

A Joint Magazine for St Andrew's Church, Kildwick, St John's United Church, Cononley A Local Anglican/Methodist Ecumenical Partnership and St Mary's Church, Bradley

February 2019

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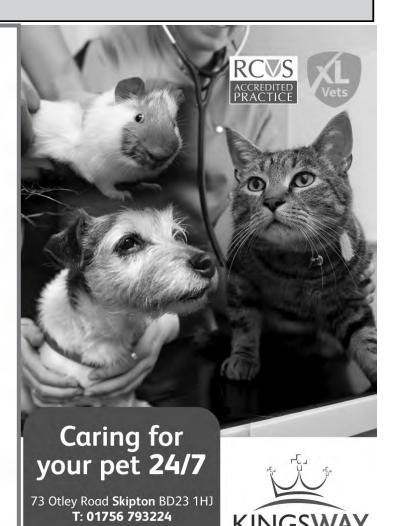


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Who am I?

Every individual's

identity is

complex and

multi-faceted

In the US in June 2015, the president of the Washington chapter of the National Association for the Advancement of Coloured People (NAACP), Rachel Dolezal, resigned from her post amidst controversy over her racial identity. She had claimed to be a black woman, but it turned out that her parents were of white European ancestry, with no known African heritage. Later in the year, Dolezal admitted that she had been born white, but said that she self-identified as black. The case aroused a storm of media comment, with critics accusing her of cultural

appropriation and fraud, and defenders claiming her self-identification as genuine, even if not based on race or ancestry.

Although extreme, Rachel Dolezal's story illustrates that questions of identity can be complicated, and touch raw

nerves and deep emotions, on the part of both the person claiming the identity, and others. Is our identity an external, bestowed upon us, or do we have a say in it? Who gets to define it — us, or other people? On what basis? What makes us claim a particular identity?

Every individual's identity is complex and multi-faceted. I am a human being; woman; daughter; mother; wife; friend; priest; Christian; British; European; white; dog-owner; singer... the list is endless. All these different identities come together and coalesce to make me the person, the individual that I am. They all contribute and have a part to play.

So what happens if I choose to assert or prioritise one identity (or maybe a select handful) over all the others that make me who I am? That is when we enter the realm



of **identity politics**, which is on the rise amidst the current social and political turmoil of Brexit, the antics around the US presidency, strained international relations and the global rise of populist

and nationalist parties. One definition of the term is a tendency for people of a particular religion, race, social background, etc., to form exclusive political alliances, moving away from traditional broad-based party politics. In other words, it's about deciding who the 'people

deciding who the 'people like us' are, and banding together with them to promote the political welfare of that group. Put even more simply, it's about dividing the world into 'us' and 'them'.

Identity politics is about choosing to prioritise one (or a few) of these identities over and above all the others – for myself, and for others. In choosing a key aspect of my identity (colour, nationality, gender...) as primary, I range myself alongside those who share it – and in doing so, against those who don't. It's a mechanism for labelling others, hanging an identity around their necks whether they like it

or not, and treating them accordingly. It simplifies the complexity and messiness of real life, and appeals to our desire to belong – to a group, a tribe, a nation. It offers a superficially attractive answer to one of the biggest and most important questions that we all have to answer for ourselves – 'Who am I?'

But the answers held out through identity politics are largely founded on fear. If you're a fan of the Star Wars films, you'll remember Yoda, the Jedi teacher and Master of the Force whose small stature and funny appearance belie his wisdom. He said:

Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering.

To escape this cycle of fear, anger, and hate, we need to embrace identities that are found in hope instead of fear. The primary identity of Christians is found not in race, nation, family or gender. It is found in Christ. All the other things that go to make me the person I am are secondary to the fact that I am a follower and friend of Jesus. The Bible expresses this in strong, poetic language: For you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory (Col.3.3-4).

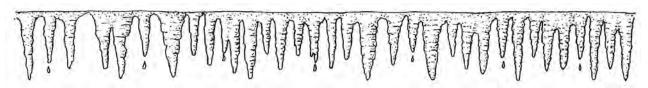
Those who walk Christ's Way find their old selves, the old labels, the old identities stripped away, put to death. In their place, over time and through patient attentiveness to Christ, a new Jesus-shaped identity grows. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! (2 Cor. 5.17).

And because the Christian identity is first and foremost in Christ, all other identities are secondary. Barriers and divisions that reinforce an 'us and them' view of the world are surmounted. In his letter to the Galatians, Paul wrote: **There is no longer**

Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus (Gal. 3.28). Instead of division, unity. Instead of conflict, peace. Instead of fear, openness. Both the Church and the world are a long way from fully realizing this ideal. It's still a work in progress, which starts with us recognizing our own identity in Christ, and then seeing the same in those around us, who are in fact our sisters and brothers in Christ. As we see them as such, and stop dividing the world into 'us' and 'them', our hearts and horizons grow. If it's not who I am, it's who I want to be.

With every blessing

Julie



Cononley WI



I never thought when I joined Cononley WI that I would be elected to be President but I would like to say I am very honoured to have been. But this is tinged with sadness because Elizabeth Calvert decided to step down as President in 2018 after more than 30 years, firstly as Treasurer, then Secretary and finally President. I hope my commitment and enthusiasm will be in a similar way to Elizabeth's, demonstrating warmth, fun and laughter and I am looking forward to this challenge.

Cononley WI are always pleased to welcome members, prospective members and visitors to our monthly meetings. The meetings are held on the first Thursday of each month at 7.30pm in the Village Institute.

The meetings consist of a business meeting followed by either a speaker, or a demonstration or a 'hands on' workshop activity.

We also have outings to the theatre, enjoy delicious food out, visit interesting places, a book club and if you feel up to it we have a walking group.

The WI is a wonderful way to make new friends especially if you have just moved to the area or just need to meet people. So do come and join us as you will receive a warm welcome.

It offers women of all ages opportunities to learn new skills and have a voice on a wide range of issues.

We also have a lot of fun especially over a cuppa and a biscuit or two!

We ended 2018 celebrating Christmas at The New Inn where we had a most funny, enjoyable Christmas party and we began 2019 on a positive note enjoying our annual auction raising funds for a chosen local worthwhile cause.

Cononley WI donated a planter to St John's; it is placed at the bottom of the steps leading up to the church. The planter is maintained by Cononley WI and it gives members a warm feeling to be part of the local community.

Whatever your interests are, please let Cononley WI inspire you - We are looking forward to seeing you in the very near future.

Pauline Link – President, Cononley WI

Giving in grace

In all three of the KCB churches, we're having a few weeks thinking about **stewardship**. One definition of 'stewardship' is 'the job of supervising or taking care of something'. We're all stewards of something – from multi-million-pound businesses to rather more modest possessions, but also of our time, gifts, learning and skills. Christians start from the point of believing that all of these things originate with God and are given to or shared with us by God. During this time, we're looking at what the Bible has to say which can guide us in how we approach our stewardship. Whether or not you come to church, you might find it helpful to think about how you steward the things that you have in your charge – if so, here are some notes relating to the passages we're looking at that might help.

The two debtors (Matt.18.21-35) – Each slave owed a sum of money he couldn't repay. <u>Justice</u> would have seen them (and their families and possessions) sold, to achieve partial repayment. But <u>grace</u> – given freely and with no strings attached - extended to the first slave meant his debt was forgiven – the slate was wiped clean. But he didn't extend the same grace to the one who owed him money – his heart remained hard. Truly receiving grace means we become capable of extending it to others.

Questions to ponder:

- In what ways do you feel you have received God's grace?
- How easy do you find it to think of the things that you are steward over as God's, rather than yours - and what difference does it make?
- When and how did you last extend grace to someone else?

The workers in the vineyard (Matt. 20.1-16) – All the workers hired at different times throughout the day receive the same wage. This challenges our notion of fairness. But grace isn't fair!

Questions to ponder:

- How do you feel about the idea that God offers us grace rather than fairness?
- 'Are you envious because I am generous?' (verse 15). If you were one of the workers who started early in the day, how would you answer?
- How is our generosity affected by what we see happening around us, rather than by what God has given us?

The wicked tenants (Matt. 21.33-46) – this story is told by Jesus after his triumphal entry into Jerusalem, as the collision course that he is on with the authorities becomes more and more apparent. By the end of the week, he will

end up dead on a cross. The 'vineyard' is a metaphor from the Old Testament for Israel. The tenants who conspire to wrest it from its true owner can be seen as those entrusted with leadership of God's people but who have abused the trust placed in them.

Questions to ponder:

- If God is the real owner of everything, how might this change how we think and act around 'our' possessions and money?
- What pressures encourage us to hold tight to our stuff rather than practise generosity?
- How can we be fruitful and honour God with what we have and earn?

Render to Caesar (Matt.22.15-22) – Jesus is asked a trick question, designed to get him into trouble whichever way he answers – either as a revolutionary challenging the occupying power, or a collaborator giving in to the demands of that same occupying power. His answer not only sidesteps the question – he turns it back to his questioners. Where do they believe real power lies?

Questions to ponder:

- If you believe that God is king, then is there any part of your life in which you owe loyalty to someone or something else before God?
- Is Jesus Lord of our wealth, or do we try to put it in a separate compartment?
- Are we as careful to honour God in our regular giving as we try to be careful with money in the rest of our lives?

Giving in grace is about generosity in all that we are and have – not just about money. We are stewards too of our time, skills, gifts and talents too. These are all things that we have that can be exercised in a variety of ways – for our own benefit and enjoyment, and also to help and serve others.

- Can you give time to help others visiting or helping a neighbour, volunteering in school, getting involved in a local charity...?
- What do you enjoy and are good at? Can you cook, sew, do DIY, mend things, organise and plan events, understand money and finance, fundraise, create art...? Who could you offer your skills, gifts and talents to?

"When we give cheerfully and accept gratefully, everyone is blessed."

— Maya Angelou

Seasons in the countryside

All I can say is thank goodness we are not getting the weather that the rest of Europe is getting! We do not want another Beast from the East like last year but on saying that it is only January. There is still a lot of Winter to get through yet! Last night there was a keen frost and the land was sparkling when I went down to let my birds out of their huts. It's always awkward opening the huts up on a frosty morning as all the bolts are frozen and it takes a while breathing on them to thaw them out so the bolts can slide. Meanwhile, inside are lots of hungry birds wanting their breakfast.

It is a tad monotonous emptying the duck ponds, when within an hour of clean water, it is filthy. I had two tonnes of bark chippings delivered a couple of weeks ago for the duck and hen pens. I didn't need to spread it, I just tipped it into piles from the wheelbarrow, after a couple of days it was all spread. I wouldn't need to do this if they grazed like the geese but they do not. The first sign of a bit of mud and the ducks are into it with their beaks and the hens literally stand waiting for a blade of grass to pop up so they can scratch away at it.

A lot of people kindly brought me windfalls from their fruit trees for all the birds. The geese particularly loved it as long as I stood on them first to crush them a bit. Last back end I treated all the birds to solar lights for their huts. It is a lot easier putting them in at night now as they can actually see where they are going and they know inside is a bowl of food waiting for them. Every now and again during the day low flying RAF planes fly down the valley and they are quite often on a level with Woodside Lane. When it happens the geese go berserk. They wonder what the big flying noisy bird is flying overhead. Mohatma gander usually runs around in circles and Mickey runs into his hut - what a pair of ganders I've got. So much for them protecting their girls!!!

It was very touching last back end as one of the planes had a union jack on its tail with the words '100 years' written on in big white letters.

The greenhouses are full to bursting with all the Spring and Summer plants. On days like this it is impossible to even get into the greenhouses. The doors are frozen solid and I don't want to make the mistake like last year when I pulled one of the doors off its runners and the ball bearings went everywhere. Let's just say my dad cursed me a bit!

There are not only plants living in the greenhouse but birds too. The wrens and blue tits sneak through the little gaps we leave open in the windows for fresh air to circulate round.

At this time of year there are always jobs to do on the nursery. I am slowly working my way through my "to do" list from benching to dealing with annoying drips in the greenhouses but it is amazing what a tube of silicon can do!



World Day of Prayer

(A Women-led, Global, Ecumenical Movement)

Come – Everything is Ready!

Everything is ready and the invitation is for everyone – men, women and children of all ages to join this Day of Prayer.

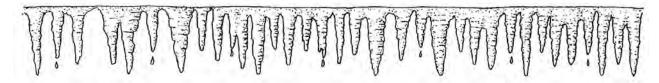
Women of Slovenia, one of the smallest and youngest countries in Europe, have prepared this year's service

and they encourage us to reflect on the barriers they have faced since the end of the Second World War when their country was a part of Yugoslavia, a Marxist socialist republic. They share the challenges they have met and the hopes they have for the future.

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally, at South Craven Baptist Church on Friday March 1st people will gather to celebrate the service prepared by the women of Slovenia.

The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world --- through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later.

Come and join our local part of this worldwide event! People will be gathering at South Craven Baptist Church on Holme Lane at 7.30pm on the 1st March and will share the service that has been compiled by the women of Slovenia.



Good News from Traidcraft!

Back in November we reported the imminent demise of Traidcraft, suffering from the double-whammy of tough trading conditions and the effects of Brexit.

The great news is that Traidcraft has been rescued! The company will continue to trade, though with a more limited range of goods. When things have settled down a bit, expect to see the stall out at church on a regular basis.

The New Electoral Roll

Every six years all Church of England Churches have to renew their Electoral Roll. 2019 is *The Year*! This means that everybody who wishes to remain on your Church Electoral Roll (or to join it for the first time) will need to complete a form and return it to their Electoral Roll officer no later than 17 March 2019.

The sooner you can do this the better please! A supply of forms and a box to collect the completed ones are available at the back of church. If you know of someone who finds it hard to get into church, then please take a form for them

and then return it (once signed) to church for the Electoral Roll Officers.

Anyone who is baptised and aged 16 or over may join the Electoral Roll and we encourage everyone to do so.

Christine Anderton (Kildwick)
Elsie Clarke (Cononley with Bradley)



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Deputy Wardens	Cononley: Bradley:	Mrs Janet Wade Mrs Andrea Baxter	632369 630245
PCC Vice Chairperson	Kildwick:	Mrs Lesley Hudson	523291
PCC Secretaries	Kildwick: Cononley: St John's United CO Bradley (DCC):	Mrs Jill Wright Mrs Janet Wade C: vacant Mrs Jane Hall	634526 632369 635549
PCC Treasurers	Kildwick: Cononley: Bradley (DCC):	<i>vacant</i> Mrs Lesley Cooke Mrs Anne Hunt	630231 636179
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email: Contact the Pinnacle editorial team at **magazine@kcbchurches.org.uk**

Services for February

Date	Time	Church	Readings
3rd February Presentation of Christ in the Temple (Candlemas)	9.30am 11.00am 11.00am	St Mary's, Bradley St Andrew's Kildwick St John's, Cononley	Isaiah 5.1-7 Matthew 21.33-46
10th February 4th Sunday before Lent	9.30am 11.00am	St Andrew's Kildwick St John's, Cononley	1 Corinthians 15.1-11 Luke 5.1-11 (Kildwick) Isaiah 5.1-7 Matt 21.33-46 (Cononley)
17th February 3rd Sunday before Lent	9.30am 11.00am	St John's, Cononley St Mary's, Bradley	Isaiah 45.1-7 Matthew 22.15-22
24th February 2nd Sunday before Lent	9.30am 11.00am	St Mary's, Bradley St Andrew's Kildwick	Isaiah 45.1-7 Matthew 22.15-22

To fit with the series of sermons on the theme of Stewardship, the readings above do not all follow the Lectionary.



Cononley with Bradley Mothers' Union

In January we met to take part in the Mothers' Union Wave of Prayer. Every hour of every day throughout the year members somewhere in the world are at prayer. In our allocated time slot we prayed for our linked dioceses of Etche and Ogbomoso in Nigeria, Kibungo in Rwanda, Lesotho, and Hanuato'o in the Soloman Islands. They in turn will be praying for our diocese of Leeds. We remembered the particular problems of each area and prayed for each diocesan president, working within the MU to alleviate them. The Wave of Prayer emphasises the importance of prayer in our worldwide organisation.

Our AGM will take place on Tuesday 12th February at 12 noon at St Mary's Church in Bradley. Please bring a sandwich for lunch. Cups of tea will be provided.

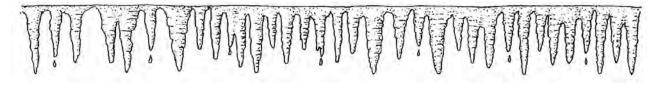
We shall be reviewing the past year and thinking of the future.

Rotas for February

Date	Kildwick Readers	Kildwick Intercessors	Kildwick Communion
3rd February Presentation of Christ in the Temple (Candlemas)	Brenda Brock Anthony Luce	Chris Wright	Christine and Peter
10th February 4th Sunday before Lent	Lesley Bannister Jill Wright	Lesley Hudson	Sandie and Christine
17th February 3rd Sunday before Lent	No service at Kildwick		
24th February 2nd Sunday before Lent	Sylvia Clark Lesley Hudson	Sue Hargreaves	Sue and Christine

Cononley Church Cleaning

Week Ending	
4th February	Lesley Cooke and Janet Clifford
18th February	Pauline Link and Jean Field
4th March	Carolyn Scarr



KCB service pattern – from January 2019

	1st Sunday	2nd Sunday	3rd Sunday	4th Sunday	5th Sunday
Bradley	9.30am	No service	9.30am	9.30am	Joint service
Cononley	Methodists – 11.00am	11.00am	11.00am	Lay-led service - 11.00am	at 9.30am – venue
Kildwick	11.00am	9.30am	No service	11.00am	rotates

A family farming partnership in the making?

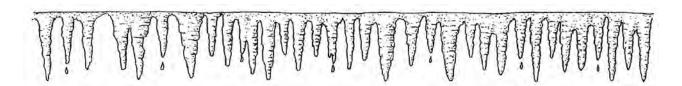
It must be over twelve months now since I wrote about my experiences in my early days in an accountant's office. I then explained that the highlight of my working week was to accompany my boss to a not too distant town which still maintained a Tuesday livestock market, and consequently we could expect an influx of farmers into the office, some on prearranged visits and others who simply wanted to discuss some matter or other. It was all very informal. Some 65 years of water has flowed under the bridge since those days, but some memories of those times still persist in my mind. One of these concerns Harry H. who arrived unexpectedly into the office when the market was closing down for the day. In common with most of the farmers in our area Harry ran a mixed farming operation involving livestock and cereal production. He had three sons to assist him to whom he paid a pittance each week which was scarcely more than pocket money. It certainly made my own meagre salary look like riches in comparison.

On this particular day Harry eased himself down into a chair opposite my desk and without any more ado announced 'I think I should take my sons into partnership'. My boss was out of the office at the time so it was left to me to make a rejoinder. 'Well, I'm sure we can arrange that for you' says I, full of confidence, for hadn't I been reading the manual 'Partnership Law and Practice' as part of my studies. This was met by a prolonged and pregnant pause which was eventually broken by Harry saying 'Ah, but I don't want to pay them any more money'!

It didn't take me long to realise that what had triggered off Harry's partnership idea had been a demand from his sons for higher wages, which Harry was trying to avoid by giving them the status of partners in the farming enterprise but no more than that. This situation I had not encountered in my reading of 'Partnership Law and Practice'! So I simply said to Harry that he should come and talk to my boss about it at another time. Harry was after all our client and needed to be respected, but my sympathies lay with his sons.

Another memory I have of Harry was that he kept a daily diary of events on the farm, including financial transactions, which we were privileged to see when preparing his accounts. The diary entries also contained the amounts of the Sunday service collections, for Harry was also the warden of his local church. I suppose that these diaries no longer exist which is a pity as they would be such an interesting record of farming life all those years ago.

Alan Ratledge January 2019



Living Lent

Wednesday 6th March is **Ash Wednesday**, the start of the season of Lent. Many people use Lent as an opportunity for self-examination and reflection before entering the story of Holy Week, culminating triumphantly in the celebration of Jesus's resurrection, defeating death and opening the door to new life for all. Traditionally, it's a time when people deny themselves something, such as chocolate, biscuits or alcohol. It reminds us that we often take the good gifts of God for granted, renewing our appreciation for them when we can enjoy them once more. Self-denial also develops our self-discipline. By making our desires subject to our will, we strengthen our moral muscles and develop our capacity to deny ourselves, take up our crosses and follow Christ.

But there are lots of other ways you can journey through Lent. Here are a few suggestions:

 Crosshills and District Fellowship of Churches (CDFC) are running a weekly Lent course looking at hope and redemption. It's called 'From Now On', based on the film, 'The Greatest Showman'. It starts on Wednesday 13th March 7.30-9pm at South Craven Baptist Church and runs for five weeks. Previous Lent courses have been very popular and participants have enjoyed them. Come along and find out for yourself!

How about committing to carry out a daily act of generosity during Lent? You can devise your own, or you can join in with 'The Generosity Challenge', starting on Wednesday 6th March.

You might like to read a Lent book – perhaps on your own, or maybe with a group of others that you meet up with for discussion and reflection. Here are a couple of suggestions –

- **'Reconciliation'** by Muthuraj Swamy. (published by SPCK publishing).. This is the Archbishop of Canterbury's 2019 Lent book. The book issues a vibrant call to the Church to support and strengthen relationships among church members; to cross borders to build connections with different denominations; and to maintain open attitudes towards our neighbours from other religions and ideologies.
- 'The Merciful Humility of God' by Jane Williams (published by Bloomsbury Continuum). What does it mean to imagine God as humble? Do we find it easier to appeal to God's might and majesty than his humility? 'St Augustine's insight was that it is only the merciful humility of God that can penetrate our armoured pride.'

Both cost £9.99, and are available from Cornerstone in Skipton.

May you draw closer to the presence and the love of God this Lent.

Regular Events in the "KCB" Parishes

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Who's a Noodle?

Chuffs had a lovely time making models and pictures from 'noodles'.

Well... Peter did anyway!!

An appealing day

(I'll confess... some might call it an appalling day...)

On Saturday 16th March, a band of ringers from Kent (around Tonbridge) will be visiting Kildwick, hoping to ring a full peal. This is a very major undertaking, involving constant concentration over the three hours that it takes to ring.

If you like the sound of the bells, then Kildwick will be the place for you! If, of course, you don't, then now may just be the moment to arrange a day-trip somewhere!

Kildwick's bells are not very frequently pealed. The 5,000 changes needed to score a peal take some three hours and the long length of Kildwick's ropes combined with the bulky and cumbersome tail-ends mean that St Andrew's is not a favourite venue. In the last 20 years there have been five peals; the last one was a new method which was named after our large tail-ends. Double Sally Delight Major was first rung on Saturday 6th March 2010. What we'll hear nine years later is anybody's guess!

Meanwhile...

It will be a long time before the Home Team comes anywhere near ringing a full peal! However, the band is continuing to make good progress. At the Western Branch AGM in mid March, we hope – possibly – to elect at least two more as Full Members of the Yorkshire Association when they have rung their first Quarter Peal.

In mid-January, five of the band joined our Branch "Walk and Ring" day. Gathering at Gargrave, we rang on the fine bells there. They are a little lighter than ours and have a much shorter

"draught" (the length of rope between ringer and bell). That makes them easier to ring.

We then set off down the canal towpath to Skipton where we tackled the magnificent heavy eight there. For me, the taxing part was the five mile yomp down the canal. Angus was quite unfazed by that, but more nervous about his first visit to other bells with other ringers. He did really well and his only failure was with the one and a quarter ton tenor at Skipton. Even with his feet off the floor, he couldn't shift it!



Learn. Inspire. Flourish. Engage.

Bradley School News



Happy New Year!

After an enjoyable and welcome break, we are all back at school getting used to the routine of work again. The Spring term is always very busy with new topics to start, preparation for the SATs and, hopefully, better weather to come...

We have just held a special Malawi Curriculum Week, focusing our learning on developing an understanding of the differences in culture and lifestyle. At the start of the week, John Midgley (Chair of Governors) joined our assembly to share photographs of a small community that he has been working with and to tell us what daily life is like for the children in that Malawian village. The School Council have already been working hard to raise funds towards the installation of a water pump for the village and this week has helped us all to be more aware of the many problems these small communities face.

Throughout the week the children have completed some beautiful artwork, written fact-files about Malawi, listened to African tales, handled artefacts and enjoyed playing Djembe drums. The children in Class 1 built two Tipper Taps during their outdoor learning afternoons-this taught them how little water was actually needed to wash their hands. Hopefully the children will now appreciate the value of water!

We are now planning a special fundraising breakfast for the last Friday of this half-term to raise further funds towards our water pump target.

Candlemas Not an easy Wordsearch

Words can go up, down, diagonally or backwards!



Can you find the words in this story in the Wordsearch grid above?

In New Testament times **forty days** old was an important age for a **baby boy**: it was when they made their first '**public appearance**'. **Mary**, like all good **Jewish mothers**, went to the **Temple** with **Jesus**, her first male child - to '**present** him to the **Lord**'. At the same time, she, as a new mother, was '**purified**'. Thus we have the **Festival** of the **Presentation** of Christ in the Temple, 40 days after Christmas. Jesus is described in the Bible as the **Light** of the **World**, and so early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, **Candlemas**. The story can be found in Luke 2:22-40. **Simeon**'s great declaration of faith and recognition of who Jesus was is of course found in the **Nunc Dimittis**, which is embedded in the **Office** of **Evening Prayer** in the **West**.



The Birds in Your Garden

BTO tooking out for birds

Roosting

Where do garden birds go at night? During long, cold winter nights they need not only to keep warm, but also to keep out of reach of a range of predators such as cats, owls, rodents and stoats or weasels.

The habits of roosting birds are diverse. Sparrows, Wrens and Chaffinches seem to vanish at dusk. They secrete themselves away in dense foliage, cracks or crevices, and avoid drawing attention to their whereabouts.

It's a juggling act: trying to find enough shelter to keep warm and conserve energy, without increasing the risk of attack. Too close to the trunk and there could be danger from a rat or stoat, too far out on a limb means vulnerable to a sharp-eyed owl. The branch acts as an intruder alarm; a motion sensor providing a split-second warning of danger.

The nest box that was used earlier to raise a brood of youngsters might now provide a snug bed for the night for a single Blue or Great Tit. They really do seem to prefer their own company at night, but for Wrens it is definitely a case of the more the merrier. The record number found roosting in a single nest box stands at 62.

Crows, swallows, swifts and starlings share some incredible communal roosting behaviours. For social or safety reasons or for warmth, some species choose to sleep together—sometimes in very large numbers. The spectacle of these flocks gathering at dusk is really something, whether the murmuration of Starlings, the rowdy evening antics of Rooks and Crows or the skeins of geese and gulls heading for the safety of a local waterbody.

To cope with this perilous situation, birds have developed a range of abilities, such as sleeping with one eye open. The eyes of most birds (unlike humans) send information to only one side of the brain, so unihemispheric slow-wave sleep allows birds to have one hemisphere of their brain in a deep sleep whilst the other remains awake and alert.

Most garden birds are Passerines, perching birds, which manage to stay put while they're asleep, having developed "flexor tendons" in their legs that involuntarily clasp shut when they squat on a perch. The tendons won't relax until the bird straightens its leg to leave.

If you find the lives of our garden birds to be of interest and would like to join in and count the feathered occupants of your garden, have a look at the BTO Garden BirdWatch website (www.bto.org/gbw). If you know of an organisation not a million miles from York which would like a talk on garden birds call: Mike Gray 07596 366342 or gbwmike@gmail.com.



In aid of



10.00am -12 noon Saturday 9th March

Parish Rooms St Andrew's Church Kildwick

Come along and help support Jigsaw's work with some of the poorest children and families in the Philippines

The Prayer Page



Dear God

We are needy of you.

We're aware, more than ever, of our own weaknesses, and of the struggle with dark forces that try hard to divide us and gain more ground. We say "No more." We stand our ground.

We ask that you would fill us with your Spirit of love and unity among believers all across this nation.

We ask that you would help us to set aside our differences and look to the greater cause, the cause of Christ. We ask that you would help us to truly live a life of love.

We know that this is only possible through the power of your Spirit, so we ask that you would move across our land in fresh ways With fresh filling and awareness Turning your people back to you

Drawing others to come to know you. and hope.

We thank you that you are always with us, and give us great purpose Amen



Just as when Jesus made his home on earth, Dear Father, The world can be a hateful and cruel place. We ask that you would guide our actions as

Give us an eagerness to be humble and believers.

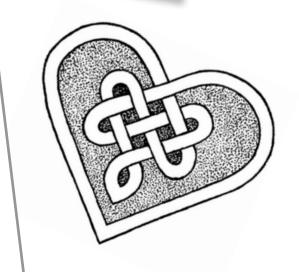
Help us have hearts of patience and gentle.

forbearance.

Thank You for the hope we have in You; May Your hope unify our thoughts and

And invoke peace through the Spirit. decisions

Amen



Invitation to Meditate!

The Upper Room, borne out of Alison Woolley's Seeds of Silence, meets on the first Wednesday of each month, to meditate together.

- If you've never tried meditation, come along and try this guided meditation.
- If you've tried it before, but lapsed, come along for a reboot.
- If you're a seasoned meditator, you'll know how good it can be as a shared practice.

Meditation, a type of mindfulness, is good for our mental, physical, emotional and spiritual health and wellbeing. In busy lives, we often lack space and time to be still and 'just be'.

What's it like? Those in our group describe the sessions as 'very calming'; 'a safe place to find a bit of peace and stillness'; 'time for myself, so restorative'; 'helpful because it is guided, so you don't have to worry'. It's not 'churchy', and you don't have to go to church to take part.

I hope this sparks an interest! If so, do please come along.

What do I need to do?

- 1. No equipment or special clothing needed come as you are;
- 2. Be prepared to sit in silence for 20 minutes while we are guided through the meditation;

Timing:

7pm to 7.25pm we drift in, gather for a brew, chat, catch up etc.

7.30 prompt the silent guided bit starts.

7.30 to 7.50pm: 20 minutes of guided meditation;

7.50 to 8.00pm: A few minutes to be still and 'come round', feel free to leave

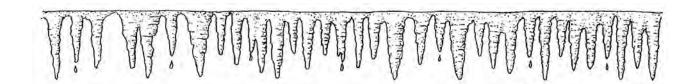
in silence, or stay for a few more minutes;

8pm: depart, close.

Next session: Wednesday 6 February, in Kildwick Parish Rooms.

Queries, niggles, access concerns?

Drop me an email: taylorkathryn486@gmail.com





Things had become pretty slack during the interregnum

The March Edition Deadline for March is Sunday 27th February

Please let us have your material by then - and we'll try to have the magazines ready for the first Sunday of the month – 3rd March