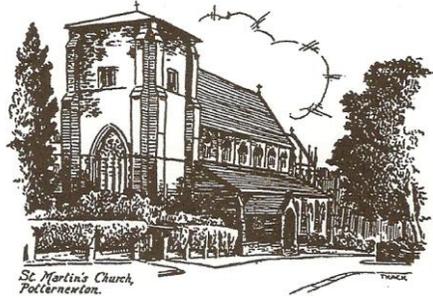


# Reach Out

## St Martin's Church Magazine

 THE CHURCH  
OF ENGLAND  
Diocese of Leeds



## July 2020



**£ 1**

N.B. All in-church services cancelled until further notice but services held via Zoom on Sundays at 10am; Wednesdays at 10am and Thursdays at 6pm



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# Reach Out

St Martin's Church aims to praise God, to share the good news,  
to be a welcoming loving church serving all.  
Praise, Share, Welcome, Love, Serve.  
There is a place for you at St Martin's

## *Editor's Comment:*

We hope this July edition finds you safe and well. If you know what month it is then you're doing remarkably well – I feel as if the days and months all roll into one! There is still a lot going on within our church community, especially online, so do join us for a service or a quiz night if you've not already done so. As and when anything changes we will let you know but until then sit tight and enjoy reading the magazine!

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# Pastoral Letter

## **ON FAITH AND EMPTY PEWS**

Dear Friends,

At the time of writing, Church leaders begin to ventilate the opportunity to open up church buildings for services. We all know that this needs to be done very gradually, in contained, limited ways and possibly advising some members of our congregations to abstain from coming. The end of this tunnel will probably see a further drastic reduction of numbers in congregations like ours. Therefore, I fear that in the meantime some will continue to reminisce even more intensely than they already used to, about days long gone, even up to 40 years ago and more. This nostalgia for "the good old days" is a normal, natural reaction when deep changes affect us. From our own viewpoint as followers of Christ, we have entered a time of disquietude and lack of certainties. Some find these changes liberating, others find them unsettling.

However, as Christians aren't we, after all, just people who every day overcome their doubt or unbelief in a constant wrestling with our limited grasp of the larger picture, a wrestling with God? Think of the encounter of Jacob with a mysterious man in Genesis 32, his wrestling with God in the darkness of the night and in his desolation (he was afraid and alone in the desert, left behind by his family and his people with all his possessions). Aren't they metaphors of our own existential condition and of our continual struggle to believe? We long for God, we thirst for God like parched land without water (Psalm 63) in a constant struggle to make sense of our existence, of the paradoxes, the contradictions, the apparent meaninglessness of it all. Tossed between our cries of desolation ("My God, my God, why have You forsaken me?" Psalm 22) and glimpses of a truth beyond our comprehension. "Truly You are a hidden God..." (Isaiah 45:15).

True believers are not delusional, naïve simpletons; they are thinkers. True non-believers are too. Not those branded as "fools" in Psalm 14:1 for declaring superficially and arrogantly that "there is no God" almost as if only they knew the ultimate truth of all things. But those instead who, like the believers, have painfully and honestly searched for meaning but found it elsewhere, or found none, sharing with the believers the same pain for the desolating absence of and the longing for God. True believers and non-believers are two sides of the same coin, both expression of the

innate but often unaware nostalgia of all human beings for the ultimate sense of it all and the fulfilling of their incompleteness. As a believer, I think that this nostalgia is due to the fact that having been created in God's image, we share in God's divinity, as God in Christ shares in our humanity. Not metaphorically, but ontologically. There is something divine in each person, as there is true humanity in God: we are made of "the same stuff." We long for God for it is in God, "in Whom we live, we move and have our existence" (Acts 17:28) that we can be truly complete: no human love, no possession of riches and goods, no amount of power will ever satisfy in us the existential hunger nor quench the thirst for our completion in God. Which is why in every society the world has ever known and in every time in history since *homo sapiens* first walked the shores of East Africa, humans have raised their hands to God in prayer and lowered their head in submission to the Origin of all life. Which takes us back to where we started from with this reflection. This European technological society of ours is possibly one of the rarest expressions of diffuse indifference or rejection (not imposed by an authoritarian regime) to the human natural longing for what is sacred and ultimately true, notwithstanding the evidence of a reversing of this tendency in some, during the pandemic. Realistically, I think this reversal – despite the wishful thinking of Church leaders – is temporary and at any rate limited to scattered individuals. What should really worry us in the decline in numbers from what they used to be some decades ago, is not the surrender of those who have searched and not found, but the culpable superficiality and arrogance of those who do not even bother to question and to search, busy as they may be in throwing at the gaping hole in their soul all sorts of "things" (be they goods or ideologies) that will never satisfy their hunger or quench their thirst for the ultimate truth. This is not a contest between believers and non-believers, but between thinkers and non-thinkers (to paraphrase the Italian archbishop Bruno Forte). However, here are also other questions that need exploring if we intend to pinpoint the reasons for this decline: for instance, the question about churches' credibility and relevance in today's world. But that is for another article...

Yours in Christ,  
Fr Nicholas



# Calendar

## July

**Weds 1<sup>st</sup>** 10.00 am Morning Prayer on Zoom

**Thurs 2<sup>nd</sup>** 6.00 pm Evening Prayer on Zoom

**Friday 3<sup>rd</sup>** **St Thomas the Apostle**

**Sun 5<sup>th</sup>** **The Fourth Sunday after Trinity**

10.00 am Eucharist on Zoom

**Mon 6<sup>th</sup>** 6.00 pm "Everyday Faith" discussion group on Zoom

**Weds 8<sup>th</sup>** 10.00 am Morning Prayer on Zoom

**Thurs 9<sup>th</sup>** 6.00 pm Evening Prayer on Zoom

**Sun 12<sup>th</sup>** **The Fifth Sunday after Trinity**

10.00 am Eucharist on Zoom

**Mon 13<sup>th</sup>** 6.00 pm "Everyday Faith" discussion group on Zoom

**Weds 15<sup>th</sup>** 10:00 am Morning Prayer on Zoom

**Thurs 16<sup>th</sup>** 6:00 pm Evening Prayer on Zoom

**Sun 19<sup>th</sup>** **The Sixth Sunday after Trinity**

10:00 am Eucharist on Zoom

**Mon 20<sup>th</sup>** 6.00 pm "Everyday Faith" discussion group on Zoom

**Weds 22<sup>nd</sup>** **St Mary Magdalene**

10:00 am Morning Prayer on Zoom

**Thurs 23<sup>rd</sup>** 6:00 pm Evening Prayer on Zoom

**Sat 25<sup>th</sup>** **St James the Apostle**

**Sun 26<sup>th</sup>** **The Seventh Sunday after Trinity**

10:00 am Eucharist on Zoom

**Mon 27<sup>th</sup>** 6.00 pm "Everyday Faith" discussion group on Zoom

**Weds 29<sup>th</sup>** 10:00 am Morning Prayer on Zoom

**Thurs 30<sup>th</sup>** 6:00 pm Evening Prayer on Zoom

# News

## The year Christian Aid became Quiztian Aid!

Christian Aid Week has always been a highlight in St Martin's year, as our members have pounded the streets in teams, led for many years by Mr Pond, knocking on doors to request donations. Members of the community of all faiths and none would look forward to our visits, coming to the door with ready-prepared sealed envelopes or bags of change. Congregation members gave generously through envelopes collected in church and offered to God at the altar. Some years we raised as much as £1000!

Coronavirus put a stop to that for 2020, but it hasn't stopped the need to raise funds for the poorest people in the world. Indeed, it made fundraising more urgent, as the virus headed towards refugee camps and impoverished communities lacking the basic sanitation to keep the disease at bay.

The work of Christian Aid hasn't stopped either – they have been there for those communities, and in order to raise much-needed funds, Christian Aid Week 2020 (10-16 May) was run as an online campaign, starting with a service led by Rowan Williams, former Archbishop of Canterbury. To raise awareness, they adopted the ever-popular lockdown online quiz. 'Quiztian Aid', as they called it, was launched with an evening led by celebrity quizmasters Rowan Williams, Giles Fraser, and Kate Bottley, followed by a week of daily live Facebook quizzes by Christian Aid workers.

Churches were encouraged to host their own events, and so my husband, Wayne, and I ran an evening on Zoom where we challenged a group of church-members with brain-teasers. There was much brain-ache, I think, but a fun time was had



by all. There was no way of calculating how much the evening raised, though we know that the donations went into triple figures. Helen Sanders and her husband Tim were the victors, so we persuaded them to run a quiz on June 13<sup>th</sup>. That was another convivial and well-attended evening, so we plan to hold another quiz on 3<sup>rd</sup> July, to help people stay connected during these times of social distancing. Look out for the zoom link in the newsletter and do join in with the fun.

You haven't missed your chance to donate to Christian Aid this year, either, for you can still do so through their website at <https://www.christianaid.org.uk/give/ways-to-donate>, or phone 020 7523 2046 to set up a regular payment or 020 7523 2269 to make a one-off donation. Although Christian Aid Week is over, the work, the giving and the love continue. As the caption for this year's campaign says, 'Love never fails. Coronavirus impacts all of us. But love unites us all.'

*Revd Jane*

## **Dementia-friendly service**

On Sunday 7<sup>th</sup> June we had planned to hold our yearly dementia-friendly Eucharist at St Martin's. This year we had to hold our Eucharist on Zoom but were fortunate to have a guest speaker, Katy Keen, a Memory Support Worker for the Alzheimer's Society, joining us to explain more about her work. Katy encouraged anyone who felt that they or a loved one were struggling with memory problems to contact her as she could offer the following:



- Information and advice for you (or the person you know) about memory problems
- Family and carers support and details on how to contact services that could help
- help to make informed choices about living well with dementia and other memory problems.

For further information, Email: [memorysupport.lypft@nhs.net](mailto:memorysupport.lypft@nhs.net)  
Telephone: Alzheimer's Society Office on 0113 2311727

It was a most useful talk from Katy and we look forward to working with her as part of our community.

## **New Facebook page / Zoom services**

Matthew has started a Facebook page for St Martin's:  
<https://www.facebook.com/StMartinPotternewton/>

Do take a look at it regularly to keep up to date with any news. The links for joining in our services on Zoom are also on there. If you know of people who do not have a computer or smartphone, they can phone these numbers: 0330 088 5830; 0131 460 1196; 0203 481 5237; 0203 481 5240; 0208 080 6591; 0208 080 6592, from a landline or mobile phone (charged at the usual rate). Enter the meeting ID and hashtag (#) for the Participant ID.

# News

## Garden Party 2020

The Garden Party could not take place on 13<sup>th</sup> June 2020 as planned but raffle tickets were sold and Fr Nicholas and his family held the draw anyway. The following were the lucky prizewinners!

Prize No	Prize	Ticket no	Winner
1 <sup>st</sup>	Supermarket Voucher £20	492	Dawn Lynch
2 <sup>nd</sup>	Whisky	078	Georgette Bartlett
3 <sup>rd</sup>	Vodka	342	Austin Hanley
4 <sup>th</sup>	Whiskey	390	May Arthurton
5 <sup>th</sup>	Basket of Fruit	966	Doreen Balmforth
6 <sup>th</sup>	Chocolates	881	CL c/o Lucy Williams
7 <sup>th</sup>	Biscuits	446	Alesea Hylton
8 <sup>th</sup>	Magnolia Toiletries	315	Georgette Rawlins
9 <sup>th</sup>	Wine	674	Emily Forbes
10 <sup>th</sup>	Whisky	188	Veronica Boone
11 <sup>th</sup>	Prosecco	109	Yvette c/c Carrie
12 <sup>th</sup>	Hand Wash & Lotion	578	B Jennings c/o Doris
13 <sup>th</sup>	Wine	722	Colin Henderson
14 <sup>th</sup>	Prosecco	863	Ervine
15 <sup>th</sup>	Toiletries	101	Leah c/o Carrie
16 <sup>th</sup>	Sherry	534	Pat Cook



The raffle has raised £742 so it goes without saying a massive thank you to all who bought tickets and all who donated some really lovely prizes. **THANK YOU!!!** We could not have done it without you.

*Sue Bain*



*Thanks must also go to Sue for organising the raffle, prizes and draw – a lot of time and effort went into it - Editor*

# News

## Lockdown Diary - The Garden in Spring

We were into the ninth week of lockdown. At long last, it was warm enough to leave off my winter woollies, at least for the day! For once, there was no gale force wind. The temperature was 25 degrees Celsius and there was not a cloud in the sky. Finally, I could enjoy the sunshine and let my body make its supply of Vitamin D.

It was also the week of the Chelsea Flower Show. Due to COVID-19, this year's show had been cancelled. On TV, we were treated to the highlights of shows from previous years. It seemed that a naturalistic style was at the forefront of modern garden design and planting. One of the show's presenters had filmed his spring garden in which cow parsley with its white, lacy flowers had just about taken over the planting. What was good enough for the gardening gurus was certainly good enough for me! Who was I to bemoan the fact that in my 'naturalistic' garden, yellow dead nettle and red valerian had naturally seeded and had taken over my garden paths to such an extent that walking along those paths required the use of a machete! Moreover, in its takeover bid, that thug, the yellow dead nettle was strangling just about everything in my rockery.

However much I liked to pretend that I was following the fashionable naturalistic trend, I had to be practical and control the spread of the deadnettle and the valerian. I needed to weed them out.

Today, I would enjoy the sunshine, the greenery, the flowers and the birdsong in my 'naturalistic' garden!

Tomorrow, I would do the weeding...



*Jennie Collins*

# **From All Souls**

## **Waiting Room**

As Christians we are people who know a lot about waiting. As the Church year goes around, we wait through Advent for the celebration of the incarnation of Jesus, the Son of God, at Christmastime. Through Lent, we wait for the momentous events of Passiontide, followed by the glories of Easter. Through the long season of Trinity/Pentecost, we wait patiently for signs of growth in our own and the Church's discipleship.

In our scripture reading, we wait with Abraham for the fulfilment of God's promises of a people and a land – we wait for centuries until those promises are fulfilled. We wait with the Hebrew slaves for their deliverance from Egypt. With the prophets and the faithful, we wait for the coming of the promised Messiah through centuries more of listening and watching for the coming of God's Promised One. We wait with Jesus through the 'hidden years' in Nazareth before the times are fulfilled and he appears in Galilee and in Judea, proclaiming the Kingdom of God in word and deed. We wait with the disciples whilst, a stone's throw away in the Garden of Gethsemane, Jesus sweats great drops of blood as he agonises over what is ahead of him. We wait in fear for what will happen next, in an upper room in Jerusalem, on the third day after Jesus' crucifixion and burial. We wait fifty long days for the coming of the promised Holy Spirit, who finally makes himself known in a rushing wind from heaven and tongues of fire. With the whole of God's Church, in heaven and on earth, we continue to wait today for the fulfilment of all the ages when Christ will return to his world in glory.

Yet in all these times of waiting, there has been much going on. People were praying, studying, serving, growing in faith and bearing spiritual fruit in all the ways open to them. They were encouraging each other, sometimes faltering, always recovering, pressing on in faith.

It seems to have been a long wait for the final 'all clear' from the corona virus epidemic. We may wonder if it will ever come. Yet the truth is that we have only been in this state for three months or so. Yet how impatient people are and how ready to put other people's lives at risk by their own self-centred behaviour; how tetchy they get with each other because we still have to be patient! But this experience of waiting has created room in our lives, especially during lockdown. Amidst much grief and anxiety, what has been

going on beneath the surface? Have we learned the value of a more regular daily pattern of prayer? Have we taken the opportunity to learn new ways of praying or serving others in and beyond our church community? Have we learned to value and appreciate the loveliness of the world around us, compelled as we have been to step out of our usual driven way of life which 'has no time to stand and stare'? Have we learned the value of people and things we have been denied contact with during these weeks and months? We have been given real 'waiting room'. How have we used it?

When we study the prayers of the New Testament we notice again how much space is given, especially in the prayers of St Paul, to sheer thankfulness! Even in prison, Paul seems to have found plenty of things to give thanks to God for! Why not resolve to take stock today of all that you have to be grateful for, whatever life's pains and losses, and give thanks first to God, and then to the people who have in all sorts of ways lately made your life happier, easier, more manageable? The list you end up with might well surprise you!

*Paul Stapleton, Reader, All Souls'*

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## **Eco top tips**

### **July – In the car**

1. In the car drive away immediately when starting from cold - idling to heat the engine wastes fuel and causes rapid engine wear.
  2. When driving the most efficient speed depends upon the car in question but is typically around 55 - 65mph, faster speeds will greatly increase your fuel consumption. Slow down and allow a little more time for journeys.
  3. Change your car breakdown cover to a company that campaigns for better environmental transport measures, rather than being part of the road transport lobby eg Environmental Transport Association [www.eta.co.uk](http://www.eta.co.uk)
- In the car switch your engine off if you pull over or are stuck in traffic for even a minute. It saves you fuel, reduces the nitrous oxide pollution for you and those around you and cuts noise pollution.

*Provided by Jemima Parker, Diocesan Environment Officer*

# Regulars

## Mothers' Union



### Some Words and Messages during Lockdown

*From Jean Thurman, Mothers' Union Diocesan President:*

Building **Hope** and **Confidence** is our theme this year and I am praying that we can come through the lockdown united in our **Hope** in God to see us through and **Confidence** to step into the future and into a 'new normal'. Mothers' Union members have always been active, leading the way in supporting those in need. We are not immune to the impact of the virus and I am sure that you feel that we must ensure that Mothers' Union can continue to serve God as Mary Sumner did 144 years ago.

Thank you for all that you are doing. Stay well and safe.

*From Margaret, a Mothers' Union branch member:*

When we first went into lockdown, I knew things were going to have to change. No popping out for a quiet coffee, no meeting family and friends at a local restaurant, no driving to the supermarket to pick up that one item! Little did I realise how much would change and how much has changed for the better. Mothers' Union has made me look for the positives to these changes. Here are a few:

- Adapting recipes to use what we have rather than what we want
- Searching through old photos and taking long trips down Memory Lane
- That feeling when your neighbours ask if there is anything you need that they can get for you.

I have downloaded Zoom which allows me to take part in church services. I have rediscovered paths I haven't walked for years.

At the end of the week, I reflect on the highlights. Yes, there will be downsides (especially when you cannot find flour of any description!) but I try to remember the positives, no matter how small and seemingly insignificant.

Something to think about amidst all the cancellations and closures during Lockdown!

<b>Church Online</b>	--	<b>Not Cancelled</b>	
<b>Quiet Time with God</b>	--	<b>Not Cancelled</b>	<b>Being the Church --</b>
<b>Praying for the Sick</b>	--	<b>Not Cancelled</b>	<b>NOW More Than Ever</b>
<b>Checking on a Friend</b>	--	<b>Not Cancelled</b>	
<b>Helping Others</b>	--	<b>Not Cancelled</b>	

*Article provided by Jennie Collins*

# Articles

## MINDS UNDER LOCKDOWN

An article by Catherine Pepinster, a former editor of The Tablet, first published in *The Tablet: The International Catholic News Weekly*, 16 May 2020, p.6. Reproduced with permission of the Publisher.

Website address: <http://www.thetablet.co.uk>

### **Paul Farmer's mental health tips for lockdown**

**Sleep** well

**Eat** well

**Exercise** well

**Meditate** and pray well

**Identify** someone you trust who you can talk to – *really* talk to

**Improve** your listening skills

**Avoid** social media and too much news

**Take up** or revive a pastime or hobby

**Ten months** ago Paul Farmer, the chief executive of the mental health charity, Mind, experienced one of the most traumatic emotional experiences any of us have to endure: he lost his wife, leaving him a widower with two children. Bereavement was made bearable, he says, because of what he calls “the protective arm around the shoulder” – the love of family, the consolations of friends, and the solidarity of his church community. He felt it especially at the time of the funeral of his wife, Claire Dwyer, the highly respected social geographer and chronicler of faith communities, migration and ethnicity, when people gathered to bid her farewell, celebrate her life, and grieve her passing.

**NOW THE** protective arm around the shoulder has been withdrawn from all who have been bereaved during the coronavirus pandemic. The familiar rituals that in normal times help us deal with death have been put to one side but for just a handful of mourners at a grave- side or in the crematorium. Sometimes even a spouse cannot attend a burial, in case they are carriers of the coronavirus, and instead has to watch from their window as the funeral cortège passes their home, and follow the service on an iPad. It is something, Farmer says, that worries him and he wants the Church to think deeply about the problem.

But even for those who have not had to endure the added pain of bereavement, lock- down is taking its toll. As the numbers of

people infected and those who have died have risen inexorably, the solution governments across the world have chosen is to shut down as much of ordinary life as possible. Schools have closed, offices have shut, theatres and cinemas have gone dark, restaurant kitchens have turned off their ovens. People have been locked out of their churches and mosques.

It may well have saved lives – but has it stored up even more problems for the future? It's a question that worries Farmer and his fellow mental health experts. For reports of people's distress, their frustrations and their loneliness, are starting to emerge. A survey conducted by Mind, with 12,000 respondents, shows that two thirds report their mental health has deteriorated. The price that society will pay in mental health problems, Farmer warns, will be huge.

"The mental health curve will be sustained for much longer than the coronavirus curve," he says. "It could be every bit as substantial. We all normally have protective factors that help our mental health. It might be taking part in team sports or a hug from a grandchild. In essence it is about human contact. Social contact is good and therefore social isolation is not good. At the moment we have the things that help us function well disappearing and then something that causes pressure comes along. That is a perfect storm."

He also warns that there will be trouble ahead even when we come out of lockdown, when people will have heard so many dire warnings about the contagious disease. "In recent days, there's almost two groups emerging – people who are now finding lockdown very difficult and want it to end, and people who are anxious about it ending. To some extent, age is less of a factor, although younger people are certainly keener to get out! The interesting dimension about 'older people' is that many feel the blanket pigeon-holing of the 'over 70s' is bordering on the discriminatory.

"It's very likely that people will see the world as a threat," Farmer says. "Something once thought of as normal, such as getting on the Tube, could make someone anxious. The psychological impact is huge."

Farmer, 53, has been chief executive of Mind for 14 years. He has spent the whole of his career in the voluntary sector, including a stint as press officer of the Samaritans and director of public affairs at Rethink, another mental health charity. It's a world

he clearly finds deeply satisfying, fulfilling a strong sense of service that owes much to his Catholic faith. After the Oratory School, Reading, he studied history at Oxford, and then looked for ways to become involved in changing society. Mind seeks not only to help people with mental health problems and to encourage everyone's mental wellbeing, but also acts as a lobbying group, speaking up for mental health to government.

**THE COVID-19** pandemic has involved it in all three activities: urging politicians to take mental wellbeing into consideration, producing advice for the public at large, and also trying to help people who are already vulnerable because of mental frailty and are finding the pandemic deeply troubling. Mind responded quickly to the lockdown, producing an information hub on its website with practical tips on mental wellbeing at home, and advice for employers regarding their staff 's mental health.

"When lockdown started, a lot of people did think about their mental health. That's a good sign," says Farmer. "Being concerned about the situation is a natural emotion. We need to be careful about over-medicalising human experiences."

Mind has also launched with other mental health organisations a project for key workers. Called Our Frontline, it is a text- based service that supports people in the NHS and other frontline services, including access to help and even emergency care. The Duke and Duchess of Cambridge have supported it through their Royal Foundation.

"Healthcare workers and others normally have a robustness because they have a level of control about their work. It's not common to put themselves at risk. Now they are under great psychological pressure and operating well beyond their usual comfort zone," says Farmer. "We want to make sure they can process their feelings and emotions so that they can help people. Sometimes they need permission to say, 'That was really hard.'"

**BUT FOR SOME** people lockdown has been particularly difficult, especially those with existing mental health problems who are finding services more difficult to access just at a time when they are feeling more anxious. Then there are young people, with surveys showing that many are struggling, especially with loneliness, despite how digitally savvy they are at keeping in touch.

"It seems counterintuitive that they are lonelier than older people, but to some extent social media is about counting friends

and 'likes', and they don't have high-quality friendships," Farmer explains. "The older generation has stronger connections and they also have life experiences to draw on. They ... know this will come to an end."

Finding reason for hope is clearly key to coping with the pandemic and the lockdown, and Farmer recognises that for people like himself, faith becomes incredibly important at a time like this. Mind's own survey shows that 12 per cent of white respondents and 23 per cent of BAME [sic] respondents said that they use prayer as a positive coping approach. ..."Livestreaming is reassuring people, and that is very important at a time like this. Faith is keeping a lot of people going; it's part of our mental health toolbox and the Church hopping online is very impressive."

...

He is also concerned that the Church's pastoral role continues and believes it needs to rethink its response to funerals, given they have barely existed during lockdown. "The risk is that it will say to people, 'We had the funeral.' That would be dangerous. We have to create the right way for people to say good-bye. Otherwise perfectly normal grief could move to depression."

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## **The Birds in your Garden – Mike Gray**

### **Bird Song**

Bird song is a wonderful and uplifting sound. OK, too much Green Woodpecker, Great Tit or even Cuckoo can drive you bonkers, but.....

It's world of different sounds that the majority of people don't tune in to. I've been on walks where I've commented "What a lovely song, but what sort of bird is it?" The response tends to be "What song?" Now though many of us have had the opportunity to listen in without the usual background noise of traffic. Good weather helps too. I warn you though, once you do tune in you'll stay tuned in!

First, it's useful to think about the purpose of birdsong. It is all about breeding. Most song is used either to defend a territory or attract a mate, and is a male pastime, and between spring and late summer is when it all happens – there is no dawn chorus in winter. Before you start delving into sound clips and try to work out who's song you've been listening to, it's helpful to work out whether it's a song or a call; often you need to listen to the right part of the clip to identify the bird concerned. Whilst song is all about breeding, calls

are used for all sorts of purposes such as contact within groups, alarms, or calling to offspring. Definitions vary, but songs tend to be complex and melodious, (I stress tend to be....) whilst calls tend to be simpler; both are often repeated. Perhaps the most frequently heard example is the Blackbird. Their fluid and varied song is heard all day long, with early morning and late evening being the best times to fix it in your mind as they tend to be the first and last songsters. Disturb one during the day though, and you will hear a completely different sound – their alarm call is a series of staccato squawks, rather indignant sounding, as they fly away or warn you off. Another call, much heard at the moment, is the sort of clucking they use to round up their fledglings when they have left the nest but are still dependent.

Social species such as Sparrows, Rooks and Goldfinches are among the birds you can hear chattering away to each other – these are contact calls. Some, such Starlings are often rather soothing, almost a sort of coo, whilst sparrow communications in particular rise and fall depending on whether they are just chatting, or getting aggressive!

Finally, if you hear a song, is there a response? Territories usually butt on to each other, so if one male is proclaiming his ownership, the one(s) next-door is usually having his say too!

There are many websites specialising in bird song;

<https://www.british-birdsongs.uk/> is one of the easiest to use.

(Bizarrely, many of the songs are recoded outside the UK!) To try it out, click on the link and then on the Blackbird. Look above the picture on the page which the link opens, and you'll see three tabs: for song, alarm call and flight call. Listen in and you'll hear the difference.

The 10 most reported garden birds in the GBW survey are

- Blue tit
- Woodpigeon
- Blackbird
- Robin
- Great tit
- Dunnock
- House Sparrow
- Goldfinch
- Magpie
- Collared Dove

Start there and see how you get on.....

For more information on Garden Birds the British Trust for Ornithology is your best source <https://www.bto.org/our-science/projects/gbw>

*Mike Gray* [gbwmike@gmail.com](mailto:gbwmike@gmail.com).

## **SAINT(S) OF THE MONTH**

July 6<sup>th</sup>

**Thomas More**, *scholar* and **John Fisher**, *bishop* (Both died 1535)

I wonder what God must think about the divisions and quarrels that have rent the church from New Testament times down to recent rows about women priests. I sometimes imagine Him looking down at us and shaking His head sadly as we squabble like little children while we ignore the majority of people who know virtually nothing of God or Jesus.

At least things seem less violent now than they were when the two Christians we celebrate on July 6<sup>th</sup> were executed for their faith right here in England. In fact, I see it as a glimmer of hope for us all that these two men are included in the list of Christian heroes in our Church of England lectionary. For they were both what we would call now Roman Catholics and both were sentenced to death because they were loyal to the Pope and opposed the King of England (Henry VIII) in his claim to be head of the church in England and to divorce his queen.

Anyone who has seen the film "A Man for all Seasons" will be familiar with the story of Sir Thomas More (although he was not nearly such a gentle person as the film portrays!). He held a high rank in Henry's government and enjoyed the friendship of the king. But he gave all that up and eventually surrendered his life to stand by his conviction that the king was harming the Church by his actions.

John Fisher was a Yorkshireman who, like Thomas More, was a brilliant scholar and a devout believer. He was ordained priest and became Bishop of Rochester in Kent. But he too defied the king, was imprisoned in the Tower of London and then beheaded.

Now, nearly 500 years later, the division in the Church initiated by King Henry still exists as do so many other divisions that split the Church at that time - and on many occasions afterwards. At least we do not murder each other now and even try to work together from time to time in friendly fellowship. But the basic scandal of Christ's Church divided still persists. So maybe a day like July 6<sup>th</sup> reminds us to use our prayers, partly to give thanks that some barriers have been overcome, but also to pray for the grace and wisdom to find ways we can work together more closely to do the *really urgent* work of service and evangelism to those for whom God and His Church mean little or nothing at all.

*Brian Pearmain*

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# Readings



**July 5<sup>th</sup>**

Zechariah 9:9-12  
Romans 7:15-25a  
Matthew 11:16-19, 25-end

**July 12<sup>th</sup>**

Isaiah 55:10-13  
Romans 8:1-11  
Matthew 13:1-9, 18-23

**July 19<sup>th</sup>**

Isaiah 44:6-8  
Romans 8:12-25  
Matthew 13:24-30, 36-43

**July 26<sup>th</sup>**

Genesis 29:15-28  
Romans 8:26-end  
Matthew 13:31-33, 44-52

## THOUGHT FOR THE MONTH

From the book: *Peace of Heart in All Things*, by Brother Roger Shutz, founder of the ecumenical community of Taizé, GIA Publications

Who will find ways to open up children and young people to trust in Christ? Kneel down with a child before an icon, praying in silence... and he or she can be awakened to the mystery of God. An intuition of faith, no matter how feeble, even if it has been forgotten, often reappears later on in life.

## From the Registers

### **Graveside Committals:**

29/05/2020 – Haltiman “John” Perry  
05/06/2020 - David Wright



## Transport

Would you like to come to Church services when they start up again but cannot get there by yourself? Please let us know and we will try to come up with a way of getting you here to worship with us.

## St. Martin's Free Community Kitchen

Our doors are open to families, individuals, the homeless, underprivileged and whoever else may be in need of some delicious food.

Every Saturday, serving 12pm-2pm

Come and find us at

St. Martin's Institute  
St. Martin's View  
Leeds  
LS7 3LA



Just off Chapeltown Road



## Community Kitchen

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in"  
(Matthew 25:35)

Started in July 2014, The Community Kitchen is usually open on Saturdays from 12.00 to 2.00pm. A free three course meal of soup, a main course and dessert is normally provided. Tea, coffee and fruit juices are also served.



## St Martin's Institute

St Martin's View, LS7 3LA

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