

## Services in the Benefice for October 2017

### EVERY Wednesday

10.00am Holy Communion followed by Coffee: Aldbrough

### **Sunday October 1st: Trinity 16**

10.30am Parish Communion: Aldbrough

### **Sunday October 8th: Trinity 17**

10.30 am Parish Communion: Mappleton

### HEALING COMMUNION: Tuesday 10th October

10.30 for 11.00 at 4 Mill Lane, Witherwick

### **Sunday October 15th: Harvest Festival/Trinity18**

10.30am Parish Communion: Witherwick

### **Sunday October 22nd: Trinity 19**

9.00 Holy Communion: Witherwick

10.30 Parish Communion: Aldbrough

6.00 Evensong: Mappleton

### **Sunday October 29th: Last after Trinity/Bible Sunday**

10.30 Parish Communion: Goxhill

### **Sunday November 5th: 4 before Advent**

\*10.30 Parish Communion: Mappleton

\*4.30pm Service for All Souls: Aldbrough

\* Please note changes in the service pattern

### FROM THE REGISTERS:

#### WEDDINGS



September 2<sup>nd</sup>: Samuel and Nicola Fulstow (Aldbrough)

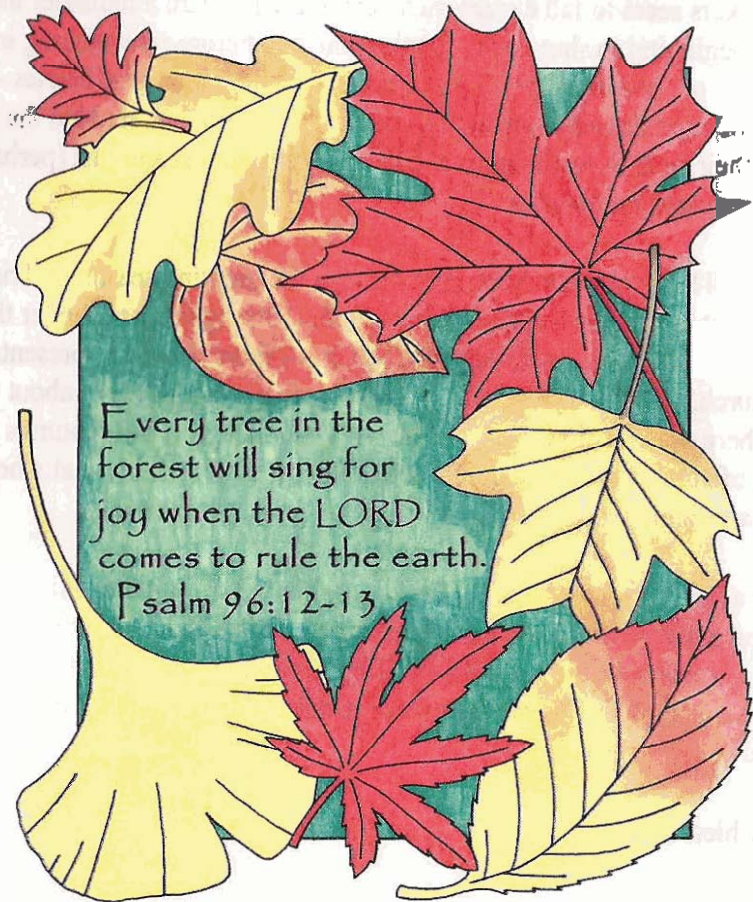
September 9<sup>th</sup>: Matthew and Louise Williams (Aldbrough)

Editor P. Soltys [soltysdog@madasafish.com](mailto:soltysdog@madasafish.com)

Due to holidays could I please have items for next Parish News  
to Paul by 19th October please

## The Parishes of Aldbrough Mappleton & Goxhill with Great Hatfield & Witherwick

October 2017



Every tree in the  
forest will sing for  
joy when the LORD  
comes to rule the earth.  
Psalm 96:12-13

*From The Vicar October 2017*

I came across some instructions on a bottle top the other week: 'Best served chill (as indeed we all are)!'

It reminded me that it is essential to take time out for ourselves rather than trying rush around at 90 miles an hour. That's one reason why we're having our very first Benefice Away Weekend in February at Wydale Hall. This might seem a long way off but I hope very much that you will consider joining us. [REDACTED]

But this 'time out' is in many ways a reflection on this season of Autumn – the hickory chestnut conkers seem to fall earlier each year and with them a reminder that some of nature is beginning to shut down, to take time out, before rejuvenating in spring. If you've been out and about you'll have noticed a bumper crop of berries – apparently the right amount of heat and cold, rain and sun, has enabled the plants to bring forth their best. So we'll enjoy the fruits of the harvest and just (perhaps) complain less about the weather!

Having said all that, the church trundles through the growing season of Trinity with the end in sight on the last Sunday of this month. This signals a reminder that on the last Sunday of Trinity we celebrate Bible Sunday – there will be a 'presentation' in Goxhill Church, don't miss it! The Bible is of course one long story about God and the people here on earth and speaks to us today as much as it did centuries ago. But this season of autumn mists and mellow fruitfulness is a reminder that when the conditions are right, people respond to the good news of the Gospel.

We've had a fairly torrid summer of atrocities, blood curdling threats and natural disasters and many will ask 'where is God in all of that'. It is always a question that is difficult to answer, but if you read the Bible you will discover that God's plan is not ours – we cannot always see the bigger picture and sometimes we have to 'let go and let God'.

With every blessing

*Revd Anne*

All the sea birds are just about gone, just the gannets are still on the cliffs with their young ones, and they will be there till about end of Oct. As some lay the egg early, like the 1st week in April, their young ones will be gone now. They lose weight on the sea, then they can fly to the west coast of Africa.

Also the puffin has gone to the north sea to moult, then the North Atlantic for winter, then next spring back into the north sea to moult again into spring plumage. Same with the guillemots and razor bills, they lose the black on their faces, white till next spring & our kittiwakes stay the same in winter.

God bless Revd Anne  
and all who read this  
John

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### Johanna's C14 Effigy

I always pick a fine day to mow St Giles so it was no surprise when I looked up to see visitors.

Bikes arranged discretely against the crumbling bricks, two ladies hesitated in the gateway, with no shiny Lycra or clickety cycling boots to totter over the pavers.

They eyed my scruffy work clothes, liberally coated with grass clippings. Clearly they hadn't expected a flashback to the ancient Green Man.

"Is the church open? they wondered.

"Door's a bit stiff. There's a visit book, oil lamps and don't miss Johanna."

I was taking a breather when they emerged, happily blinking into the sunlight.

"Did you find Johanna?"

"Oh yes... managed a little tune but you wouldn't hear it with your motor running."

Bryan.

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## Coffee Morning

October 28th

10.00am 4 Mill Lane Witherwick  
in aid of Witherwick Church

## Methodist Church, for October,

1st 10-45 am Service preacher Mr John Stephenson,

3rd 2-15 pm Network= Speaker -- Judith Tate,

4th 1-30 pm Craft Club,

7th 10-11-30 AM COFFEE MORNING. Cakes and Bric-a -Brac,

8th 10-45am Harvest Festival Service. Preacher Rev S CADDY,

9th 6-30pm Harvest Sale and Supper, All Welcome.

10th 2-00pm Bible Study,

11th 1-30 pm Craft Club,

15th 10-45am Service, Preacher Margaret Preece.

17th 2-15pm Network -Members Afternoon,

18th 1-30pm Craft Club

22nd 10-45 am -Service Led By Worship Leaders.

23rd 6-15pm Beetle Drive come along and have some fun.

24th 2-00pm Bible Study,

25th 1-30pm Craft Club.

29th 10-45am Service Preacher Hazel Adamson.

31st 2-15pm Network Shoeboxes,

Contact Minister Rev Colin Marchment , Phone 01377 538806.

Thank You Rita Allinson.

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## 2017/18 DATES FOR YOUR DIARIES

DATE	EVENT	WHERE
October 14th	Coffee Morning	Hornsea Parish Rooms in aid of Mappleton and Goxhill Churches
October 15th	Harvest	Withernwick
October 19th	Quiet Day with Rt Revd David James	Burton Constable
October 21st	Pie and Peas	Aldbrough Youth Club in aid of Friends of St Bartholomew's
October 28th	Coffee Morning	10.00 4 Mill Lane Withernwick in aid of Withernwick Church
October 28th	Mappleton and Goxhill Friends Dinner	Hornsea Bowls Club
November 3rd	Messy Church	Aldbrough 10.00-12.00
November 5th	All Souls service	Aldbrough 4.00pm
December 8th	Carol Service	Goxhill
December 15th	Carol Service	Mappleton
December 17th	Carol Service	Aldbrough
December 20th	Carol Service	Withernwick
<b>23rd -25th February 2018</b>		Parish Weekend      Wydale

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A reminder that we all need to be aware that our buildings are full of potential hazards!



"Wait a moment, dear, this isn't a tourists'-  
attraction ratings guide, it's a Health  
and Safety warning!"

### QUIET DAY AT BURTON CONSTABLE: Thursday 19th October

The speaker for the day will be Bishop David James, who has chosen as his subject: 'Goodness gracious, God audacious', a most intriguing title which I'm sure will make us all think deeply.

The cost will be £4, which is the entry fee to Burton Constable grounds. The tearoom will be available, but you can also bring your own lunch. If you'd like to book a place please let Revd Anne know

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### THE MESSIAH

For those who love to sing Handel's The Messiah, there is an opportunity for you to join in on November 25th in St Nicholas Church, Hornsea. Mrs Ruth Skinner has more details.

### Tips to cope with stress

October brings ever-shortening days, and often ever busier days at work. Here's some tips to help you deal with stress.

**Breathe yourself calm:** Take a long, slow breath in for five counts and out for five, and repeat for a few breaths until you feel relaxed.

**Set small goals:** If you feel overwhelmed by a large project, break it down into tiny, achievable goals. Each time you achieve a little goal, you will feel you have succeeded at something, and your brain will respond by releasing the neurotransmitter dopamine, which will make you feel more positive.

**Invigorate your brain:** Go for a brisk ten-minute walk – it will help you feel less jaded, bored, anxious or stressed.

**Do not multi-task:** Your brain can handle only so much information at any one time. Your 'attention' is therefore a limited resource, and you need to protect it to get the best from your brain. So, when you settle down to work, switch off alerts for your phone and emails – concentrate on one thing at a time.

**Sit up, stand up:** Don't slump. Don't stoop as you walk. Good posture keeps you alert.

**Squeeze your own hand:** When you have a difficult phone call or presentation to make, squeeze your right hand for 45 seconds. This is said to increase the firing of brain cells on the left side of your brain, giving your brain's 'challenge' system a tiny boost.

**Meditate between tasks** Stop and do a five-minute work break meditation. Choose a verse from the Bible to settle your thoughts such as Psalm 46:10: 'Be still and know that I am God'. Or Psalm 94:19: 'In the multitude of my thoughts within me, your comforts delight my soul.' Thank God for His love for you. Send up a short prayer for yourself, and your colleagues!

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### **Ever wondered what real difference reading the Bible could make in your life?**

Now the Bible Society can tell you, by sharing examples of what Bible reading has done for other people. It has been gathering modern day stories of how the Bible can impact on people's lives. Just visit: [www.biblesociety.org.uk/latest/mybible/](http://www.biblesociety.org.uk/latest/mybible/)

**Priest in charge**  
**Revd Anne White**  
**01964 527230**

**Churchwardens**  
**St Bartholomew, Aldbrough**  
Mrs C. Longstaff (527190)  
Mrs K. Moore (527552)  
**All Saints Mappleton & St Giles Goxhill**  
Mr B. Rhodes (533954)  
Mrs R. Skinner (534580)  
**St Alban's Witherwick**  
Capt. D. Smith (527419)  
Mrs Anne Wood (527947)  
**Recognised Parish Assistant**  
Mrs Antoinette Butlin 527438

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### **Benefice Website**

<https://aldbroughbenefice.wordpress.com>

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**See your Parish Church on the web ;**  
A Church near you: [www.acny.org.uk](http://www.acny.org.uk)  
& Diocesan website: [www.dioceseofyork.org.uk](http://www.dioceseofyork.org.uk)

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Why not try the Aldbrough & Witherwick  
Village websites ;  
[www.witherwickvillage.co.uk](http://www.witherwickvillage.co.uk)  
[www.aldbroughparishcouncil.co.uk](http://www.aldbroughparishcouncil.co.uk)

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*Items of general interest would also be gratefully received from time to time!*