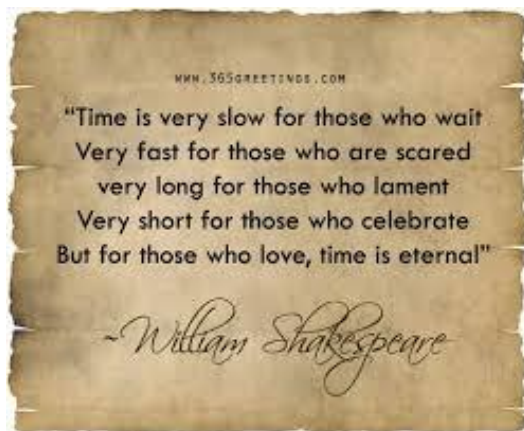


The Hobbies Group will meet on Wednesday 5th April from 10am until noon. Anyone is welcome to come and join us even if you do not have a hobby. Perhaps one of the group will inspire you to start something new!

Tea, coffee and biscuits are provided and a small charge of £2 is made to pay for the hire of the hall. Come and give it a try.

The monthly Coffee morning is on Wednesday 19th April. There is no charge for tea, coffee and biscuits. Some people drop in for a short time and others stay the whole time, from 10am until 12 o'clock. Everyone is made very welcome and there is always a buzz of conversation and a lot of laughter. People are always glad that they have made the effort to brave the cold to come and join us. See you there!

*Doris Main*





## Holy Week April 2023

**Monday 3rd**

**7.30pm Compline, Culpho**

**Tuesday 4th**

**7.30pm Compline, Grundisburgh**

**Wednesday 5th**

**7.30pm Compline, Boulge**

**Maundy Thursday 6th**

**6pm Seder Meal, Clopton**

**Good Friday 7th**

**2pm An Hour at the Cross, Hasketon**

**Easter Eve 8th 7.30pm Easter Eve Service, Grundisburgh**

**Everyone Welcome**

## OTLEY



In our service on March 5<sup>th</sup>, we took a collection for the Leprosy Mission. It amounted to £290, an excellent result. Thanks to everyone who contributed.

On the 10<sup>th</sup> and 11<sup>th</sup> of March the Junior Otley Players under the direction of Vanessa Ling gave a wonderful performance of 'Chitty Chitty Bang Bang'. Since the story is centred around a car, I was wondering what sort of vehicle would appear on the stage. There were gasps of surprise all around when it did appear. Anthony Ling had done an amazing job by constructing a shiny car that did not have to be pushed but was actually driven around the stage! There was a good team working in the background as well and the children did themselves proud from the youngest to the oldest. It was a thoroughly enjoyable evening.

Mothering Sunday is in March of course and for the first time after a long gap we did have a service in Otley on that day. It was an 'All Age Worship' service taken by Katrina and Gail. Gail had prepared many things for the children – luckily there were children! They could start with colouring in a prepared drawing and/or dressing up paper dolls. The dressing up continued a bit later on when the children put on clothes of their choice from the items being displayed at the front – these were adult clothes, so they had fun putting them on. There were words pinned on the clothes: kindness, even tempered, humility, compassion, quick to forgive...

The talk was all about clothing on the outside and on the inside and what that clothing can say about us. Underpinning everything is love – God's love for us and our love for him and for our fellow human beings. The word love was pinned on a big cuddly panda bear who was clearly a much loved soft toy. After the talk the children gave out posies to all the ladies present and any extras were taken home for someone who might appreciate them. It was a lovely service followed by refreshments.



*"The hurrier I go, the behinder I get!" - Anon*



The monthly 'Warm space and warm Welcome' meetings are coming to an end on the last Wednesday in March. We are considering what might follow on. No decision has been made yet. Any ideas are welcome.

Looking ahead to April there are services on Palm Sunday at 9.30am, on Good Friday 2-3pm and on Easter Day 9.30am. You are very welcome to join us.

On Friday 28<sup>th</sup> April Joan Parish is serving afternoon tea at her home 1 North cottage. This is in aid of 'The First Responder Team' and costs £15 per person. To book please phone 01473 890715.



*Karin Upson*

## **SWILLAND**

As I write this it feels as if Spring is on its way. Bright sunshine and tulips and hyacinths are out in my garden to join the daffodils. I look forward to British Summer Time this weekend which will give us an extra hour of daylight in the evening.



There was no coffee morning this month as we suggested people joined the WI for a litter pick on 25th March followed by a soup lunch in Witnesham Village Hall from 12 noon (£5). Next month's coffee morning will be on 22nd April. The venue will be posted on the A-Board at the end of Church Lane and on the Swilland WhatsApp.

Our lay read service on 2nd April will be led by Linda Pollard as Brian Williams will be away.

Happy Easter to everyone.

*Ann Kent*



"Police? This is St Mary's Ladies' Knitting & Vigilante Circle. We've detained two gents trying to nick the church silver."



Among their demands were bourbon biscuits, double fees for weddings, and Sundays off

## **News Stories from The Stranger Side of Life**

### **Beethoven's DNA reveals disease**



Beethoven had a genetic predisposition to liver disease and a hepatitis B infection months before his death, DNA tests have suggested. A team of researchers led by Cambridge University analysed five locks of hair to sequence the composer's genome and concluded that genetic risk factors, coupled with Beethoven's high alcohol consumption, may have contributed to his condition. The study also "debunked" an investigation in 2007 that suggested lead poisoning could have accelerated his death.



### **'Longest-range' goal scored in Chile**

Goalkeeper Leandro Requena scored "one of the most outrageous goals you are ever likely to see" during his Cobresal side's 3-1 win over Colo-Colo in Chile's top soccer league. In the 77th minute, Requena took what "initially looked like a fairly innocuous goal kick" but with Colo-Colo goalkeeper Brayan Cortés well outside of his penalty area, the ball bounced over his head and into the net. The goal was scored from a distance of 101 metres. If ratified by Guinness World Records, it would break the record for the longest-range goal in history.

### **Cannabis users 'can wake up during surgery'**

Doctors are warning that cannabis users could wake up in the middle of surgery, and that anaesthetists need to administer higher doses to regular users to keep them asleep. The American Society of Regional Anaesthesia and Pain Medicine said that medics should ask patients about their marijuana use before they go under the knife and "be prepared to possibly change the anaesthesia plan or delay the procedure in certain situations".

### **Magistrate 'runs screaming from owl'**

A court session in South Africa was disrupted when an owl swooped into the chamber through a hole in the ceiling. The Owl Rescue Centre in Hartbeespoort said that it was contacted for help rescuing a barn owl from a magistrate's courtroom in Brakpan. "The owl actually flew in through a hole in the ceiling which had the magistrate and the entire room full of people running out screaming," it said in a post on Facebook. The owl was eventually removed from the courtroom.



### **Woman sells home after 102 years**

A 104-year-old woman is selling the house she has lived in since she was two years old. Nancy “Joan” Gifford spent 102 years living in a three-bedroom house in the Somerset village of Street, which her family had bought for £200. She is now putting it on the market, “having lived in it through the Second World War, the invention of television and the discovery of Tutankhamun’s tomb”. The house is priced at £169,950.



### **Roman mosaic unearthed at Aldi**

A dig at an Aldi supermarket in Buckinghamshire has unearthed a Roman mosaic. The discovery of the “archaeologically significant” mosaic points to the existence of a high-status Roman house, or domus. “You’ll be surprised at what you can get at Aldi”, “groceries, power drills, inflatables, sewing machines” and a “Roman mosaic”.

### **‘Vicious’ seagulls ‘dive-bomb terrified Brits’**

“Vicious” seagulls are “going into overdrive” and “attacking more Brits than ever”. The birds have “dive-bomb terrified folk”, grabbing snacks including chips, sausage rolls and chicken nuggets. A study found that one-in-five British people had fallen victim to a seagull’s thieving ways in 2021/22. Around 700,000 gulls are in our skies, with 500,000 living in cities.



### **Los Angeles residents swamped with mystery food**

Locals in a Los Angeles neighbourhood are being bombarded with mystery Uber Eats deliveries they did not request. Over the past three weeks, residents in the Range View Avenue area of the Highland Park area have been receiving up to 13 deliveries a day from McDonald’s, Taco Bell, and other outlets. “I don’t think anybody has seen it as anything sinister – it’s just varying degrees of annoyance,” a local said.



*“Swallowing of pride seldom leads to indigestion.” - Anon*

## RUSSELL LING REPORTS

### The Country in Wartime

Clothe rationing started in June 1941 and everyone was issued with a ration book, there was an increasing shortage of materials as the war progressed. The style and quantity of cloths became limited and very austere, men's suits were restricted to single breasted with no turn ups on trousers or pocket flaps, there were no pleats

which meant trousers were quite close fitting. Ladies' cloths were also cut to the minimum and siren suits were popular as they were easy to put on over pyjamas in an air raid. Factories were being increasingly manned by women, as men were being called up to serve in the forces, for practicality purposes women started to wear trousers for the first time. Children would get extra coupons but as they quickly grew out of their clothes and shoes this meant

that the parent's often had to go without new ones for themselves. Jumble sales were very popular and was one way of disposing and replacing clothes that had been outgrown. The government slogan was "Make Do and Mend" and it certainly worked, old wool pullovers would be unravelled and knitted up again, also any worn clothes remade. If an enemy pilot bailed out and the parachute could be reclaimed by subterfuge these would have been made into underwear by the ladies.

In 1940 petrol became rationed and was only available for essential workers such as Doctors, ambulances etc. Those that had cars, but were not given any coupons, were told to jack the wheel off the ground and remove the rotor from the distributor in order that the car would be made unusable by the Germans in the event of an invasion, I think that a gun pointed at the owner's head would have soon resolved that. The only other method of travel was either by bus or bike, there always was a bus service in the morning for getting factory workers to work on time and a return at night. Due to the shortage of petrol some buses were converted to gas power. The bus towed a two wheeled trailer with a coke fired heater which provided the gas to the engine via a tube. This method was not very efficient as it would only work if there were no hills and was soon discontinued. I remember seeing one of these buses which



travelled from Wickham Market to Ipswich, and I was told that the passengers had to dismount when it reached Martlesham hill to help push it up, you knew when one was coming and going because of the smell from the coke. During the war the roads was almost free of traffic apart from military vehicles.

*Russell ling*

### **An American in Otley: Utah Follies and Folklore**

Like the British Isles, Utah and the adjacent states have their own myths and borrowed fables. Arguably we are too young a region to be home to many ghosts and somehow the wee people and tree fairies don't seem to suit the rugged landscape, but the inner mountain west has its own folklore. April Fools' Day is a good time to look at some of the stories and the beliefs that may fall into the category of "Believe It or Not ..."



Bear Lake straddles the Utah-Idaho border, measures about 208 square kilometers, has a maximum depth of 63 meters and is coloured a vivid turquoise-blue due to the calcium carbonate deposits suspended in its waters. It lies at an elevation of about 1,800 meters and is a mecca for Utahns desperate to flee the heat of summer. It was formed over 250,000 years ago and it has its own resident monster! Sightings were first reported by the LDS newspaper, The Deseret News, in 1868 They wrote that the monster(s) was "...somewhat bigger in circumference than a man, anywhere from 40 to 200 feet long. . . . its head was shaped like a walrus. . . It had ears like bunches, about the size of a pint cup. It had an unknown number of legs, . . . and was awkward on land, but swam with a serpent-like motion at a speed of at least sixty miles an hour." ( <https://www.utahoutdooractivities.com/bearlm1.html> ) While early LDS elders were interested to learn more and visited the lake, later sightings have been rare. The most recent was in 2003. Doubt surrounds its/their existence, and no reliable images exist!

Over the century, many Utahns have been entranced by the promise of buried treasure and lost gold mines – folk stories still abound about the possible locations of untold wealth. None is more alluring than treasure allegedly hidden by Aztec

warriors, acting on the orders of Montezuma. The Conquistador Hernan Cortes landed in Mexico in 1509 and encountered the Aztec Emperor, Montezuma. Fearing attack or perhaps seeking to appease Cortes, the emperor offered the Spaniard gold, but it only whetted his appetite for more. In the ensuing violence, Aztec resistors were rumoured to have dispatched warriors and slaves northward to the deserts of what would become Utah. The warriors carried what was left of the Aztec treasure (rumoured to be \$3 billion), buried it somewhere in Utah's mountains, and killed the slaves. They believed the slaves' spirits would stand guard over the treasure for eternity. The warriors left no clues as to where the gold was hidden, and placed a curse on those who might hunt for it. Folk tales have identified the small town of Kanab, Utah, as the treasure's possible location. For 100 years hunters have scoured the sandstone hills around Kanab but to no avail. Several untimely deaths have occurred among the searchers, heightening the belief in the Aztec curse!



Beyond belief in the existence of Aztec gold, Utah's citizens have revelled in the stories about Spanish miners who discovered incredible veins of gold and silver in the Uinta and Wasatch Mountains. After the conquistadors' arrival, many Spaniards came in the 1600s and mined for precious metals. Just as Cortes before them, Spanish adventurers enslaved the resident native Americans and set them to work doing the digging, slaughtering many in the process. Later, the various tribes, some of whom converted to the LDS faith, were said to have shared the knowledge of the location of some mines with church leaders and settlers. From the 1850s onward men have claimed to have maps – both sacred and profane – that detailed the location of lost Spanish mines. So far, the gold and silver ore promised to be in the Lost Josephine Mine, the Lost Rhoades Mine and many others have never been discovered. However, the hope of riches has lured many men to their deaths and many Brits to invest in the mining schemes of Utahns. Investment in the Emma Silver Mining Company enticed wealthy Brits to sink millions of pounds into a questionable venture during the period from 1871 – 1873. <https://freerangeamerican.us/emma-silver-mine-scandal/>

If one believes that it takes an ancient landscape, buildings, and history to produce credible supernatural stories, Utah, because of its relative youth, is not a promising venue. However, The Book of Mormon speaks about three Nephites who would seem to





be somewhat otherworldly (3 Ne. 28:1–9). Three disciples (Nephites) from Jesus's twelve disciples here in America (please consult someone of the LDS faith to explain the LDS understanding of Meso-American prehistory) asked to remain on earth rather than going with the other nine to the Heavenly Kingdom with Jesus. In return they were granted immortality by Jesus and tasked with the responsibility to wander America and continue to perform the good works for which the 12 Apostles in America were known. Throughout the last 100 years, encounters between these entities and Utahns in dire need of help have been recounted. "The Three Nephites provide a range of assistance, from protecting missionaries and children faced with danger to more domestic tasks like ploughing fields or fixing a widow's furnace." [https://en.wikipedia.org/wiki/Three\\_Nephites](https://en.wikipedia.org/wiki/Three_Nephites)

Tribes in the Southwest have supernatural traditions also. The Navajo (Dineh) believe in Skinwalkers. They are feared and fearful beings, harmful witches who have turned from the harmony contained in the People's way and onto an evil path in which they act against their families' and their kinship ties. In so doing, usually by killing a family member, they acquire the ability to shape shift into the form of an animal. Skinwalkers are thought to move freely among the People during the day but transform at night into a chosen animal, frequently a wolf, bear, coyote, dog, fox, or cougar. With



transformation, the Skinwalker assumes the characteristics of the animal – its strengths, speed, cunning, etc. Anyone who wishes to study Navajo concept of the Skinwalker can go to this website and read the opening section with quotes from the author Tony Hillerman: <https://www.newmexicoexplorer.com/native-american-skinwalkers/>. In addition, Hillerman's enthralling mystery novels, featuring the Navajo detectives Leaphorn and Chee, will explain much more fully the Navajo way of living in harmony with the land and the People. I very much recommend them.

Mary Miner  
[susiespinner36@msn.com](mailto:susiespinner36@msn.com)

*"Those who say they will forgive but can't forget,  
simply bury the hatchet but leave the  
handle out for immediate use"*

*- D L Moody*

## Who is eating the plastic at Sea?

Scientists believe they may have discovered what happens to a great deal of the plastic that is dumped in the ocean.

The mystery has been that while about 14 million tonnes end up in marine environments each year, only about one per cent of that is ever found in sampling surveys.



While much of the plastic may have sunk to the deep bottom of the sea, now scientists believe the answer may also be partially because bacteria are eating it.

A recent study by the Royal Netherlands Institute for Sea Research (NIOZ) has found that the widespread bug bacterium *Rhodococcus ruber* can actually digest plastic, turning it into carbon dioxide and other harmless substances.

One scientist explained that while “this is certainly not a solution to the problem of the plastic soup in our oceans,” it does help explain “where all the ‘missing plastic’ in the oceans has gone.”

*Rhodococcus ruber* is found across the globe, and is abundant in soil, water and marine environments. The species is known to transform a number of harmful pollutants, including industrial chemicals and pesticides, into harmless molecules.

### **Solutions to the Brainteasers on Page 7**

1. Elbow Grease.
2. Spine.
3. Sheep’s Bladder.
4. Bull’s eye.
5. Throat.



What event did not happen in April Quiz on Page 16

The correct answer is C which happened on May 10, 1869.  
(A. April 19, 1775; B. April 28, 1789; D. April 11–17, 1970)

How did you do?

## SMILE LINES

### **Sea of Galilee**

A vicar planning an Easter pilgrimage to the Holy Land was shaken when he found it would cost him £50 an hour to rent a boat on the Sea of Galilee.



He protested to the travel agent that the cost was ridiculous. “That might be true,” replied the travel agent, “but you have to take into account that the Sea of Galilee is water on which our Lord Himself walked.”

“Well,” said the vicar, “at £50 an hour for a boat, I am not surprised!”

### **Palm Sunday visit**

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for. “People held them over Jesus' head as He walked by,” his father explained.

Bobby was aghast. “I don’t believe it! The one Sunday I don't go, and He shows up!”

### **Outside**



A little boy had spent all afternoon playing outdoors, and accidentally left his jacket at the end of the garden. When his mother realised this a couple of hours later, she told him to go back and get it. But by now the garden was dark, and so the little boy hesitated. “Don’t be frightened,” she said. “The Lord is out there too.”

That gave the little boy an idea. He opened the back door and called softly: ‘Lord, please could you pass me my jacket?’

### **Five exercises you’d be better off avoiding this Spring....**

Jumping on the bandwagon  
Wading through paperwork  
Running around in circles  
Pushing your luck  
Adding fuel to the fire



## Miscellaneous observations on daily life

You can learn many things from children. How much patience you have, for instance.



If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

In order to keep a true perspective of one's importance, everyone should have a dog to worship him and a cat to ignore him.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

Marathon runners with bad footwear suffer the agony of defeat.

Getting older is just one body part after another saying, 'Ha ha, you think that's bad? Watch this!'

The good thing about becoming forgetful is that you can hide your own Easter eggs.



## CHILDREN'S CORNER



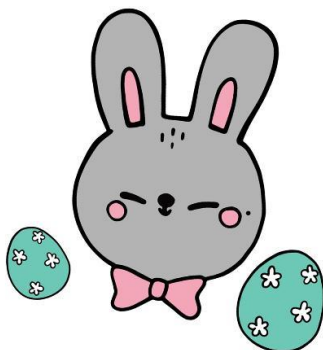
# EASTER

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

APRIL  
BASKET  
BLESSINGS  
BONNET  
BUNNY  
CANDY  
CARROT  
CHOCOLATE  
DAFFODIL  
EGG

FAMILY  
FEAST  
GRASS  
LAMB  
LILY  
MARCH  
PEEPS  
SPRING  
SUNDAY  
TULIPS



## Easter Cupcakes

### Ingredients

140g light brown soft sugar  
100g self-raising flour  
50g cocoa powder  
1 tsp baking powder  
2 large eggs  
135ml vegetable oil  
4 tbsp milk

### For the decorations

300g icing sugar  
150g unsalted butter, softened  
2 tbsp milk  
250g ready-rolled white fondant icing  
orange, yellow, pink and black gel food colourings  
2 tbsp cocoa powder  
white mini marshmallows (check the label if vegetarian)



### Method

1. Heat the oven to 180C/160C fan/gas 4. Tip the brown sugar, flour, cocoa, baking powder and a pinch of salt into a large bowl. Whisk the eggs, oil and milk in a jug. Slowly pour the wet ingredients into the dry, whisking until smooth. Line a 12-hole cupcake tin with paper cases. Divide the mixture between them, then bake for 20 mins until risen. Leave to cool in the tin.
2. Meanwhile, make the icing. Beat the icing sugar and butter with an electric whisk until pale and fluffy. Whisk in some of the milk to loosen to a pipeable consistency, if needed.
3. For the chick decoration, colour a small piece of fondant orange using a drop of food colouring gel and another small piece black. Colour a few tablespoons of the icing yellow and spoon into a piping bag fitted with a large round nozzle. Pipe a yellow blob in the centre of the cupcake and a smaller one on top. Roll the black fondant into two small balls and place them as eyes. Roll a little cone of orange fondant for the beak. For each foot, roll three small, longer pieces and pinch them together at one end. Push the feet in beneath the body, hiding the pinch.
4. For the bunny, beat the cocoa and 1 tbsp milk into a few tablespoons of the icing. Spread over the cupcake. Spoon a few tablespoons of the plain icing into a piping bag fitted with a large round nozzle and pipe a small blob on top. Stick a mini



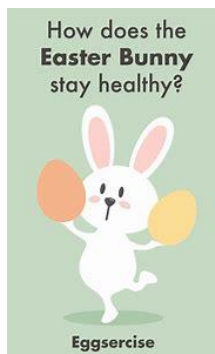
marshmallow on top of that for a tail. For the feet, shape two small pieces of white fondant into ovals and press down to flatten. Colour a small piece of fondant pink and form two balls and six smaller ones. Press the balls into the flattened ovals in a paw pattern. Place the feet on either side of the rabbit's bottom.

5. To make the sheep, colour a piece of fondant black and shape a small piece into an oval. Use a skewer to press nostrils into the bottom end. Pinch two smaller pieces into ears and stick these on using a little water. Roll two small balls of white fondant and two smaller black balls to make eyes. Cover the cake with a layer of plain icing and fix the face in the middle. Surround with mini marshmallows for the woolly coat.



### Easter Jokes

- What comes at the end of Easter? The letter "r."
- How do bunnies travel? By hare-plane.
- What do you call an Easter Bunny wearing a kilt? Hopscotch.
- What did one Easter egg say to the other? "Know any good yokes?"
- What does the Easter Bunny say after burping? "Eggs-cuse me!"
- Why can't a rabbit's nose be 12 inches long? Because then it would be a foot.
- What's the fastest way to send the Easter Bunny a greeting card? Via hare mail.
- What do ducks eat for lunch? Soup and quackers.



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## TOM LYON TREE SERVICES

'NO JOB TOO SMALL, NO TREE TOO TALL'

NPTC/ND Certified Arborist/Public Liability Insured



City & Guilds

NPTC

Environment Agency

Crown Thinning/ Crown Lifting

Reductions

Planting

Sectional Dismantling

Stump Grinding

Hedge Trimming

Horticulture

For full details please visit my website  
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