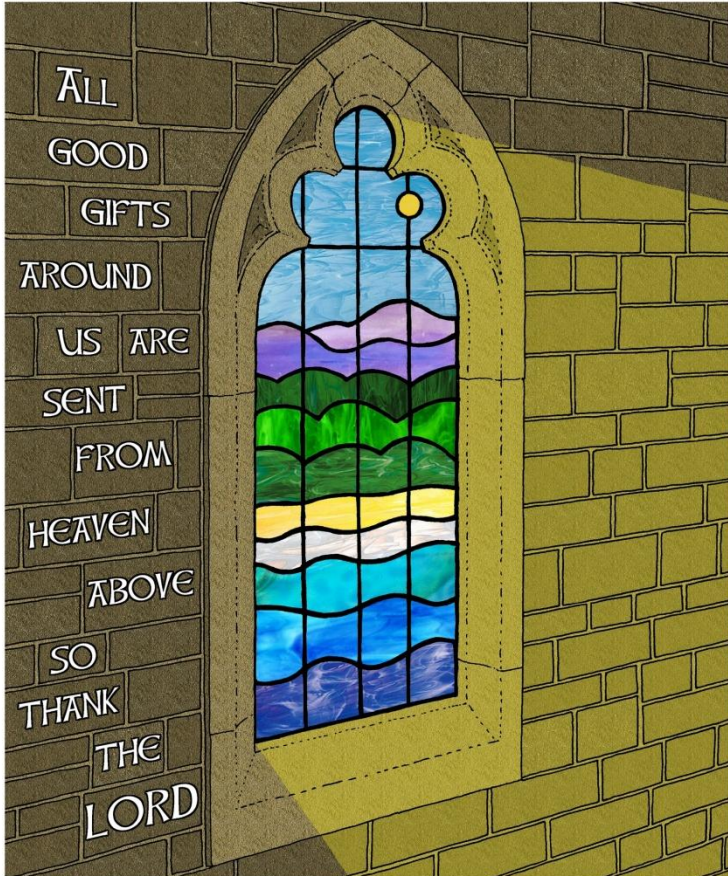


Communities Together Newsletter



August
2022



**Uniting the
Parishes of Aldbrough, Mappleton & Goxhill with Great Hatfield, &
Withernwick**

From the Benefice: Work and Rest

August sees many of us taking holidays to get some well-earned rest from working. But what is the biblical relationship between rest and work? The Bible shows us that we are to work from rest, not rest from work. How is this working out in our current experience?

When God created human beings on the 6th day, the next full day was a day of rest before the work began: 'Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.' (Genesis 2:3).

Sunday is a day of rest at the beginning of the week.

Jesus lived out this rhythm of rest and work in His own ministry: 'Very early in the morning, Jesus got up and went off to a solitary place, where He prayed' He then told His disciples: 'Let us go somewhere else so that I can preach there also. That is why I have come.' (Mark 1:35-38).

Here is a rhythm for our own lives: 'I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit' (John 15:5). Our work/fruitfulness arises out of the time we abide/rest in Jesus. He will then show us what aspects of our lives need pruning: 'while every branch that does bear fruit He prunes so that it will be even more fruitful.' (2).

Let's use this month to reflect on how this pattern is working in our lives:

Are we spending enough time 'abiding' in Jesus?

Are we putting our energies into the right balance of rest and work?

Are there unproductive areas of our lives and churches that need pruning?

Remember God created us as human beings not just human doings!!

Prayer for August 2022 by Daphne Kitching

Dear Heavenly Father,

In this month of August, thank you for your presence. Whether we're at home or on holiday, in one place or travelling, working or resting, happy or sad, young, middle-aged or elderly, you are with us.

As we journey through the different stages of this life on earth, help us to know that wonderful assurance of your presence, by putting our trust in Jesus now.

No matter what ups and downs come our way, we will never be alone. You are with us, sharing it all day by day - and leading us home.

Thank you,

Lord of all our journeys,

in Jesus' name. Amen.

John Witty's Notes on Nature by Penny

Well, what can I say about the past few days? It has been so hot, and the wildlife is suffering badly. Please if possible, put lots of water out for birds and animals. Even if you don't see them during the day they will probably out in your gardens at night and they need water more than anything else. The frogs and toads have been noticeable in the pond and two very small Smooth Newts have been out yesterday evening (yes, they are my-newts) With all the windows open wide the chatter of the Magpies wakes me up very early in the morning. We have three visiting Hedgehogs who come for their chicken flavour kitten biscuits and a good drink of water. The smaller birds are grateful for the pond and waterfall as they can access a drink and a bath. If you have fish in your pond you are entitled to top it up to keep your fish alive. The temperature is set to go down a bit, but it will still be hot, so please don't think it is just during the extreme heat that you need to help the wildlife out!!! The one benefit of the hot weather is the abundance of butterflies, there has been a huge variety out there visiting the buddleias in the garden.

Stay safe and PLEASE keep your eyes open for any animals in trouble.

John Akehurst's Quick Quiz...

Numbers and Colours

1. The value of the blue ball in snooker is.....
2. The middle colour of the rainbow is.....
3. The old unit a chain is yards long.
4. The Emperor is a species of Butterfly.
5. During Queen Elizabeth II's reign there have been UK Prime Ministers.
6. Mellow was a 1967 hit single by Donovan.
7. According to the Hitchhiker's Guide to the Galaxy ... is the answer to the meaning of life, the Universe and everything.
8. The middle colour of the flag of Germany is
9. There are Players in a Rugby League team.
10. If you mix blue and yellow paint you will get paint.

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

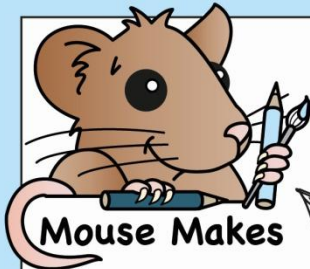
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July's Answers

1. Catacomb
2. Doggerel
3. Dogleg
4. Catalyst
5. Catgut
6. Dogma
7. Dogsboddy
8. Caterwaul
9. Caterpillar
10. Dog Days

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

Tea Time Chill Out's Kids Corner



READ the full story
in the book of Jonah



What swallowed Jonah?

A big _____

How long was he there?

three _____ and
three _____

Jonah 1:17

JONAH'S JOURNEY

Which city did **God**
tell Jonah to go to?

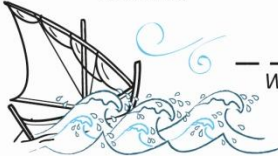
and why?
Jonah 1:12



Where did Jonah
try to go instead?

What did he travel in?

Jonah 1:3



What did God send to stop him?

A great _____

What did Jonah tell the **sailors**
to do to make the sea **calm**?

_____ him into the **sea**

Jonah 1:4-16



What did Jonah do?

then what did the fish do?

Jonah 2:1-10

DID YOU KNOW?

In Bible
times wearing itchy
sackcloth made from
goat's hair was a sign of
grief and repentance



When Jonah reached Nineveh
he proclaimed God's **message**...

the city would be overthrown in
_____ days
Jonah 2:1-10

What did the people do?

F _____

What did they put on?

Jonah 3:1-9

What did God do?

R _____
Jonah 3:10

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



Find the missing words. Look up the Bible references then
look for them and the words on this page in **bold** in the word search



PLEASE....

Provide flower pot saucers of water around your gardens for the Hedgehogs and other wildlife. Many are arriving to rescues dehydrated and starving. Without rainfall, there are no puddles to drink from, grubs do not surface and the ground is too hard to dig for food. If you can afford to, please leave meat flavoured wet & dry cat food out at night for the Hedgehogs.

WOULD YOU LIKE TO LEARN MORE ABOUT YOUR HEDGEHOGS?

We hold Hedgehog Talks here at the rescue.

Very relaxed atmosphere,

Rural setting to enjoy the countryside fresh air and sounds,

Picnic available too.

If interested in attending one, please telephone 07590 756833 or email, luckyhedgehogs.lucy@gmail.com for more details.

We would love you to volunteer at our rescue in Grimston HU11 4QE.

- Positions are available to pre-vet students and anyone over 18yrs of age.
- No experience required as full training will be given on site.
- We work 7 days of the week.
- Days and times to be arranged.

Available 24/7
Grimston HU11 4QE
Tel: 01964 529313
Mob: 07590 756833
Please donate via
www.luckyhedgehogrescue.org.uk
CIC 14085854

Dates For The Diary

Tea Time Chill Out

Come and join us 14th August 2022 4.00pm for some family fun, a natter and light refreshments. As always we would welcome any donations of food, drink or volunteers. Hope to see you there.

St Bartholomew's Gift Day

Join us 20th August 10.00am – 2.00pm there will be various stalls, refreshments, and a chance to chat. Come and support us and relax.

Walk, Pork (Sandwich), & Cake

On 3rd September 10.30am at Park Farm, Rise

Tickets £5 per person, please email jane.duckton@outlook.com for more details
Well behaved dogs welcome.

Great Hatfield Fete

Join us 29th August 1.00pm – 3.00pm on the Village Green for a BBQ, refreshments, cake stall, raffle, tombola, and a bookstall

The Joint PCC of St Bartholomew Aldbrough, All Saint's Mappleton, with St. Giles Goxhill

We meet three times a year and since forming the joint PCC we are missing a vital asset, a Secretary. The role will include taking minutes, collating documents, and ensuring minutes and agendas are sent out in a timely fashion. Please contact the PCC by emailing aldbroughbenefice@gmail.com for more information.

We need you!

We need your input, this is vital to keep your newsletter going. So if you have a poem, a prayer, a story, a photo, or anything that you feel you could share with the community please do email.

Articles for the next newsletter to aldbroughbenefice@gmail.com by 20th August

Or if you wish to advertise, please get in touch to discuss terms.

NB. The editors reserve the right to amend, expand, or shorten any item to ensure we can get as much as possible in the space available

PJL Storage

Caravans / Cars / Boats / Household Goods
Cowden Parva, Hornsea Road

T: 01964 527245 M: 07896 216308 E: leonardritaruth@yahoo.co.uk



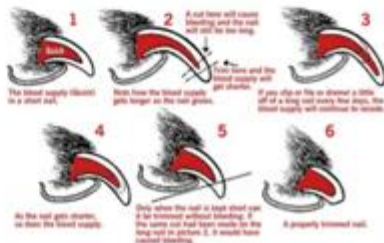
DOG PAWS & CLAWS....

Checking your dogs paws daily is essential for its health, before they start chewing their toes or becoming lame.

1. Inspect the hair between the toes by hooking a comb and lifting the hair, have a good look for GRASS SEEDS and tangles. In between each toe is a 'pocket' in which seeds get lodged, penetrate and cause injury and in some cases travel through the body, killing the dog. Cut out tangled hair.
2. Inspect the hair between the pads. These often get tangled, hold stones and grass seeds, and cause dreadful discomfort as they harden and pull the hair.
3. Check the pads are not split, dry or burnt. There are protective waxes that can be purchased to moisten and protect the pads. Pads burn in hot weather on pavements, patios, tarmac, pebbles, Astro turf ... anything that holds heat, so avoid walking them on anything but grass- if too hot for you to bare foot, it is too hot for your dog.
4. Inspect your dogs claws, including the dew claws, regularly and have them trimmed regularly- don't wait until they curl. This is not a cosmetic chore, this avoids pain and future vet bills. Nails left too long can split, crack, and curl which is very painful, catch and tear off & possibly cause infection. It is also a cause of splayed feet, reduced traction, and possibly cause deformed feet and injure the tendons over an extended period. As the overgrown nail hits the ground, the pressure puts strain on the foot and leg structure, causing muscles, tendons and bones to position unnaturally. If they are trimmed/ grinded regularly, the blood vessel withing (Quick) will remain short or retract each time it is trimmed so the nail can become as short as it should be. The claws should not touch the ground.

Scruffs n Crufts charge £5 for nail clip and £5 for paw trims.

Burnt pads and overgrown nails



Services for August

Holy Communion every Wednesday 10am at Aldbrough

7th August Aldbrough 10.30am Holy Communion
14th August Withernwick 10.30am Service of the Word
21st August Aldbrough 10.30am Service of the Word
28th August Mappleton 10.30am Holy Communion
4th September Aldbrough 10.30am Service of the Word

Church Wardens

St Bartholomew's, Aldbrough
Antoinette Butlin: 01964 527 438
Christine Longstaff: 01964 527 190

All Saints, Mappleton
St. Giles, Goxhill
Ruth Skinner: 01964 534 580
Brian Rhodes: 1964 533 954

St. Alban's, Withernwick
Alan Monk: 01964 527 263
Anne Wood: 01964 527 947

Websites

aldbroughbenefice.wordpress.com
facebook.com/aldbroughbenefice

Aldbrough's baby and toddler group

Every Wednesday term time

9.00 am to 10.30 am

At the Aldbrough youth club

£2.50 per family



MOPHEADS CLEANING SERVICES

Professional Carpet And Upholstery Cleaning
Contact Mally on 07584052255
Or email Mopheads.cleaningcompany@yahoo.co.uk
For a free no obligation quote