

The

# Messenger

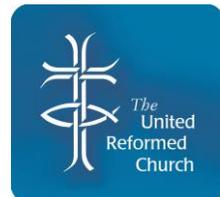
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February 2016

**Saltaire United Reformed Church**



Welcome to our church:  
a place of worship and of  
community.



Our services are children-friendly, with a **Sunday School** for very young children and their carers, which starts after the first 20 minutes of the service.

**Coffee and Tea** are served after each Sunday service in the downstairs rooms. **Please do join us.**

If you wish to discuss a **wedding or christening**, please see one of the authorized persons at the front desk after a Sunday service.

When my children were young, I made a decision to spend some time early in the morning in prayer, long before the busyness of the day began. Prayer soon became an important part of my life, and over the years my understanding of the ways in which we can communicate with God in prayer has shifted, evolved, and changed.

I now no longer feel the need to always use words in prayer, and often I sit quietly, focus on one situation, or concentrate on one person, and pray. There are certain places that feel spiritual to me for all kinds of reasons, and that I am drawn to in order to pray. I often visit art galleries, and exhibitions that are of interest, and I spend time looking at the images, and pictures. It is perhaps a combination of the silence, and the visual stimulation that allows me to open my mind, and to offer prayers for all kinds of things that are happening in our world, in community, and in the life of the church.

Regardless of the type of art, whether it is modern, and contemporary or classical, there are so many scenes, portraits, landscapes, images, sculptures that depict life in all its beauty, joy, pain, and suffering. Perhaps we identify, and have an appreciation for pieces of art simply because within the subject we see a glimpse of our own lives.

I have recently spent time reading, and studying Matthew's gospel with a group of students from Shipley College. Matthew's teaching on prayer is subtle and scattered throughout the gospel. Jesus' instruction on prayer is rooted within the Sermon on the Mount, and known as 'The Lord's Prayer' (Matt 6:9-13). This prayer quickly became known as the Christian model for prayer, and after more than two thousand years it is the prayer that Christians throughout the world still pray each day.

In many ways 'The Lord's Prayer' is a simple prayer, it has both vertical, and horizontal parts to it as we pray to God that one day His Kingdom will come, and His will be done. We ask for God's forgiveness, to be protected, and delivered from evil. However, we also pray that we will be able to forgive others, and forgiveness is an important theme throughout Matthew's teaching of building a Christian life through his account of Jesus' life.

Looking back, one of the most powerful Bible studies that I attended was a six-week study of 'The Lord's Prayer.' Each week we concentrated on a few lines, and as in most study groups, it was interesting to hear different thoughts and opinions of how each part of this quintessential model of prayer was viewed by others.

There have been many times in my life when I have not known how to begin unpacking a problem, and in saying 'The Lord's Prayer' it has served to open my mind to the ways that I could approach certain situations. I have sat in public places where I have heard people reciting 'The Lord's Prayer,' and that too has had both a profound and moving effect on me.

Matthew's Gospel has often encouraged me to understand that prayer is an essential part of my relationship with God, and that I need to keep praying in order to continue to build on that relationship.

My Grandmother used to say, "The more you pray the easier it gets." For a long time I thought that the 'it' in my Grandmother's mantra was to help those who found 'it' difficult to pray, but I've come to an understanding that the 'it' is actually life, as the more we pray, the more life often seems to get easier.

With every blessing,

Rev'd Caroline Andrews

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Some people may recall Florence Bell who used to come to this church with her disabled adopted daughter, Maria. She has now moved to Wellington House and Whilst helping to clear her home, Barbara Lawson came across this wonderful fragment:

**Did you know?**

You cannot say the Lord's Prayer  
And even once say "I."  
You cannot say the Lord's Prayer  
And even once say "my."  
Nor can you say the Lord's Prayer  
And not pray for another,  
For when you ask for daily bread  
You can't miss out your brother.  
Others are included in each and every plea  
From the beginning to the end of it  
It doesn't once say "me."

*Valerie Jenkins*

Diary for February 2016

Date	Time	Event
Sun 7 <sup>th</sup>	10.30am	Communion Service led by Rev. Caroline Andrews. Organist: Mr Geoff Collins.
	12 noon	Church Meeting.
Tue 9 <sup>th</sup>	5.30pm	Pancake Party (more info in Notices).
	7.30pm	Elders' Meeting?
Thur 11 <sup>th</sup>	7pm	Lenten Bible Study on the Gospel of Luke begins (more info in Notices).
Sun 14 <sup>th</sup>	10.30am	Valentine's Service led by Rev. Caroline Andrews. Organist: Mr John Chapman.
	4pm	The Gem Andrews Band concert (more info in Notices).
Sun 21 <sup>st</sup>	10.30am	Family Service led by Karen & Ian Simkin. Organist: Mr Howard Hutchinson.
	12 noon	Messenger deadline for March's edition.
Sun 28 <sup>th</sup>	10.30am	Family Service led by Rev. Caroline Andrews. Organist: Mr Geoff Popple.

Prayer Services held every Tuesday evening at 7pm and Wednesday morning at 10.30am ALL WELCOME

**Advance Notice of Events:**

- Maundy Thursday Meal, 6pm, 24<sup>th</sup> March, followed by a Tenebrae Service at 7pm, reflecting on the last week of Christ's life.
- Good Friday ecumenical walk, 25<sup>th</sup> March, starting from St. Paul's Church, Shipley, followed by an ecumenical performance of 'The Passion Play, directed by Rev. Caroline Andrews and James Taylor.

Regular Church Activities

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<b>SUN</b>	10.30am Service: 1pm–4pm	1 <sup>st</sup> – Communion 2 <sup>nd</sup> 3 <sup>rd</sup> 4 <sup>th</sup> & 5 <sup>th</sup> – Family Services Church & cafe open to the public (all year)
<b>MON</b>	1.30–3pm 7–8.30pm	Toddlers' Praise Time Bell ringing practice
<b>TUE</b>	7-7.30pm 7.30pm	Prayer meeting for the Church and Saltaire Elders' meeting (meets 1 <sup>st</sup> Tue in the month)
<b>WED</b>	10.30am 6-9pm	Informal Worship Service 5 <sup>th</sup> Shipley Scout Groups' meetings

The church is open to visitors 2pm-4pm Monday to Friday from April to September.

**Please join in!** New group members are assured a warm welcome.

Bell ringing contacts:    Len Morris        01274 597894  
    Robert Appleby    01274 223753  
 Scout contact:             Barbara Lawson    01274 591931  
 Toddlers' group contact: Valerie Jenkins    01274 542510  
    Helen O'Loan      01274 405847

Thanks & Notices

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**PANCAKE PARTY**

Everybody is invited to the Pancake Party on Tuesday 9<sup>th</sup> February from 5.30pm in the downstairs rooms. Please bring food and drink to share – pancakes and sweet or savoury fillings.

*Janet Clark*

**GEM ANDREWS BAND**

Come and enjoy some great music from these professional musicians on Sunday 14<sup>th</sup> February at 4pm. Tickets are £5 on the door. Tea and scones provided.

*Rev. Caroline Andrews*

## **MESSENGER DEADLINE DATES 2016**

Many thanks to all those who contribute material to The Messenger, especially to Joyce Poot for keeping us all up to date with information about the services. Items for The Messenger can either be placed in the green envelope pinned to the notice board in the church cafe, given to Leona or Eric Holland, or emailed to [saltaireurcmessenger@hotmail.co.uk](mailto:saltaireurcmessenger@hotmail.co.uk) (not to my personal email address please). Do make a note of the deadline dates so we can make the Messenger as interesting a read as possible. Thanks!

*Leona Holland*

<b>Month</b>	<b>Deadline for Material</b>	<b>Print Date</b>
<b>March</b>	21 <sup>st</sup> February	27 <sup>th</sup> February
<b>April</b>	20 <sup>th</sup> March	26 <sup>th</sup> March
<b>May</b>	24 <sup>th</sup> April	30 <sup>th</sup> April
<b>June</b>	22 <sup>nd</sup> May	28 <sup>th</sup> May
<b>July/August</b>	19 <sup>th</sup> June	25 <sup>th</sup> June
<b>September</b>	21 <sup>st</sup> August	27 <sup>th</sup> August
<b>October</b>	18 <sup>th</sup> September	24 <sup>th</sup> September
<b>November</b>	23 <sup>rd</sup> October	29 <sup>th</sup> October
<b>December/January</b>	20 <sup>th</sup> November	26 <sup>th</sup> November

## **PRAYER GROUPS**

Please support the Wednesday morning prayers, held in the downstairs church rooms. Come along at 10.30am – all are welcome!

Evening prayers are held on Tuesdays at 7pm held in the downstairs church rooms. Come along and join in with prayers and music and enjoy a great time in fellowship!

The local clergy meet at Saltaire Canteen each Wednesday morning at 7.45am for an hour to offer prayers for Shipley. It would be appreciated if our congregation could support the local clergy in offering prayers.

*Rev. Caroline Andrews*

## **LENTEN BIBLE STUDY GROUPS**

Lenten bible studies on The Gospel of Luke will begin on Thursday 11<sup>th</sup> February at 7pm in the downstairs rooms at church. Meetings will then be on 18<sup>th</sup> February, 25<sup>th</sup> February, 3<sup>rd</sup> March, 10<sup>th</sup> March and 17<sup>th</sup> March.

*Rev. Caroline Andrews*

## **FAIRTRADE STALL**

David Newton has very kindly agreed to take over the running of the Fairtrade Stall which I have been doing for the last six years. (I only said I'd do it for a year at the time!). Thank you all who have supported this worthy cause which I hope you will continue to do with David.

I believe he intends to hold his first stall on Sunday, 14th February after morning service. Do please inspect his wares - if you haven't tried the chocolate, it's yummy! An especially good idea considering it's Valentine's Day, for all you who have forgotten! Once again, many thanks.

*Joyce Poot*

## **SALTAIRE URC WEDDING ALBUM**

Did you know that we have a very special wedding album that includes photos from 1924 to the present day?

If you attend Saltaire United Reformed Church or were married here, can you spare a photograph of your wedding to feature in our album? We can arrange to have a copy taken if you wish to keep the original.

Please give your photograph to Janet Clark or Pauline Sleight, and include the following details about the wedding:

Date of wedding

Names of the couple (including the bride's maiden name)

Name and place of the church

Name of the minister

If you are willing, a donation of £1 towards the Restoration Fund would be much appreciated.

The wedding album is available for viewing in the cafe room.

*Janet Clark and Pauline Sleight*

## **NOTICE OF BEREAVEMENT**

Back in February 2015, we learned of the death of Hilda Sheldon in Cape Town, South Africa. Hilda worshipped with us regularly when she lived in Saltaire. Occasionally, when Hilda's daughter Carole visited from Cape Town, she would accompany her mother to church.

It is with sadness that we have now heard the news that Carole's husband Roger Green, died very suddenly on 19 December 2015, aged 66, following surgery. A great shock for all who knew Roger.

We send to Carole, her daughters Sarah and Kate and all members of the family, our love and prayers at this very difficult time.

## 2015 COPPERS APPEAL

Have you still some coppers or loose change which you would like to donate to our Coppers Appeal? If so, will you please let me have the money by 21 February 2016. Any money received after this date will be put towards the next Coppers Appeal. Remember, all the money goes to our on-going restoration work.

*Pauline Sleight*

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### Project Nepal 2015

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On October 23, 2015, seven intrepid explorers – Austin, Tony, Simon, Nigel, Dawn, Ann and Peter – set off for a three-week adventure in Nepal in conjunction with Community Action Nepal and CAT Treks, to do some essential repair work following the recent earthquake earlier this year. Following this work we were to go on a trek to a sacred lake called Dudh Kunda (Milk Lake) in the Himalayan range.

From Manchester we took off at 20.30 on the Friday heading for Kathmandu (KTM) via the United Arab Emirates where we had an eight-hour stopover. To kill some time three of us took a taxi to Abu Dhabi Grand Mosque which was newly built and had no less than 80 turrets. When we left the airport building it was only 10am and already it was like walking into an oven - the temperature was in the mid-30s! After visiting the mosque it was becoming far too hot so we jumped into an air conditioned Mercedes taxi and returned to the airport!

We set off again on the Saturday afternoon but were delayed by three hours, stuck on the runway. This was due to a party of Muslim pilgrims on board returning from a Haj in the Middle East with 16 extra bags in the luggage hold unaccounted for, so all the bags were taken off and sorted.

Finally we arrived in KTM at about 11pm on the Saturday night and after a short welcome by a rep from CAN we went straight to the Malla Hotel and to bed.

The next morning (Sunday) two of our party (Dawn and Simon) had to get up early (5am) as they had booked to go on a scenic flight along the Himalayan range to see Everest. The rest of us had a sleep in because we'd already been on the trip in the past.

After breakfast at the hotel we all went to the Thamel district of the city to buy some essentials for our forthcoming trek. Shona's Trekking Shop there is owned by a Birmingham lad and his Nepalese wife Shona and they have everything you would need to go trekking. I bought a silk sleeping bag liner, a heavy duty plastic water bottle and a warm down jacket. I also bought some prayer flags for presents for people back home. We then had lunch at Thomas Kilroy's restaurant nearby; I had fish and chips!

Early on Monday, October 25, we set off in two Tata jeeps for our first project and travelled all day, climbing higher and higher through streams and across rock falls in the road that had come down during the recent earthquake. Our destination was the Everest region, known locally as Solukhumbu.

We arrived at a small village at around 9,000ft where we unloaded the baggage, porters carried them and we carried our rucksacks. Setting off, we first descended 1,000ft into a valley and then ascended 1,000ft to reach the village of Ghunsa.

My first experience of climbing at that altitude was one that I'll never forget; the air is much thinner and your blood is much thicker, consequently you quickly become tired. So much so it's advised to rest for a few seconds every couple of minutes. You recover quickly and are ready to set off again, repeating the process on the way.

We arrived at Ghunsa village in the evening around 7.30pm. It was already dark and we set up camp in the grounds of the community health post where we were to stay for the next six days. Our project was to paint the outside windows, doors, grilles, toilet, bathroom and the front entrance with a supply of both brown and blue paint that had previously been ordered from India.

We then moved on to a nearby school (Shree Baleshwor Secondary School) where during the quake the gable end of one building had fallen down and been condemned. Our brief was to help erect around 10 new classrooms that were made from rush matting, wooden stakes, tarpaulin and rope.

Halloween was spent at a makeshift disco on our last night there, put on by the villagers in the school playground, where we danced under the stars. The next morning we were given traditional marigold necklaces and scarves before we set off to climb even higher to 10,000ft and another village called Lapcha.

The school there (Shree Jana Chetana Lower Secondary School) had a dry stone L-shaped building that was slightly damaged. Some of the walls had bowed out so we dismantled and re-built them. Also some of the wooden floors in the classrooms had become unsafe so we removed them, strengthened the beams underneath and replaced the boards.

The night sky was spectacular at this altitude and you could see the whole of the Milky Way with shooting stars in abundance.

On November 5 we were given a send-off by the villagers to continue our trek to 11,000ft and a village called Phaplu where we set up camp in the grounds of a trekkers' hostel.

The next day we continued on to a village called Mingo where there was a Buddhist stupa (religious building) that had also been slightly damaged in the quake.

The evenings were becoming decidedly colder the higher we trekked, so much so that we ended up lighting a fire on a ridge where we set up camp at around 12,000ft. The batteries in my head torch no longer worked so I replaced them with lithium batteries that thankfully I was advised to take with me. From this ridge we climbed even higher to a popular viewpoint with a magnificent view of the Himalayan range, Everest sitting proudly in the middle. A big photo opportunity for all!

We continued our trekking, however it was no longer on rocky ground but on snow-covered paths. Our lunch was prepared in a sheltered valley by the guides and cook who were with us throughout our trek.

We continued to climb to 13,500ft where we camped in a valley next to a stream which became frozen at night but melted during the day. The temperature ranged from -9 to 23 degrees centigrade! From that valley we had a view of a snow capped mountain – our destination the following day. It was very cold at night and I had a bottle filled with hot water that I put at the bottom of my sleeping bag, along with the down jacket I purchased in KTM over the top of my bag to keep warm!

The next day (November 9) we set off on our final ascent to Dudh Kunda which took around four hours and on the way I saw a small stoat or weasel-type mammal running down the mountain, it was very agile!

Dudh Kunda is a frozen lake at the foot of three Himalayan peaks (Numbur, Khatang and Karyolung) and on arrival we were rewarded with clear, deep blue skies and a magnificent view of the whole frozen lake. It is a sacred place of pilgrimage in the summer and there were plenty of prayer flags flying. At this altitude (15,250ft) we had to keep our sunglasses on as the UV rays are extremely strong. After half an hour taking photos suddenly clouds appeared and the magic moment was lost so we descended to camp, taking around two and a half hours to do so, and were greeted with a welcome cup of sweet tea from the Nepal team on our return. After an evening meal we were all very tired and went to bed around 7.30pm.

On this part of the journey, as well as our team of seven we were joined by two daughters of the guides, Perma and Kandu, who just wanted to come along for the experience of climbing to the height we did.

On November 10 we set off to a little village popular with tourist trekkers called Ringmo where we set up camp in a hotel garden and had our meal watching wrestling on the TV (there was nothing else on!). We had descended quite a bit so thankfully the temperature in both the day and night was much warmer.

On November 11, we made a final descent to Phaplu in glorious sunshine and because it was Remembrance Day, at 11am we found a shrine and held two minutes silence in honour of the war dead. We continued our trek arriving around 4pm.

We stopped at the Shangri La hotel in Phaplu so the porters didn't have to put up our tents this time. At night we ate fried chicken, rice and vegetables washed down with San Miguel beer!

After the meal the porters and guides were given their wages and a bottle of beer and we donated some of our clothes, hats, water bottles and boots to the porters; they certainly earned it carrying our bags, tents, cooking utensils, tables and stoves all that way.

When we got to bed some dogs were barking in the village for most of the night so not much sleep was had!

The next morning, November 12, we loaded up two Tata jeeps and set off to KTM. Perma had befriended a little stray puppy and it sat on her lap for the whole journey back - she named it Molly. We managed to get some diesel from a garage where the pumps were under lock and key because of the shortage from India.

Later on in the journey we had more opportunities to photograph the Himalayan range and arrived back at KTM in the early evening and booked into the Malla Hotel. It had been a 14-hour journey. PHEW!

Friday, November 13, was another festival day so not all the shops and banks were open but we managed to get our last minute purchases. Dawn, Simon, Nigel and I went to the river in KTM to see the Holy men and hermits who frequent it. We also took photos of the monkeys there and we had a guide to show us around the very old part of the city. We also saw another Buddhist stupa which was slightly damaged in the recent earthquake. That evening I found an Italian restaurant in KTM on Trip Advisor (get me!) and we all had a delicious meal there.

On Saturday, November 14, we packed our bags and put them all into Austin's room as he was staying at the hotel for a few more days. We had lunch at Kilroy's restaurant round the corner and in the afternoon we said our goodbyes to Austin and set off on the return journey to the airport. Our plane had to refuel in Lucknow, India, due to the fuel shortage in Nepal. Then it was on to Abu Dabi and finally Manchester Airport, arriving at 6am Sunday morning, November 15.

The whole trip to this region and the projects we were appointed to carry out had been a total success. I myself came back much fitter and tripled my personal best trekking height from 5,000ft to 15,000ft. Afterwards we all received an email from Doug Scott himself, the chap in charge of Community Action Nepal, thanking us for the work we had done.

Information about this trip can be found on You Tube (Nepal trek to Lake Dudh Kunda) and [canepal.org.uk](http://canepal.org.uk) (search for West Yorkshire Nepal work team 2015).

*Tony Wilson*

07/12/15

Dear Friends,

Thank you for your kind donations of £88 towards our work, which is such a help. Everything arrived safely in Romania on our Christmas lorry in a severe snowstorm! We have already had emails of thanks from our colleagues who were so grateful for them – perhaps the parcels are the only Christmas present most of the old people will receive. It is uplifting and encouraging to have your continued support and prayers over the years.

It was somewhat of a miracle that everything got through the borders, with the high security problems as a result of the terrorist attacks, the severe weather, and my computer crashing so that I was unable to provide the necessary paperwork!! God is good, and our colleagues are so happy to have the parcels of good things to deliver to some of the desperately poor people they help. The home care nurses will be giving a wonderful Christmas party in the church in the next few days for all those confined to their homes whom they can transport to the church: it is a great occasion for so many who otherwise don't ever get out of the house. Thank you for giving a little Christmas joy to some lonely and old poor people.

God bless you this Christmas.

In Christ,

Kathy Tedd (Director)

## Poster Competition

# *“Big Fairtrade Breakfast!”*



Simply design an **A4 poster** promoting a Fairtrade Breakfast  
Remember to include the **Fairtrade Mark**

Open to individuals, schools, colleges and groups of all ages  
in the Diocese of West Yorkshire & The Dales area

### 3 Age-groups:

Pre-School & Primary School Age    Secondary School Age    Adults (18+)

Scan the original artwork and email to Tina Walker [tinalet@hotmail.com](mailto:tinalet@hotmail.com)

The name of the artist, their age-group and their organisation  
should be written on the artwork, so that each piece is clearly identifiable

**Closing Date: 21 March 2016**

**Certificates & Fairtrade Mini-hampers** will be awarded to the winners

Winners will be notified by email and asked to provide their original artwork  
for the Prize Presentation, Press, and any future Fairtrade Promotion

[www.fairtrade.org.uk/fortnight](http://www.fairtrade.org.uk/fortnight)



## **5<sup>th</sup> Shipley Scout Group**

**Saltaire United Reformed Church**

**Meet on Wednesdays in the Church Rooms**

**Group Scout Leader: Linda Malloy**

**Beaver Scouts – age 6 to 8 years**

**6pm to 7pm. BSL: Linda Malloy**

**Cub Scouts – age 8 to 10½ years**

**6pm to 7.30pm. CSL: Jennifer Williamson**

**Scouts – age 10½ to 14 years**

**7.15pm to 9pm. SL: Neil Holmes**

**Explorer Scouts – age 14 to 18**

**8pm to 9.30pm. ESL: Zac Williamson**

**For further information contact  
Barbara Lawson 01274 591931**