



## PARISH NEWSLETTER—AUTUMN 2025

*A seasonal newsletter from Holy Cross Parish, Shrewsbury*

*Issue 16— Autumn 2025*

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### ***A message from Revd Pat Aldred, Associate Priest at Holy Cross and SaTH Lead Chaplain***

#### **When Struggling Feels Like Sinking**

I think we all go through times when life feels less like a calm country lane and more like wading through treacle. It might be worries about money, illness, family conflict, loneliness, or just the sheer exhaustion of trying to keep going. Struggling is something most of us prefer to hide - we smile politely when asked "How are you?" and answer with the safe "Fine, thanks," even when our hearts are heavy.

The Bible is honest about struggle. The Psalms are full of raw, unedited cries of frustration, fear, and weariness. Psalm 13 begins, "How long, O Lord? Will you forget me forever?" That's not polished religious language - it's the sound of someone who feels unheard and unseen. And yet, woven through those same psalms is the stubborn trust that God is still present, even in the darkest of days.

Struggling is not failure. In fact, it can be a sign of courage - the courage to keep moving forward when it would be easier to give up.

*Continued over:*



Continued ....

When Peter stepped out of the boat to walk on water toward Jesus, he managed a few steps before panic and waves overwhelmed him. He began to sink. But the story doesn't end there. Jesus reached out and caught him. Peter's "failure" became an opportunity to experience Jesus' saving grasp in a new way.

Sometimes our instinct is to keep our struggles to ourselves, but we are meant to carry each other's burdens as Galatians (2) reminds us. The church is not a museum for saints but a hospital for the hurting. Struggling is part of being human, and when we share honestly, we give others permission to be real too.

And so, if you, like me, are

struggling right now, know this: you are not alone. God's love does not depend on how well you are coping. You don't have to have everything together for Him to hold you. In fact, it's often in the most difficult seasons that we become most aware of His loving presence.

Let's be a community where people feel safe to say, "I'm not okay" - and where we respond not with judgement or quick fixes, but with compassion, prayer, and the willingness to walk alongside one another. Because, as Scripture reminds us, "The Lord is close to the broken-hearted" - and that means He is close to you.

Pat - Revd. PJ Aldred

## Love (III)

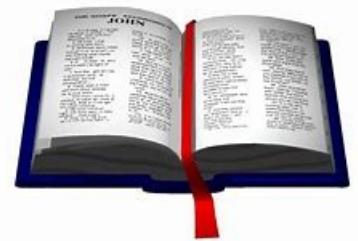
**- by George Herbert [1593-1633]**

Love bade me welcome: yet my soul drew back,  
Guiltie of dust and sinne.  
But quick-ey-d Love, observing me grow slack  
From my first entrance in,  
Drew nearer to me, sweetly questioning,  
If I lack'd any thing.  
A guest, I answer'd, worthy to be here:  
Love said you shall be he.  
I the unkinde, ungratefull? An my deare,  
I cannot look on thee.  
Love took my hand, and smiling did reply,  
Who made the eyes but I?  
Truth Lord, but I have marr'd them: let my shame  
Go where it doth deserve.  
And know you not, says Love, who bore the blame?  
My dear, then I will serve.  
You must sit down, says Love, and taste my meat.  
So I did sit and eat.

*[With thanks to Jamie Jamieson for this suggestion.]*



**From the Lectionary—Sunday readings, using the ‘related’ list: October to November [Year C] & from Advent Sunday 30 November to end January 2026 [Year A]**



<b>Sunday /date Feast day</b>	<b>1<sup>st</sup> reading</b>	<b>Psalm</b>	<b>2<sup>nd</sup> reading</b>	<b>Gospel</b>
5 October	Habakkuk 1.1-4,2.1-4	Ps 37.1-9	2 Timothy 1.1-14	Luke 17.5-10
12 October	2 Kings 5.1-3, 7-15c	Ps 111	2 Timothy 2.8-15	Luke 17.11-19
19 October	Genesis 32.22-31	Ps 121	2 Timothy 3.14-4.5	Luke 18.1-8
26 October	Jeremiah 14.7-10, 19-end	Ps 84.1-7	2 Timothy 4.6-8,16-18	Luke 18.9-14
2 November <b>All Saints Day</b>	Daniel 7.1-3,15-18	Ps 149	Ephesians 1.11-end	Luke 6.20-31
9 November <b>Remembrance Sunday</b>	Job 19.23-27a	Ps 17.1-9	2 Thessalonians 2.1-5, 13-end	Luke 20.27-38
16 November	Malachi 4.1-2a	Ps 98	2 Thessalonians 3.6-13	Luke 21.5-19
23 November Christ the King	Jeremiah 23.1-6	Ps 46	Colossians 1.11-20	Luke 23.33-43
30 November <b>Advent Sunday</b>	Isaiah 2.1-5	Ps 122	Romans 13.11-end	Matthew 24.36-44
7 December	Isaiah 11.1-10	Ps 72.1-7,18-19	Romans 3.1-12	Matthew 3.1-12
14 December	Isaiah 35.1-10	Ps 146.4-10 or Magnificat	James 5.7-10	Matthew 11.2-11
21 December	Isaiah 7.10-16	Ps 80.1-8,18-20	Romans 1.1-7	Matthew 1.18-end
24 December <b>Christmas Eve</b>	2 Samuel 7.1-5,8-11,16	Ps 89.2,19-27	Acts 13.16-26	Luke 1.67-79
25 December <b>Christmas Day</b>	Isaiah 52.7-10	Ps 98	Hebrews 1.1-12	John 1.1-14
28 December Christmas 1	Jeremiah 31.15-17	Ps 124	1 Corinthians 1.26-29	Matthew 2.13-18
4 January 2026 <b>Epiphany</b>	Isaiah 60.1-6	Ps 72.1-15	Ephesians 3.1-12	Matthew 2.1-12
11 January	Isaiah 42.1-9	Ps 29	Acts 10.34-43	Matthew 3.13-end
18 January	Isaiah 49.1-7	Ps 40.1-12	1 Corinthians 1.1-9	John 1.29-42
25 January	Acts 9.1-22	Ps 67	Galatians 1.11-16a	Matthew 19.27-end



# Update on the Parish of the Holy Cross

*From our Churchwardens*

Long awaited good news came in July when the Church Commissioners informed the Wardens there was no further objection to the proposed Pastoral Measure dividing the Holy Cross parish.

In August we met the Archdeacon and agreement was reached on splitting the Diocesan Trust Funds, after protracted discussions. We are now at the most difficult point of the talks concerning the remaining parish assets but await a date with the Archdeacon to finalise these matters.

On Sunday 31st August we were delighted that Bishop Michael presided at St Peter's and was very well received by the large congregation. We also hope he will be able to come soon to the Abbey.

In the coming months there are many concerts booked for the Abbey. St Peter's are hosting Shrewsbury Male Voice Choir in late October, for what is hoped to be the first annual concert to be given by them. Grand opera came to the Abbey in September with a brilliant performance of Puccini's 'Tosca'.

Services at both churches continue through the interregnum thanks to visiting retired clergy, especially Rev Steph Fahie at St Peter's, Fr. Stan Swift, Fr. Nick Heron and Fr. Philip Edge at the Abbey, as well as Fr. Richard Hayes from the congregation, to all of whom and to Padre

Pat, we are extremely grateful.

We are saddened to report that since the last Parish Newsletter we have lost several much loved, longstanding members of our churches namely Margaret West, Mike and Yolande Spencer, Brian Ruff and Mike Purslow. We give thanks for their steadfastness and Christian example. May they rest in peace and rise in glory.

Meanwhile we await a date for the Archdeacon's Visitation in preparation for the imminent parish division after the eighty-six years wait for St Peter's Monkmoor Parish to come into being.

As Wardens we sincerely hope that this will have happened by the time the next newsletter is published, but it still requires a great deal of work by the diocese and the parish. So, watch this space!

We thank God for his gifts to us and the blessings we continue to receive across the Holy Cross Parish.

As we move into the autumn of the year, we send kindest regards to all readers.

Bernice Firmin & Brian Newman  
Churchwardens



*Northumberland in September. Glorious!*



# Some regular dates for your Diary



## Daily:

- ♦ **Morning prayer** (Monday to Saturday) 8.30am in Shrewsbury Abbey choir stalls;
- ♦ **Midday prayer** (Monday to Saturday) 12.00 noon (10-15 minutes), Shrewsbury Abbey from the Lectern

## Weekly:

- Sunday: **Holy Communion**, 10.00am at St Peter's, Monkmoor Road  
**Sung Eucharist**, 11am at Shrewsbury Abbey  
**Evensong**, 3pm at Shrewsbury Abbey
- Monday: **Get Moving**, 10.00am-11.00am, gentle exercise to mobilise your body, in the Parish Hall, behind St Peter's, Monkmoor Road
- Tuesday: **Coffee & Chat**, 10.00am—11.45am, in the Parish Hall, behind St Peter's, Monkmoor Road
- Wednesday: **Midweek Communion**, 12 noon, Shrewsbury Abbey
- Thursday: **Coffee & Chat**, 10.00am—11.45am, in St Peter's Church Monkmoor  
**Prayer Group**, 7.00pm—8.00pm, St Peter's Church Monkmoor
- Friday: **Homegroup**, 10.30-12 noon—please ask for the address

## Monthly:

- Wednesday: **Forget-Me-Not Tea**, 3.00pm-5.00pm, first Wednesday of each month, in the Parish Hall, behind St Peter's Church, Monkmoor Road, so that is Wednesdays, **1 October, 5 November and 3 December** and Wednesday **7 January 2026**.

## DATES AT ST PETER'S FOR YOUR AUTUMN DIARY!

**Shrewsbury Male Voice Choir Concert: Saturday 25 October, 7pm** in St Peter's Church, tickets £10 per person followed by refreshments in the hall.

**Messy Church: Wednesday 29 October, 10am-12.30pm** with a Harvest theme.

**Christmas Fair at St Peter's: Saturday 29 November, 10am-12noon.**



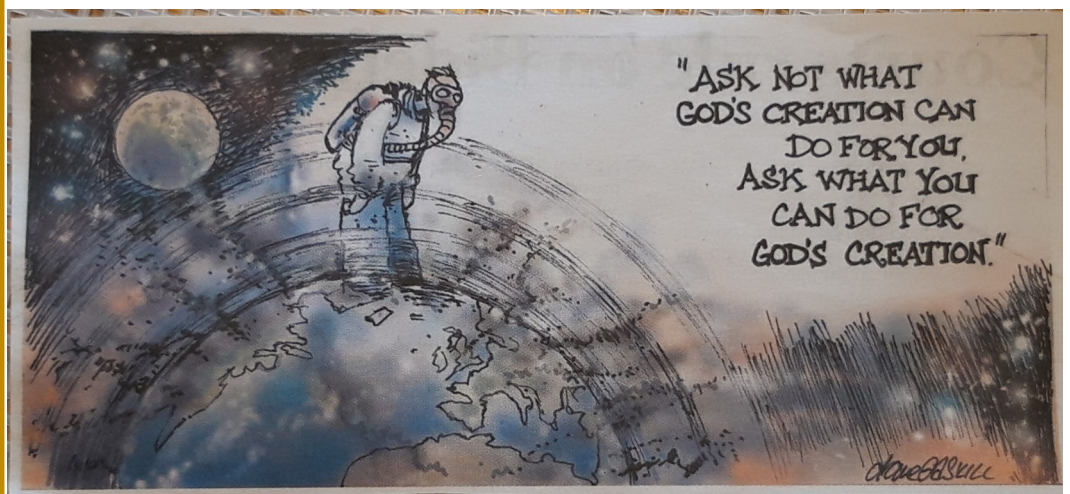
## ***Events at the Abbey Church***

<b>Date</b>	<b>Event</b>
4 October	The Music of Queen by Candlelight
11 October	Country Classics
18 October	Opera Highlights and Musical Hits
25 October	Live in the House - Steve Knightley
31 October	Nosferatu - Horror film with Organ
1 November	Everything Under The Sun
8 November	Vocabella—Saturdays at Noon
22 November	Abbey Christmas Fayre
23 November	Winter Light—Nadida Eide
29 November	Three Tenors
4 December	G4 Christmas
7 December	Karl Loxley - The Songs of Christmas
10 December	Vivaldi Four Seasons at Christmas
11 December	Christmas by Candlelight
13 December	Bach Christmas Oratorio
20 December	Music of ABBA by Candlelight

**For full details and ticket prices, see: [www.shrewsburyabbey.com/events](http://www.shrewsburyabbey.com/events)**

**SMALLS FOR ALL:** New or barely used bras and women's pants sent to girls/women in Africa; where, if you have 'western' underwear, you are viewed as wealthy and less likely to be sexually assaulted.

**SMALLS FOR ALL**  
108 BUCHANAN CRESCENT  
ELIBURN  
LIVINGSTONE EH54 7EF





## ***Congratulations to Sue Oliver! And, Praise the Lord!***



Sue Oliver is well known at the Abbey Church and at St Peter's. Many of us know of her faithfulness and searching over the last few years—seeking to find her pathway to ministry. And, in July she was accepted for training for the Anglican priesthood. After that, it all seems to have happened rapidly and she is now placed at St Chad's in Shrewsbury. We understand that this will be for the next two years. [But we might be incorrect on this fact! Ed.]

This photograph shows Sue in her new alb on Sunday, 21 September. Let's pray for Sue in the months ahead!

***Fame at last for Padre Pat!*** Massive construction work is ongoing at the Royal Shrewsbury Hospital! Below all the concrete and scaffolding billboards give unexpected publicity to Padre Pat, Senior Chaplain at SaTH and our Associate Priest at Shrewsbury Abbey.

[Bless Pat in all his work. Ed.]



## **YOU WON'T BELIEVE WHY 2 MILLION BRITS ARE TRYING CHURCH AGAIN – AND IT'S NOT WHAT YOU THINK**

Church attendance in the UK has jumped by 50% in the last six years. Around 2 million people have tried going recently (YouGov, 2025). Curious why? Here are six eye-opening reasons people are giving church another go – and maybe why you should too.

### **Satisfaction**



71% of churchgoers say they're happy with their life right now, and 75% feel their life has real meaning

Young women feel less anxious or depressed

### **Participation**

You get to be part of something bigger



Churchgoers are more likely to volunteer, support charities, and give to food banks

### **Reflection**

It gives you space to breathe



Life moves fast... but church invites you to pause, think, and be still

### **Exploration**

It's where people ask the big stuff



Church is a space to explore life's biggest questions

### **Connection**

It's not about the building – it's about belonging



60%+ of young churchgoers feel close to their community

It's full of diverse, supportive people

### **Celebration**

It's actually a celebration



Sunday worship and singing celebrate Jesus' resurrection, forgiveness, and eternal life



Please, remember that..



Rest is just as important as progress.

Peace first, pace later.

Even small pauses can lead to clarity and peace.

Slowing down can help you hear your own thoughts.

Moving too fast can make you miss what truly matters.

Life isn't a race, it's okay to take your time.



## Prayer pages

*May these prayers uplift you and support you in this season and beyond, come what may.*



Lord, help me when I run low on hope, when I want to give up, when I start to doubt your goodness. Help me to trust You and to keep on crying out to You. Amen.

Lord, help me when I want to cling on to material things, when I find my comfort and my sense of security in stuff. Help me learn to put my trust completely in You. Amen

Lord Jesus, when we feel powerless in the face of ruthless dictators or political and economic forces, help us to remember that You are Lord. Amen.

When you will it, Lord, grant me the grace and strength to turn the other cheek, offer my 'cloak' and walk the extra mile in Your name. Amen.

### Prayer Works



Holy Spirit, thank you that you are my Comforter, that you assure me with the hope of glory. Help me to take hold of this hope and offer it to all those around me. Amen.

Thank you, Lord, for your faithfulness throughout my life so far. Help me to keep listening for your call on my life in the days ahead. Amen.

Come to us, Jesus, and inspire us at difficult times. Help us to open our hearts, minds and doors to those who need our understanding respect and love. Amen.

These prayers are from IBRA  
*Fresh from the Word 2025*

## Sirach (Ecclesiasticus) 6:

Let those who are at peace with you be many, but let your advisers be one in a thousand.

When you gain friends, gain them through testing, and do not trust them hastily.

For there are friends who are such when it suits them, but they will not stand by you in time of trouble.

And there are friends who turn to enmity and tell of the quarrel to your disgrace.

And there are friends who are companions at the table, but they will not stand by you in time of trouble.

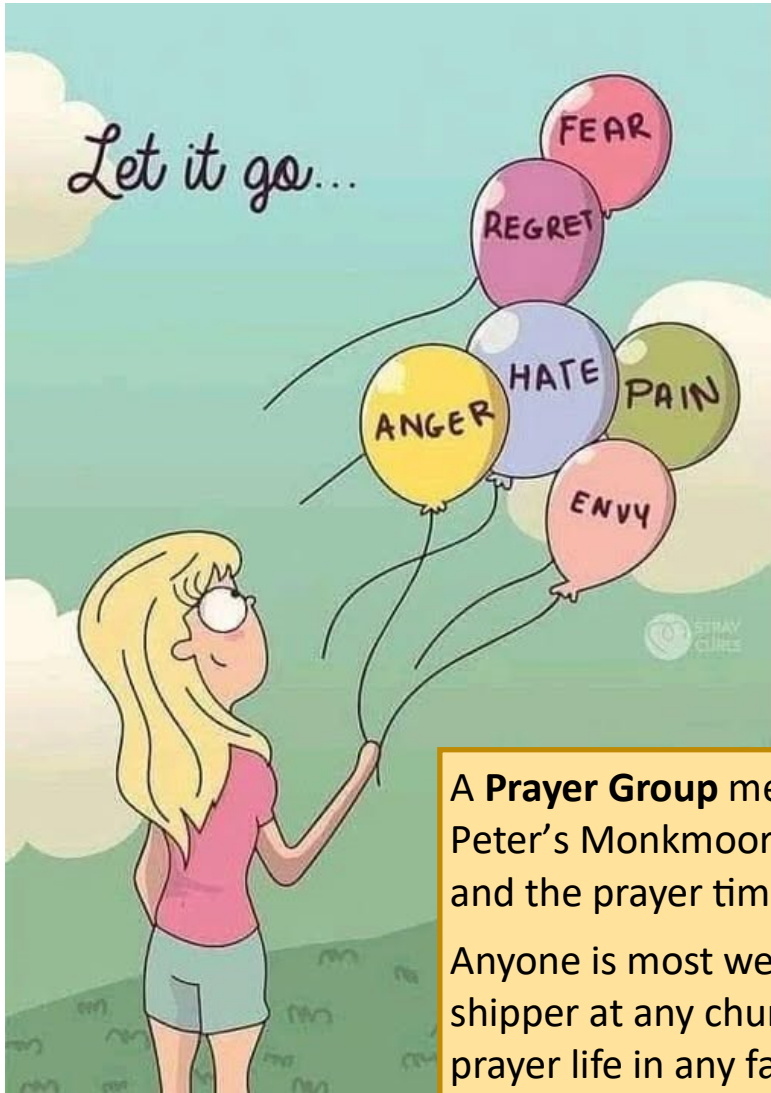
When you are prosperous, they become your second self and boldly command your slaves, but if you are brought low, they turn against you and hide themselves from you. Keep away from your enemies, and be on guard with your friends.

Faithful friends are a sturdy shelter; whoever finds one has found a treasure. Amen

*[Thanks to Wendy Ford for sharing this section on social media]*

## Prayer pages

*May these prayers uplift you and support you in this season and beyond, come what may.*



### You, me or WE

you weren't called to judge.  
you weren't asked to measure  
who deserves what.  
you were called to lift the weary,  
to mend what's been broken,  
and to bring comfort  
to those who hurt.

Mindful Christianity

**A Prayer Group** meets weekly, on a Thursday evening, at St Peter's Monkmoor Road starting at 7pm. It is a small group and the prayer time is generally informal, lasting an hour.

Anyone is most welcome! You need not be a regular worshipper at any church nor a person with an established prayer life in any faith. All are welcome! See you there!?

When God answers  
your Prayers,  
He's increasing your Faith.

When God delays,  
He's increasing your  
Patience.

When God doesn't answer,  
He has something  
Better for you!

So when you Pray,  
have Faith, be Patient,  
& Trust God.

Amen!

I just want to praise You, Jesus

### The Breath Prayer

Written by Sheridan Voysey

Lord God, fill me with your Holy Spirit

I receive your **love** & release my **insecurity**

I receive your **joy** & release my **unhappiness**

I receive your **peace** & release my **anxiety**

I receive your **patience** & release my **impulsiveness**

I receive your **kindness** & release my **indifference**

I receive your **goodness** & release my **ungodliness**

I receive your **faithfulness** & release my **disloyalty**

I receive your **gentleness** & release my **severity**

I receive your **self-control** & release my **self-indulgence**

Artwork by @jodie888



Our autumn theme is 'Struggles and struggling through'. We see so many conflicts and troubles across the world and, closer to home, we're aware of all the concerns and burdens carried by folk around us. We cannot dodge the struggles we face. We've asked readers to share hymns and worship songs that have helped and supported them during tough times. If you have contributed, we offer heartfelt thanks!

Sue H says "**Great is Thy faithfulness**" lifts me up quickly.' And she adds, '**O Love that wilt not let me go**' and Psalm 23 of course!



**George shares:** This worship song came to mind .... about Struggles. I pray that, more and more people will seek the Arms of God when they find themselves in times or situations of struggle, ... war, conflict of any kind, illness, bereavement, loss, family breakdown, financial difficulties, etc. In Him alone is true Hope, Peace, Strength and Everlasting Love.

<https://music.apple.com/gb/album/take-shelter/1682383953?i=1682384023>

Tess shares "one of my favourite hymns is **Be Still My Soul** .... A haunting melody that can easily bring tears when sung ... especially the words '**then shalt thou better know His love, His heart, who comes to soothe thy sorrow and thy fears.**'

Life has been tough these past months ... [soon] I will see my eldest brother [who is moving towards the end of his life].

**"Do not be afraid, for I have redeemed you, I have called you by your name, you are mine."** When I was travelling down for my BAP assessment [ordination selection] it came into my mind, unlooked for, and was a great comfort.' Mary

Alison says, "Good old fashioned one [that helps in a struggling situation] is "**What a friend we have in Jesus**".

Modern is "**The goodness of God**".

Jules finds "**Faithful One, so unchanging**" a strengthening song in times of struggle. The lyrics in question:

**"You are my Rock in times of trouble. You lift me up when I fall down.**

**All through the storm your love is the anchor—**

**My hope is in you alone."**

<https://www.youtube.com/watch?v=-f4MUUMWMV4>

Goodness Of God (Lyrics) ~ Bethel Music

[https://www.bing.com/videos/riverview/relatedvideo?](https://www.bing.com/videos/riverview/relatedvideo?q=f faithful+god+so+unchanging&mid=55D10E56789A3002974555D10E56789A30029745&FORM=VAMGZC)

[q=f faithful+god+so+unchanging&mid=55D10E56789A3002974555D10E56789A30029745&FORM=VAMGZC](https://www.bing.com/videos/riverview/relatedvideo?q=f faithful+god+so+unchanging&mid=55D10E56789A3002974555D10E56789A30029745&FORM=VAMGZC)



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Marion sent readers this message:

"I am so blessed to have so many friends at St Peter's, your love, support and prayers have helped me so much to get through the chemo and be positive. I'm now on chemo tablets and [hoping..] they help too and that they work. I am lucky my lovely friend and sister-in-law looks after me and I hope I do help her too. My two favourite hymns are:

***"Be thou my vision" and "Make me a channel of your peace".***

We have a lovely service for the Children's Society, I loved the hymns we sang [during that].

Steffie writes this: 'Oooo, that's a deep one! Life's been one long struggle—easier to count the lighter times. [Support comes from] .... gritting teeth, bloody determination and damned cussedness, with a lot of help from the Big Guy upstairs. It's a book in the making..... '

Jono finds support from Psalm 34, as a song by Shane and Shane.

Follow link!

<https://www.youtube.com/watch?v=el3ChYzPAsc>

Sue O says that ***'You never let go'*** (Matt Redman) is her holding song. Lyrics include 'Hold on you never let go, through the dark and through the storm!' She writes,

'I used to sing it as I drove over the causeway onto Holy Island as I went for trauma counselling. God always showed up and always brought me through! There was however no bypassing the pain and suffering but after it all, deep peace.'

Tess says, "Things have caused me to stop going to church so I rarely think of hymns. However, two lines of a hymn come into my mind and have popped up several times since. [It is],

***"Rock of ages, cleft for me,  
Let me hide myself in thee."***

More light-heartedly, I might be struggling to get into a particular dress that I wish to wear at a special event this autumn! The struggle of self-discipline to whittle my waistline will be worth it, surely!?

Anonymous

<https://www.youtube.com/watch?v=NM14VZVu0og>



# My Struggle!

It was the first of August 1997; the hottest day of the year. Foolishly, I rode 65 miles alone following the Sustrans cycle route No. 68 from Penrith towards Berwick (150 miles away). My back-up was Katherine and our two younger boys. It was good to know they would be there, at the end of a hard day.

Starting early, I pedalled up Hartside [that twisty, up-hill road towards Alston—the highest town in England!)] and made the Hartside Cafe (700 metres) by 10.20. Pressing on downhill to Alston was pure joy. A hurried lunch at Haltwhistle and then on through the Roman Wall at Once Brewed where I filled my water bottles. Only then had my twenty-mile struggle begun!

The Forestry Commission track was rough as it wound its way into Wark Forest. The bike rattled, I shook. C-could the b-bike make it without a p-puncture or c-cracked f-frame? The temperature rose inexorably; sweat poured down my face and into my eyes. I was soon low on water. Mile after mile of forestry track and not a single human being in sight.



Ahead the track deteriorated, I got off and pushed the bike; I was almost done in. Ten miles to go and there was a fork ahead. I looked for a sign. Nothing! Had I gone left, Kielder Forest would have swallowed me up. I prayed for help from above; *"Lord show me the way left or right"*. I heard a voice, *"Go straight on young man?"*

Taking the advice, I pressed on. Suddenly; inexplicably; there was a house and then people, Bellingham village, hotel, wife, family. I crashed out on a bed and fell fast asleep!

David May

**The Struggle** from Ambleside is a climb in the region Lake District. It is 4.5km long and bridges 385 vertical meters with an average gradient of 8.5%, resulting in a difficulty score of 445. The top of the ascent is located at 446 meters above sea level. Climbfinder users shared 1 review/story of this climb and uploaded 4 photos.

Road names: Kirkstone Road & The Struggle

Imagine cycling up that!?

**[David has, but on his motorbike in 1966! Ed.]**

<https://climbfinder.com/en/climbs/the-struggle-ambleside>





## Keep Right On To The End Of The Road

— Song by Harry Lauder

**And, would you believe it, now a motivational song for a football team!?**



One Sunday morning in August, our Rev Steph burst into song at the start of her sermon! She does that occasionally and some of us even joined in with her!

She was singing '*Keep right on to the end of the road*' a song by Harry Lauder, first sung in 1920s. The song became popular again during the WWII years. It's a song to motivate us in difficult times. And apparently, it's the song adapted and adopted by Birmingham City Football Team as their current motivational anthem!

And Every road through life is a long,  
long road  
Filled with joys and sorrows too  
As you journey on how your heart may  
yearn  
For the things most dear to you  
With wealth and love 'tis so  
But onward we must go

*Keep right on to the end of the road*  
*Keep right on to the end*  
*Though the way be long, let your heart be*  
*strong*  
*Keep right on 'round the bend*

If you're tired and weary, still journey on  
'Til you come to your happy abode  
Where all your love and your dreaming of  
Will be there at the end of the road

With a big stout heart to a long steep hill  
We may get there with a smile  
With a good kind thought and an end in  
view

We can cut short many a mile  
So let courage every day  
Be your guiding star always

*Keep right on to the end of the road*  
*Keep right on to the end*  
*Though the way be long, let your heart be*  
*strong*  
*Keep right on 'round the bend*

If you're tired and weary, still journey on  
'Til you come to your happy abode  
Where all your love and your dreaming of  
Will be there at the end of the road.

## More on Struggles .....

If you need to dwell further on struggles over a pint perhaps .... you might visit **The Strugglers Inn**—near Lincoln

Enjoy a pint of real ale, just a stone's throw from Lincoln Castle, at The Strugglers Arms. The Strugglers Inn is an award-winning traditional real ale pub, absolutely packed with history and located not too far from the Cathedral and Lincoln Castle.

[Please note, we are not recommending this pub, merely flagging up it's name in the context of our newsletter theme. Ed.]





## What's on at St Peter's



Dear Friends,

It's September as I write, the long school holidays are over and the nights are beginning draw in.

Autumn can't be too far away, yet the sun continues to shine as Christmas cards are suddenly on display in shops. How long before the first Christmas tree appears in the high street?

Our theme of Pastimes and Hobbies continues at Forget me not Tea, I wonder if your hobby has been covered in our monthly meetings, yet? If not, do let us know what it is and we can share it with everyone.

We have recently done a little danc-

ing, had a pictorial walk along some interesting Edinburgh streets and taken a trip from 1970's London to Lyon in France. Who could have guessed that one of the Bill Bryson books that turned up at the last tea had a chapter and photo in it about Steph's childhood home?

Our Tea takes place on the first Wednesday every month at 3pm. It is open to all, we are a vibrant, welcoming community who share a little worship, a lot of chat and laughter and a delicious home-made tea. Why not come along and give it a try? Each month when we prepare the food I think of the bible story of feeding the five thousand and pause and wonder at just what a miracle that was.

The apples and plums have again appeared in our garden, a welcome gift from God to us but also a reminder that as the seasons change, frosty mornings and long dark nights will be here soon enough.

Bernice Firmin – Dementia Champion

### COFFEE AND CHAT

**Weekdays, 10-11.45am**

**\*Tuesdays in the St Peter's Hall and**

**\*Thursdays in St Peter's Church**

Hope to see you there! No charge and all welcome. There's a rota for serving; new helpers welcome, speak to Steph Fahie



### Fairtrade

The Shrewsbury Fairtrade stall in the Market is now also open on

Thursdays between 10:30 and 2:30pm.

Now the stall can take debit card payment.

Use **Fairtrade!**

*Wendy & Roger Ford*

(also looks out for more shop volunteers!)



**christian  
aid**

**Christian Aid:** A means of supporting others in countries not as fortunate as ourselves. Christian Aid works in countries throughout the world, helping to alleviate poverty for people of all faiths.

Wendy & Roger Ford

## What's on at St Peter's



### Please pray for:

- ♦ the children, parents and carers who attend Toddle-In each week. Pray too, if you will,
- ♦ someone to be inspired to be a co-leader in the autumn as Natasha, one of our leaders left in July. Vicky continues to be wonderful in her group leadership;
- ♦ Helen, who has stepped in and is thinking about being co-leader.

## Messy Play in July—Noah's Ark



### Struggling people in the Bible

There are well known characters mentioned in the Bible—those who faced great struggles in their lives and somehow overcame their doubts and fears. Moses, Joseph, Job, Jonah and Noah to name but a few.

Noah was ridiculed for hearing God's words and following His instructions for building an Ark. And Noah trusted God to care for him and his family as the great flood descended upon the earth.

Our most recent Messy Church had the theme of **Noah's Ark**. The children and Paul build the above Ark. It was a great success!

We are looking forward this autumn to our next Messy Church. So here's a date for your diary—

**Wednesday, 29 October, 10.00-12.30 at St Peter's and in the Hall next door.**

Miss it and miss out! Look forward to seeing you then!

Messy Play Team

**Baptisms take place at St Peter's and Shrewsbury Abbey church.** If you'd like your child baptised. Contact either: Revd Steph Fahie or Revd Pat Aldred—details on the back of this newsletter.



## Margaret Junior School, Uganda —an update



Many of you will have heard the sad news that Margaret West passed away on Monday morning. She died in her sleep at the Royal Stoke Hospital having suffered two heart attacks. She celebrated her 90th birthday with friends in January and was relatively active until her last few days.

Margaret's funeral took place on 6 June at Shrewsbury Abbey.

She requested there be no flowers but rather that donations be shared between Shrewsbury Abbey and The Friends of the Margaret Junior School.

Margaret's long life and legacy was celebrated at a garden party held on Saturday 21 June. It was a delightful, joyful occasion in spite of the threat of rain and one which Margaret would have loved. Splendid cakes!!

Roger & Wendy Ford

### JOY COMES BACK

When you finally realise  
that joy is less fireworks, more firefly  
less orchestra, more birdsong  
she will come back much more often

for joy will not fight with the fast pace of this life  
she is not in the shiny or the new

she breathes in the basic, simmers in the simple  
and dances in the daily to-and-fro

joy has been beckoning you  
for many a year my friend  
you were just too busy doing, to see

the very next time joy wraps her quiet warmth around you  
as the garden embraces your weary body in its wildness

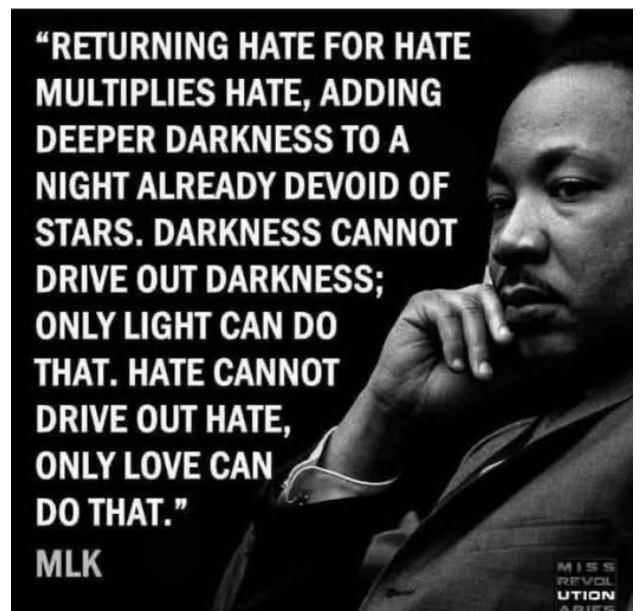
tip her a nod...she doesn't stay long  
but if you are a gracious host  
joy comes back.

DONNA ASHWORTH

***The Struggle***—a song by Zach Williams

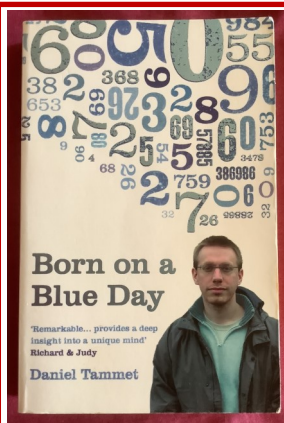
<https://www.youtube.com/watch?v=e3DFQ75CpHc>

**“RETURNING HATE FOR HATE  
MULTIPLIES HATE, ADDING  
DEEPER DARKNESS TO A  
NIGHT ALREADY DEVOID OF  
STARS. DARKNESS CANNOT  
DRIVE OUT DARKNESS;  
ONLY LIGHT CAN DO  
THAT. HATE CANNOT  
DRIVE OUT HATE,  
ONLY LOVE CAN  
DO THAT.”**  
MLK





## Your recent reading—thanks for these contributions!



### **Born on a Blue Day**

A quirky but very readable book about a guy with really high achieving Asperger's Syndrome. He obviously comes from an incredibly supportive but huge family, so his needs, especially as the first-born child, which must have been very difficult to cope with, seem somewhat glossed over. However, it was interesting to hear how he felt growing up, as always

the odd one out, especially at school, though even there he found a very supportive environment.

His incredible language skills (being able to converse fluently in Lithuanian after only a few weeks of tuition), learning to recite 22,514 digits of Pi, which he achieved in 5hrs 9mins - a British and European record - and how he sees numbers as shapes, colours, textures and motions, as well as his journey to adulthood and independence, make for interesting reading.

Wendy Ford

**Small Miracles** by Anne Booth is a warm and uplifting novel that blends gentle humour with heartfelt wisdom. The story follows three nuns in a struggling convent as they navigate faith, community, and the small miracles all around us in everyday life, if only we have eyes to see. Booth's writing is tender and filled with compassion, offering a comforting sense of hope. The book is light and easy to read, but touches on deeper questions about kindness, resilience, and belonging; highly recommended and especially good for a reading group.

Jim Rose

### ***"The Tattooist of Auschwitz"***

by Heather Morris is a wonderful read about struggle, compassion, courage, hope, love and total faith. Quite harsh at times but very uplifting.

### ***"The Phoenix Ballroom"***

by Ruth Hogan is a story of kindness and courage, also an uplifting read.

Christine Poharyskyi

**"A Thousand Feasts"** by Nigel Slater is an eclectic collection of short essays about different culinary matters. Fascinating.

Sue O

### ***"The Ark before Noah"***

by Irving Finkel—a study of cuneiform tablets .... Which then leads us into a fresh understanding of the biblical flood narrative.

Paul F

**"Finishing Well"** by Ian Knox, in his 80s, a retired priest and evangelist. It's sensitively written, real and emotionally demanding, and offers a few important messages:

Western society sees old age as a problem; whereas African cultures perceive old age rather as a challenge; Not everyone lives long; it's a privilege to live long enough to be considered as 'old', we should value age; Church families often fret over the lack of younger folk to the extent that some oldies feel devalued, unwanted and excluded!

That last point reminds me of the parable of the workers in the field, those that came late in the day received the same reward as those who'd laboured in the day's heat. So, there is important ministry to be done by the elderly and for the elderly. Marvellous!

Katherine May

### ***"I hear the own call my name"***

by Margaret Craven, is a novel published in 1967, about a young Anglican priest sent by his bishop to a remote First Nation tribe in British Columbia. It's a story of growing understanding between two widely differing world-views and the trust, respect and love that grows amid the hardships of life.

Jules Taylor



D'you remember this poster!? Yes, it's one for us oldies again .....

**Hang in there, Baby** was a popular catchphrase in the 1970s. There were several versions of the "Hang in There, Baby" poster, featuring a picture of a cat or kitten, hanging onto a stick with some difficulty and struggle. The original poster featured a black and white photograph of a Siamese kitten clinging to a bamboo pole and was first published in late 1971 as a poster by Los Angeles photographer Victor Baldwin.

The Phrase led to songs being penned of that title – most memorable [to me – Ed.] is Johnny Bristol's *Hang on in their Baby!* – struggling to keep love alive!

**Other more recent contemporary songs about struggle include:**

***I'm Still Standing***—Elton John

***Walking on Broken Glass***—Annie Lennox

***I will survive***—Gloria Gaynor [remains a perennial popular struggling and surviving song!]

***Let it Be***—The Beatles

Which others can you recall?



**And for something completely different .....**

***Rationalising the covid-era experience ..... Because for many the years 2020-21 presented tremendous challenges.***

**Just a thought .....**

Here's one for our older youngsters or even ourselves ....

I recently read in news about a cohort of school youngsters who wrote letters to themselves five years ago ... as they returned to school post-Covid. The teacher who initiated the exercise wanted to help these youngsters process their Covid experience and anticipate the future as they settled back into school. They've opened their letters as they returned to school this autumn– some five years later. What a great idea!

I wonder if this might appeal to others / other youngsters now? I suggested the idea to my teenage grandchildren.

Writing to oneself now and open it, say, in five years' time. We might describe life now, going into new year of school (or, if ancient like us, a new phase of life, eg downsizing) and ask questions of oneself to answer at a later date.

We might each invite friends to do it too! 🙏 🕊️ ❤️

[Ed]



# Puzzles

## Sudoku for you!

### Medium

	6	7	5	4	1		2	
	1		9		3			
			7			1	4	
	8		2					4
				8	9		6	
		4			5	9	8	
5				1		2		
			6			5	3	
7							1	8

### Hard

8						1		2
9	2	7				5	8	4
3		1	8		2			
7		5						
6							4	
		9			6			
5					3			
			4	8		7		1
	6			2			5	3

### JESUS MANY NAMES WORDSEARCH

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

ADVOCATE CORNERSTONE DELIVERER EMMANUEL

GOODSHEPHERD HIGHPRIEST JESUS KINGOFKINGS LAMBOFGOD

LORDOFLORD MESSIAH REDEEMER SONOFMAN TEACHER

THECHRIST THEVINE

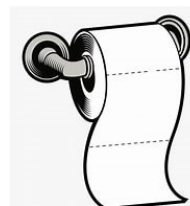
### Riddle-me-riddles!

**Q: What's the difference between a cat and a comma?**



A: One has claws at the end of its paws and one is a pause at the

**Q: "Why did the toilet paper roll down the hill?"**



A: Because it wanted to get to the bottom!"

***And finally .....***

**Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. [Galatians 6:9]**



If we live in old age, live with ill-health or limited capabilities, we might struggle to find the energy to fully participate in the busyness of life in our church or community. But remember, we can do other things to stay involved:

**\*we can keep in touch** with those who mean a lot to us—by phone, text or old fashioned letter-writing;

**\*we can pray** for those we care about, our family, friends and the many concerns in the world;

**\*we can contribute** ideas to plans;

**\*we can praise and encourage** others in their activities too!



If you visiting the Abbey Church or St Peter's Monkmoor—you are most warmly welcome! This newsletter is a gift; it's hoped you will enjoy pondering its contents, and perhaps use a prayer or two. If you feel moved to make a modest donation to the costs incurred by the parish, we will be most grateful. Thank you! Ed.

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<https://www.shrewsburyabbey.com/events/>

Facebook: <https://www.facebook.com/ShrewsburyAbbey/>

Facebook: <https://www.facebook.com/Friends who like Saint Peter's Church/>

#### **PARISH OFFICE HOURS**

The Parish Office is open from 9.00am to 4.00pm on Mondays, Wednesdays, Thursdays and Fridays, and usually on a Tuesday morning. Staff have to move around a fair bit, so please look in the Abbey if we don't answer the buzzer or, better still, phone in advance if you are planning to visit.

#### **Disclaimer:**

*The contents of this newsletter in no way reflect the views of the Church of England or the clergy or churchwardens of this parish. They are purely the personal opinions &/or comments of those who have contributed.*