Malvern Priory Magazine



The Parish Church of St. Mary & St. Michael

PRIORY PEOPLE: THE REVD. MARJE STANTON-HYDE

A PERSONAL MEMORY OF EVENTS SURROUNDING THE FIRST ORDINATION OF WOMEN DEACONS AS PRIESTS—7TH MAY 1994



Remember all the way which the Lord your God has led you... to humble you, to prove you, to know what was in your heart. Deuteronomy 8.2

I have been remembering my initial call to become a full-time church worker.

I have been remembering the encouragement the Priory and Worcester Diocese gave me, sending me to Durham for full-time training.

I have been remembering going up to General Synod (the train was delayed!) to hear General Synod, after years of discussion, passing the Measure to allow women who had become Deacons in February 1987 to be ordained as Priests. No one was allowed in the public gallery in Church House during the vote so, with Margaret Goodrich and a number of other supporters, we heard the debate before moving outside on a cold November evening in 1993 to hear the result. In a quiet voice, the Archbishop of Canterbury, George Carey, announced that the Measure had been passed.

A Deacon from Worcester lit a single rocket, while we were told there would be a 'breathing space' for six months before any ordinations. The then Bishop of Bristol, wanting to be the first to ordain women, did so in April. Coventry followed but our Bishop, Philip Goodrich, waited until May. Five Deacons with Permission to Officiate were ordained in St James, Hartlebury—where I was Deacon-in-Charge and 33 women Deacons were ordained as Priests in Worcester Cathedral on 7th May 1994. It was amazing and moving to have so many families, friends and supporters, even from Magdeburg, rejoicing with us.

After the service we crowded on College Green, greeted by so many well-wishers. I have a photograph of my sponsors who laid hands on me, with the assembled Bishops, Canon Bill Richards, my main sponsor, Canon Colin Levey, my Training Incumbent, my long-term friend and encourager, Canon Barbara Baisley and, of course Bishop Philip, who had supported my ministry as Deacon in Hartlebury.

Colin, Barbara and Philip rejoice with us on another shore and I rejoice that God has sustained my calling as Deacon and Priest for 37 years.

To quote Bishop Philip "Alleluia, on we go".

Marje Stanton-Hyde

CHANGE—AND CONSTANCY

Some 500 years before the birth of Christ, the Greek philosopher, Heraclitus of Ephasus, argued that change is a constant of life (his Flux Doctrine). 2,000 years later, the epigram, 'plus ça change, plus c'est la même chose', which roughly translates as 'the more things change, the more things stay the same', was coined.

Following the Age of Enlightenment across Europe, advancements in understanding and knowledge were being seen and felt in all areas of society. Change and upheaval inevitably followed, not universally felt by all to be for the better. New leaders of organisations (including of churches!) often feel the need to make changes to 'stamp their authority'. However, taking doubters and cynics on the journey is difficult and the management of change is now a huge industry employing many thousands of people.

Many people find change uncomfortable, even threatening. To accept change without question requires complete faith in the leader and our natural reaction is to be to some degree resistant to change. The feeling of not being in control of the various episodes we all experience at different points on life's journey, is stressful, often extremely so. Notwithstanding our baptismal and confirmation vow to 'submit to Christ', this can be a real challenge when times are tough and we feel out of control of the changing scenes of life, with no visibility of how things will pan out.

As we move through the period in the lee of the storm of Holy Week and Easter, may we all be reminded that God's love, with the grace of the Holy Spirit, remains constant, yet new every morning.

The seventeenth century Welsh metaphysical poet and doctor,

Henry Vaughan, in his poem, Peace, (often sung as an anthem set to music by Hubert Parry) expresses it thus:

My Soul, there is a country Far beyond the stars, Where stands a wingéd sentry All skillful in the wars; There, above noise and danger Sweet Peace sits, crown'd with smiles, And One born in a manger Commands the beauteous files. He is thy gracious friend And (O my Soul awake!)

Did in pure love descend, To die here for thy sake. If thou canst get but thither, There grows the flow'r of peace, The rose that cannot wither, Thy fortress, and thy ease. Leave then thy foolish ranges, For none can thee secure But One who never changes, Thy God, thy life, thy cure.

Derek Valentine





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FROM THE VICARAGE

Our four-year-old grandson, Reuben, takes after Rita in his fascination with God's wonderful world. Reuben keeps his caterpillars on a kitchen workbench in a special netted pod. He gives them fresh leaves, watches them pupate, and then has a wonderful surprise when they emerge as butterflies to be released back into the wild.

When I was teaching many years ago, a child found the caterpillar of an emperor moth. It was the most enormous caterpillar I had ever seen. We put it in a jar with some leaves and soil—and one day it disappeared. About a month later, during a maths lesson, there was a sudden noise at the back of the classroom and there in all its splendour was a fully-fledged emperor moth. Wonderful! We realised what had happened, released the moth into the natural world, and learned a lot from that experience.

As a child, I was playing in the dirt one day and I discovered a chrysalis. My knowledge of what it was wasn't good, but I could see a hole in the top and what looked like some determined creature struggling to get out. I remember trying to help it—by peeling back the outer layer but when I checked, a while later, a moth had merged but hadn't flown away. It had died. In my kindness and haste, I had done the wrong thing. I now know that a moth must struggle to force itself through a tiny hole because this is God's way of pushing fluid from its body into its wings, enabling it to fly.

It just the same way as moths can only achieve freedom and flight because they go through struggles, we often have to struggle to become what God intends us to be. Often, God doesn't take away our problems and difficulties, but He promises to be with us during them and use them to restore us, making us better, stronger people.

'And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.'

1 Peter 5 v10.



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DIOCESAN NEWS AND VIEWS

GROWING CHURCHES THROUGH OUR RENEWAL PROGRAMME



The Church of England has a vision of a church that is Christ-centred and Jesus shaped. A church that is simpler, humbler and bolder. We share that vision and want to see every parish, every benefice, every chaplaincy,

every church school flourishing. Every church, every congregation is precious however small.

But within a healthy and sustainable ecology of churches we do need some that are larger. Some that can have thriving provision for youth and children; that can have excellent Sunday worship and develop one or more new worshipping communities. We need some churches to be generating the leaders of the future and helping to train the leaders of today. Not every church will be able to do all that, but within each significant area of population we want to ensure that there is somewhere which can.

One strand of our diocesan vision and strategy is to focus renewal funding in certain areas, to enable at least one church to grow to at least 150 people average weekly attendance across different services on Sunday and weekdays. We currently have very few churches that come near that number, particularly in the north of the diocese. *Only Top Church* approaches that in the Dudley Archdeaconry, which has grown as a result of significant investment as well as inspirational leadership at local level.

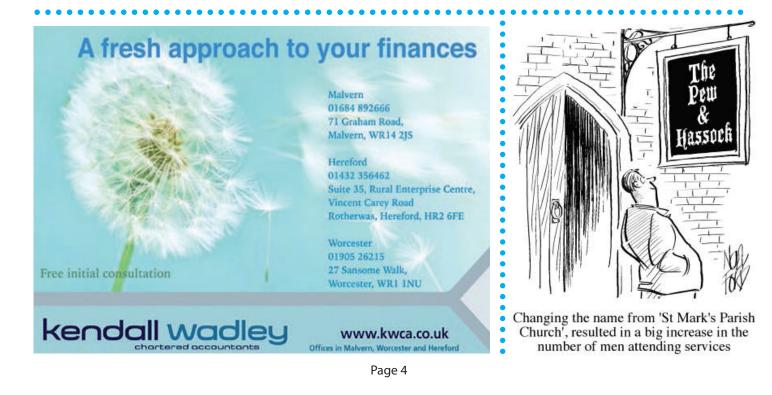
We now hope to replicate that growth in seven other centres of population and have obtained a significant grant from the national church to help us do that. This first phase of our renewal programme focusses initially on Kingswinford, Sedgley, Old Hill and Netherton, Pensnet/ Brierley Hill, Halesowen, Stourbridge and Redditch town centre. As these churches start to grow, we will also apply for funding to do the same in Bromsgrove and Kidderminster as phase two of the programme. Please pray for all those involved as we seek to grow healthy, happy, diverse churches that can flourish and thrive as centres of Christian love and faith for decades to come. Remember we want to see every parish, every benefice, every chaplaincy, every church school flourishing and every church—every congregation is precious, however small. If you want to know more about how a Mission Accompanier, or the Healthier Churches Fund might help your church to grow, contact me or Archdeacon Nikki today!

Bishop Martin

BEING A DISTINCTIVE DEACON

Chris Sheehan is a Pioneer Minister in Evesham having been ordained six years ago. With a ministry focussed on working in the community, he decided to stay as a Distinctive Deacon rather than being ordained as a priest at the end of the first year of his curacy. Chris said: *'I hadn't heard about distinctive deacons until I started going through the discernment programme. I felt and still feel called to "feed my sheep" and being able to combine paid work with this calling and the overlap between the diaconate and Pioneer ministry is a real blessing.'*

Distinctive Deacon is a specific ministry in the Church of



England. They are deeply-rooted in the church, while the focus and range of their ministry takes place outside the church in the community, and on the margins of church and society. Since ordination, Chris has started a number of different projects in Evesham, working with refugees and families and setting up a pop-up soup kitchen for the local community. 'As a deacon I



pop-up soup kitchen for the local community. 'As a deacon I bring the needs of the world into the church and take the love of God out into the world. Of course, many priests also do this, but they have other responsibilities within the church building so aren't necessarily able to have this as their primary focus. I didn't feel called to share the Eucharist and I can share the stories from those I meet in the community when I am leading services. For me it was all about using my gifts in the best way.'

There are only around 150-200 distinctive deacons in the Church of England. In our diocese, Chris is currently the only one, with another currently in training for ordination. The Church of England Network of Distinctive Deacons (CENDD) is in the process of bringing together those who share this ministry and promote the diaconate as a Calling in its own right. The Bishop of Sheffield is their patron. Chris continues: 'It is easy for this calling to be overlooked and we want to ensure that those exploring ordination realise that it is a possibility. Some people decide to be ordained as a priest further down the line and some, like me, feel that remaining

as a deacon is a much better fit for what God is calling them to do and be.'

The group try to correct any misunderstandings around what deacons can and can't do as well as providing information for diocesan directors of ordinands and incumbents who might be supporting distinctive deacons through training. 'It is a very biblically-present, alternative way of being ordained,' said Chris. 'I don't feel like I am missing out on anything and am very keen to encourage others who might feel similarly called—after being ordained deacon, you don't have to become a priest.' Find out more at:

https://cofedeacons.org/







Our long-established, friendly clinic has now expanded to new premises and Rosie Gazey (Thomson) has joined the team of practitioners. We are based in the heart of Great Malvern where we have our own car park, and suitable side-access for disabled patients.

5 Grosvenor House, 127 Church Street, Malvern, Worcestershire, WR14 2BA

PRIORY HORIZONS: CHRISTIANS AGAINST POVERTY

christians against poverty



Many of the missions that the Priory supports work overseas, but Christians Against Poverty (CAP) specifically works here in Britain through local branches, each headed up by one or more 'Debt Coaches' who have the skills and

knowledge to help people to manage their finances and learn how to set a budget and live on it successfully. There are many reasons that people fall into severe debt and the "Cost of Living Crisis" has certainly made it worse for many people. Quite often it is because peoples' circumstances change unexpectedly, perhaps through serious illness, loss of their job or relationship breakdown. Whilst state benefits exist to help, they are often difficult to access and are not always sufficient, especially for the many costs of family life.

CAP has been working in Malvern since 2019 and in the last two to three years has expanded, with the help of local churches, to help needy people in Ledbury as well. The debt coaches work with individuals who have come to a point where they are having difficulty in managing their debt and can help them with ways to move forward in life, perhaps helping them to negotiate payments with creditors such as utility companies. In extreme cases this may even mean helping use legal processes such as voluntary bankruptcy or obtaining an official Debt Relief Order.

As well as the work of the debt coaches, everyone who is helped by CAP is allocated a Befriender. These are exactly what it sounds like; someone to come alongside clients as a friend, not as a financial or budgeting expert. More befrienders are always needed, so do contact CAP if you think you could help in that way. There is also a 'Blessings' team; people who help out in very practical ways, perhaps some DIY or decorating, or installing a fridge or washing machine that has been donated by a local company.

Over the last year, CAP Malvern and Ledbury have supported 40 households; families, couples, and singles, aged 20-80. With volunteer Befrienders, Blessings Team, and your prayers, they help clients face up to debt, encouraging them and building hope. Some clients, once they have their budget and options sorted, are equipped to manage their debt independently, which is great. However, many clients want CAP's support until they are debt-free.

CAP has celebrated with ten local families who became debt-free in the last year, but the real celebration is that these people are now more equipped to live on tight budgets. CAP Debt Service, Money Coaching and Life Skills all play a part, helping clients with their debt as they face the rising costs of living and the stark reality of poverty, which often cripples them.

New clients can telephone CAP at national level who pass on their details to the local team, so please do encourage anyone you know who might appreciate some help with debt to give CAP a call on 0800 328 0006 or visit their website: www.capuk.org

Peter Babb



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OVER 500 CELEBRATE EASTER AT THE PRIORY









Malvern Priory welcomed over 500 people to the Easter services. It was the first time our ancient church had been able to host the morning service since the beginning of January when major building works began on the nave floor. The new, levelled flooring was finally finished just in time and a team of over 20 volunteers set about spring cleaning the church in order to re-open for the bank holiday.

Easter Day began with the traditional dawn service held on top of the Malverns, led by our Vicar, Rod Corke. This was followed by early communion, the morning service and sung evensong—all back in the Priory.

'It was wonderful to welcome so many people back to church,' said Rod. 'The new flooring looks wonderful and is so much safer than the previous arrangement. And the church, with the underfloor heating, was really warm. We are also delighted that our Priory Friends' shop re-opened that week.'

Easter weekend was a time of new beginnings for the Priory. A new Easter classical candle holder was used for the first time and an altar cloth, designed by Bill Butler and Geoff Rowswell and embroidered by Bill, was also used during the early morning communion service.

Mary Rowswell

Crossword Solution April



NEXT PRIORY SUNDAY LUNCH

The date for the next Priory Sunday lunch is **19th May.** Do come and join us at the Foley Arms from 12.30pm in the downstairs room. As



usual and nearer the time, there will be a list at the back of church where you can sign up but if you're unable to do this, please phone Sally (07485 555185) or Patrick Fallon (07484 743764) to add your name. There is a varied menu at all prices to suit everyone and it is a great way to get to know one another in a relaxed atmosphere.

CHRISTIAN AID WEEK: 12 – 18th MAY 2024

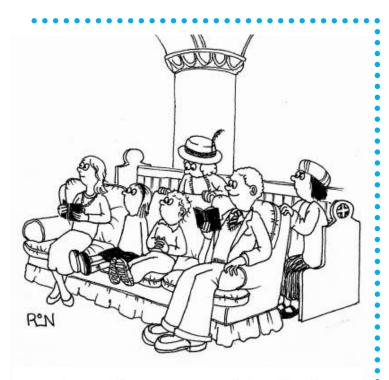
Every Christian Aid week, people across Britain and Ireland raise funds, act and pray for their global can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it, and build safer homes. 35-year-old Aline Nibogora (pictured) is the chairperson of a VSLA which

neighbours in a celebration of hope for a fairer world. This year's appeal runs from 12 – 18th May and is focussing on the organisation's work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides. The global cost of living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished.

christian

Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict.

Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These community-led groups mean people



Regular worshippers were upgraded to first class



supports some 25 families in a remote village, in Makamba Province. Aline escaped an abusive marriage only to find herself on the streets begging for a place to stay. Her life changed when she went to a three-day, Christian Aid-funded community workshop. With a small start-up loan, Aline began trading avocados and peanuts locally. She's now a grocery wholesaler and living on her own plot of land where

she's building a home for her family. In the next five years she hopes to expand, so one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances. 'I don't want my children to have a painful life like mine; remembering it makes me weep. I could never have dreamed I would one day have a brick house and be a successful businesswoman, able to feed and clothe my children. This is a plan and I will do it; I am a woman who is an achiever.'

This Christian Aid Week, supporters are once more stepping up, knowing that every prayer, every gift, every action helps transforms lives. There are seven days and so many ways to make a difference—whether that's church services, special collections, Christian Aid Big Brekkies, or even a Bible readathon. For those who like a physical challenge, there's a new option for 2024 with the chance to take part in a 70k in May. You can cover the distance in any way you like, take part by yourself or with a group, and share your progress on a dedicated Facebook page. Find out all the ways you can support Christian Aid Week by visiting the Christian Aid https://www.christianaid.org.uk/appeals/keyappeals/christian-aid-week



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THE REWILDING PLAN TURNING CHURCHYARDS INTO 'LIVING SANCTUARIES'

How can we encourage new life in our churchyards this year? The Bishop of Norwich, the Right Revd Graham Usher, recently called for 'land action plans' to be developed to encourage and enhance biodiversity across the estates owned by the church of England (CoE). The bishop urged that churchyards should be rewilded to become 'places for the living, not just the dead'. With the CofE responsible for around 17,500 acres of churchyard alone (notwithstanding a further 70,000 acres of agricultural land owned by dioceses which is known as glebe land and is largely leased to tenant farmers), such a concerted push could have a dramatic impact on enhancing Britain's biodiversity.

There is another reason that churchyards have the potential to be such an oasis of wildlife across the country. As consecrated ground, they have been largely spared the ravages of industrial farming and development which has decimated Britain's flora and fauna elsewhere. Ancient trees have been left to grow and the earth left undisturbed for centuries.

Several national schemes exist to support the rewilding ambitions of church congregations. A charity called *Caring For God's Acre* provides an action pack for those considering rewilding consecrated ground, while since 2016 the Christian charity *A Rocha UK* has offered an 'eco church' accreditation.

MAY BANK HOLIDAYS

Who doesn't enjoy the fair month of May? Not one day but two we can spend time away; With workbags and satchels left under the bed We sing as we pack up a picnic instead! The sun in the sky and the wind in our hair As we eat our lunch in the fresh open air; The river chants secrets to daisies nearby And birds sing their anthems beneath the blue sky. Replete, we can take to our feet, or a bike Instead of a schedule we can do what we like! Catch up on a novel, or stroll 'neath the trees Our laughter transported on warm summer breeze. From two days of duty we are thus relieved And so we should judge them a blessing received; A pause in life's rhythm, a gift from above To substitute stresses with laughter and love.

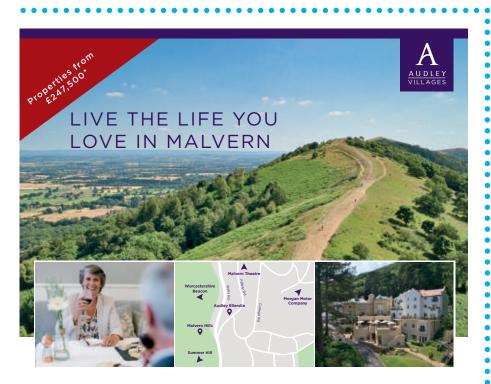
ALL IN THE MONTH OF MAY

It was:

- 200 years ago, on 7th May 1824 that the first performance of Ludwig van Beethoven's Ninth Symphony took place in Vienna. It is regarded as Beethoven's greatest work and is one of the most-performed symphonies in the world.
- 150 years ago, on 9th May 1874 that Howard Carter, British archaeologist and Egyptologist, was born. He discovered the tomb of the Pharaoh Tutankhamun in 1922.
- 100 years ago, on 4th May 1924 that the British children's writer E Nesbit

(Edith Nesbit) died. Best known for *The Railway Children*.

- 90 years ago, on 25th May 1934 that the British composer Gustav Holst died. Best known for *The Planets*.
- 70 years ago, on 6th May 1954 that Roger Bannister became the first person to run a mile in under four minutes (3 minutes, 59.4 seconds), in Oxford.
- Also 70 years ago, on 20th May 1954 that Bill Haley & His Comets released the song *Rock Around the Clock*. It brought



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rock and roll into the mainstream and is regarded as one of the most important records in music history.

- Also 70 years ago, on 29th May 1954 that Diane Leather became the first woman to run a mile in under five minutes (4 minutes, 59.6 seconds), in Birmingham.
- 60 years ago, on 2nd May 1964 that Nancy Astor, American-born British politician died. She was the first female Member of Parliament (MP) to take her seat in the House of Commons.
- 50 years ago, on 24th May 1974 that Duke Ellington, American jazz pianist, composer, and big-band leader, died. Regarded as the greatest jazz composer of the 20th century.
- 40 years ago, on 17th May 1984 that Prince Charles described a proposed extension to the National Gallery in London as a 'monstrous carbuncle on the face of a muchloved and elegant friend'. The design was scrapped, but his comment sparked controversy over the Royal Family's role.
- 30 years ago, on 6th May 1994 that the Channel Tunnel linking England and France was officially opened.
- Also 30 years ago, on 10th May 1994 that Nelson Mandela was inaugurated as South Africa's first black president, after more than 300 years of white rule.
- 25 years ago, on 1st May 1999 that the body of mountaineer George Mallory was found on Mount Everest. He had been missing since 1924.
- Also 25 years ago, on 6th May 1999, that the first general elections for the Scottish Parliament and the National Assembly for Wales, took place. Donald Dewar became First Minister for Scotland and Alun Michael became First Secretary for Wales.





Malvern St James (MSJ) is a leading independent day and boarding school for girls aged 3-18, located at the foot of the picturesque Malvern Hills.

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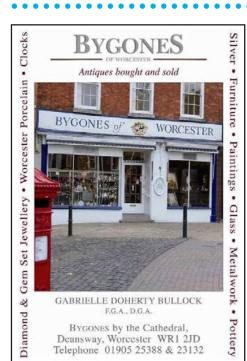


THE BIBLE IN 50 WORDS

God made. Adam bit. Noah arked. Abraham split. Joseph ruled. Jacob fooled. Bush talked. Moses balked. Pharaoh plagued. People walked. Sea divided. Tablets guided. Promise landed. Saul freaked. David peaked. Prophets warned. Jesus born. God walked. Love talked. Anger crucified. Hope died. Love rose.

- Spirit flamed.
- Word spread.
- God remained.

Anon



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GOD IN MUSIC

In the 1980s, thanks to Godfrey Smith, a columnist for The Sunday Times, there was a series of letters about particular pieces of music that have the TQ—the Tingle Quotient. As we listen, the music sends a shiver of excitement up and down the spine and opens out for us a new world of beauty and wonder.

The letters started with a novelist writing about his travels across the Sahara. In moments of desolation and loneliness he would think of music that meant the most to him and which he thought he might never hear again. Then a schoolmaster in Rochester wrote of a production of 'Romeo and Juliet' where the funeral scene virtually brought the house down. Juliet entered a darkened school hall, lit only by

'GLORIOUS THE SONG WHEN GOD'S THE THEME': ALLEGRI'S *MISERERE*



treble or soprano reaches a high C and comes down the scale to the cadence.

We can point to the intriguing history of this work, for the setting by Gregorio Allegri (1582-1652) was the exclusive possession of the Sistine Chapel in the Vatican. To copy the music was a crime punishable by excommunication.

In spite of this, a 14-yearold Mozart heard the piece in 1770 and wrote it down from memory, paying another visit to verify some of the notes he had copied down. The Emperor, Leopold 1, the king of Portugal, persuaded the Pope to grant him a copy. When it was performed in his own imperial chapel, he was disappointed. He even thought the Pope had

glimmering candles with music sung that brought the audience to tears.

For both novelist and schoolmaster, the work that had that TQ factor was Allegri's *Miserere*. It provided consolation in the cold desert nights, and it created the impact in that production of Shakespeare's play. Other readers supplied their list of TQ music, and always the Miserere was in the top five. I suspect that this music strikes the TQ for many of you as well.

Why is it, I wonder? We can provide an answer by talking of the contrast between the plainsong sung by the men's voices and the responses from the choir that lead to that small group of solo voices where the

the Friends of

Vern Pri

palmed him off with an inferior work. Then he realised that the beauty and magic of the music lay in its being sung in the Sistine Chapel where the plainsong and the high C cadences could ring out among the pillars and arches of that great building.

The *Miserere*, or Psalm 51, is the heart-felt cry of the Church for mercy. As one of the penitential psalms, it is a very personal expression of sorrow for sin and a moving appeal to God for mercy and restoration. In Allegri's setting, that high C is reached as the individual acknowledges his sin, and again as he cries for mercy, and finally as he proclaims that his tongue will sing of God's grace and righteousness. A single voice in the



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If you love the Priory building and/or its musical tradition, do consider joining us on the Friends' Council.

For further information about what is involved, contact the Chairman, Anne Eglington on 01684 567640 or by email to <friends.malvernpriory@gmail.com> music scales the heights of heaven to represent all of us as we turn to God with that same awareness of sin, that same plea for mercy, and that same affirmation that we will then turn to God with thanksgiving and the offering of a humble and contrite heart.

And so with the psalmist and with Allegri, we can pray 'Have mercy upon me, O God, after thy great goodness.'

Revd Michael Burgess



Spirituals and Psalms

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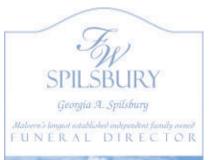
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BOOK REVIEWS

THE NIGHT THE ANGELS CAME: MIRACLES OF PROTECTION AND PROVISION IN BURUNDI By Chrissie Chapman, Monarch Books; £8.99

A remarkable story which is truly inspirational and challenging. Chrissie Chapman moved to Rwanda in 1991 to open a maternity clinic. Twenty years later she recounts her remarkable experiences of God's guidance and



provision. Through years of civil war when most expatriates left, Chrissie stayed. After a powerful encounter with God, when she saw the protection angels at her mountain clinic, she was then led to work with orphans caught up in the crisis. In addition, she adopted three children herself. She opened a home for abandoned babies which became CRIB (Children Rescued In Burundi). God stirred her heart to care for lost children. Chrissie experienced God's faithfulness over and over again. Her story inspires us as a reminder that God really does do more than we could ever imagine.

Rosemary Webster

Growth.

ime

of Change

SPIRITUAL GROWTH IN A TIME OF CHANGE: FOLLOWING GOD IN MIDLIFE By Tony Horsfall, BRF, £9.99

Our 40s and 50s are often times of personal change and emotional transition for our families, but they can also be important years for our spiritual lives. Tony Horsfall

addresses a number of 'midlife' issues—from facing up to the past, to renegotiating relationships—and explores how to navigate a spiritual journey through these years, leading to deeper faith and a closer walk with God.

FINDING FLOURISHING: TIME AND PACE FOR YOUR WORK-LIFE WELLBEING By Naomi Aidoo, BRF £9.9

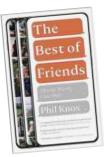
In our fast-paced world, wellbeing should still be an accessible pursuit, even for the busiest among us. Naomi Aidoo presents a practical approach to helping you achieve wellbeing; one that doesn't require



adding yet another technique to your busy schedule. Instead, it shows you how to enhance your day-to-day mental, emotional and spiritual well-being. Aidoo considers how wellbeing might look in our relationships, our work and the rest of our lives, and uses the T.I.M.E. framework to offer manageable steps towards achieving it.

THE BEST OF FRIENDS— CHOOSE WISELY, CARE WELL By Phil Knox, IVP, £10.99

Friendship is unparalleled as a building block of society, a universal theme in great literature and film, and has a huge impact



on our mental health, wellbeing and happiness. But many of us are lonely or feel suffocated by the pressures of life and quantity of relationships we have to maintain. Now, more than ever, we need better, deeper friendships. We need the best of friends. Full of practical advice, humour and wisdom, Phil Knox shows us how to choose our friends wisely and maintain lasting and meaningful relationships.

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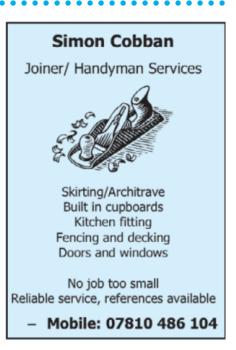
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The Office is open on Thursday & Friday, 9.00am— 1.00pm, for drop-in visitors and 'phone calls. On other days you can contact the office by email, which is monitored regularly, or by leaving a message on the answerphone. If your request is urgent, please contact Revd. Rod Corke (pastoral) or Anne Rich (administrative).

www.greatmalverpriory.org.uk

For information about services, events, outreach, history, conservation and much more, take a look at our website. The weekly pew sheet 'This Week' is available at Priory Family>Weekly Vicar's Letter and notices. The Blog on the homepage is updated regularly with Priory happenings.

THE FRIENDS OF MALVERN PRIORY



The Friends supports the heritage of the Priory building and its musical tradition. It runs the Priory Shop and Guided Tours, holds the annual Heritage & Faith

Lecture, Lunch Box, Community Carol Service and Friends' Choral Evensong. To find out more please contact Anne Eglington, Chairman. Email: friends.malvernpriory@gmail.com Website: friendsofmalvernpriory.uk

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(Christian Centre at entrance to Priory) Tel: 01684 573702 Email: office.info@lytteltonwell.co.uk Enquiries about Priory bookings of the Lyttelton Rooms should be made at the **Priory Parish Office**.

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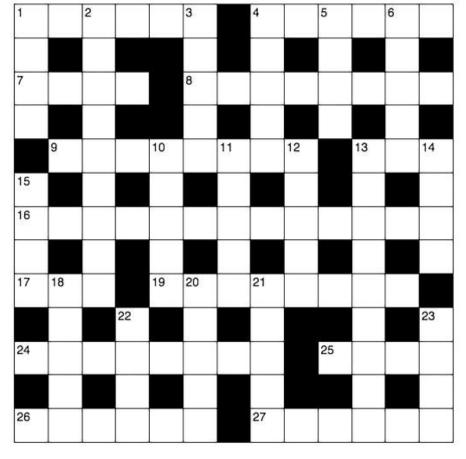


MAGAZINE CONTRIBUTIONS

Please send all contributions for the magazine by email whenever possible to mag@greatmalvernpriory.org. uk with the deadline of the 10th of the previous month at the latest. Written articles should be clearly marked "Magazine" and placed in the "M" pigeonhole at the back of the Priory. The deadline for these is the 8th of the previous month. Contributions should be limited to a maximum of 500 words and, where accompanied by relevant photographs, reduced accordingly. Where photographs of young people are provided, please confirm that parental permission has been obtained to publish in this magazine. Articles will also be considered for inclusion on the Priory web site - if for any reason this is not acceptable, please mention when submitting articles. Some photographs, especially of young people, may not be published on the web pages.

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CROSSWORD



ACROSS:

- 1 One who owes money, goods or services (Isaiah 24:2) (6)
- 4 'A good measure, pressed down,
 together and running over' (Luke 6:38) (6)
- 7 Continuous dull pain (Proverbs 14:13) (4)
- 8 This bread contains yeast (Amos 4:5) (8)
- 9 'But take heart! I have the world' (John 16:33) (8)
- 13 And the rest (abbrev.) (3)
- 16 What Paul was accused of by Tertullus, the high priest's lawyer, in his trial before Felix (Acts 24:5) (13)
- 17 Rap (anag.) (3)
- 19 Founder of the Jesuits in 1534 (8)
- 24 'For where your is, there your heart will be also' (Luke 12:34) (8)
- 25 The first word written on the wall during King Belshazzar's great banquet (Daniel 5:25) (4)
- 26 'We all, like sheep, have gone ' (Isaiah 53:6) (6)
- 27 One was given in honour of Jesus in Bethany (John 12:2) (6)

DOWN:

- 1 'The blind receive sight, the lame walk, the — hear, the dead are raised' (Luke 7:22) (4)
- 2 Conduct (Colossians 1:21) (9)
- 3 In the Catholic and Orthodox traditions, the body of a saint or his belongings, venerated as holy (5)
- 4 'Like a of locusts men pounce on it' (Isaiah 33:4) (5)
- 5 Very old (Genesis 44:20) (4)
- 6 In Calvinist theology, one who is predestined by God to receive salvation (5)
- 10 How Nicodemus addressed Jesus when he visited him one night (John 3:2) (5)
- 11 Sea (Psalm 148:7) (5)
- 12 'I will you, my God the King; I will praise your name for ever and ever' (Psalm 145:1) (5)
- 13 One of the groups of philosophers that Paul met in Athens, who disagreed with his teaching about the resurrection (Acts 17:18) (9)
- 14 Barred enclosure (Ezekiel 19:9) (4)
- 15 'Since we live by the Spirit, let us keep in— with the Spirit' (Galatians 5:25) (4)
- 18 Cares (anag.) (5)
- 20 Garish (Ezekiel 16:16) (5)
- 21 'So God said to Noah, "I am going to put — — to all people"' (Genesis 6:13) (2,3)
- 22 Just (2 Corinthians 6:13) (4)
- 23 'The of the Lord is the beginning of knowledge' (Proverbs 1:7) (4)



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