

Services held every
Sunday morning
10:30 am

Volume 12 Issue 4 May 2016
Next issue: June- 2016

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St Mary's Magazine

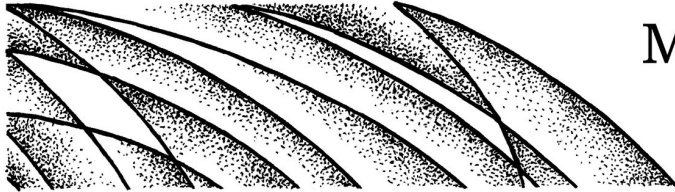


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The Anglican Chaplaincy of Twente

DIOCESE IN EUROPE
THE CHURCH
OF ENGLAND





May
2016

The Chaplain Writes

‘Peace be with you’

With these words, Jesus came into the room where the disciples huddled together, waiting for the next things to happen. They had no idea that the Helper, who would come to their aid, would enable them to speak boldly, without hesitation and without fear to be persecuted. They were free!

We do receive that very same peace during the Eucharist, beginning with the words: *‘the Lord be with you’* and followed by: *‘we meet in the name of Christ and we share his peace. The peace of the Lord be with you’*.

It is not a personal wish of the celebrant! He or she acts only as a mediator to bring the peace of the Lord to each one of you in the congregation. You wouldn’t expect the Communion to come from the celebrant and you realize that the bread broken and shared comes from God. And so it is with the Peace. It is His gift to the people, who want to accept it, and the priest is only the mediator.

This month we celebrate Pentecost, the beginning of the Church. A group of people who didn’t choose each other, but are put together to make community. A community of love, where we have to bear each other’s shortcomings and enjoy each other’s gifts. Where we want to create a place of warmth and love, where mutterings can be overcome and where we have to apply the words of John in his letter (1 John 5.14-15):

‘And this is the boldness we have in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him’.

Do pray these words with all your heart!

Alja Tollefsen
Chaplain of St Mary’s





Children's genuine exam papers

The following real life answers to various exams explain why teachers need long holidays...

*What is a nitrate?
Cheaper than a day rate.*

*What did Mahatma Gandhi and Genghis Khan have in common?
Unusual names.*

*Name one of the early Romans' greatest achievements.
Learning to speak Latin.*

*Name six animals which live specifically in the Arctic.
Two polar bears. Four seals.*

*How does Romeo's character develop throughout the play?
It doesn't, it's just self, self, self, all the way through.*

Name the wife of Orpheus, whom he

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Council commissioning

All Council members are requested to be present at the Council Commissioning, which will take place during the service on Sunday 15 May.

5 May Ascension Day Service / Picnic 10.30.

This year, the traditional Ascension Day Picnic, held after the Ascension Day Service, will combine with Part 1 of the Spring Plant

Sale. So please, begin preparing for both. Think of what food you can bring. Look around your garden and see if you have any spare plants to donate. For example, you could try growing on some garden plants from seeds or cutting. Alternatively, while you are tidying up the garden in preparation for the summer, there might be plants needing thinning.

There will be a list put up in hut to help you come up with ideas of what food you could bring to share. In addition, please bring your own cutlery, glasses, plates and chairs to the picnic. The plants we do not sell at the Picnic will go into Part 2 of the Spring Plant Sale, which will be held on 8 May. This will give the plants a second chance of finding a new home.

Look forward to a great day together and come prepared with food and plants. However, if due to your circumstances you can bring neither, than just bring yourself. There is always more than enough to go around and the more people who come the better the day is for everyone.

Summer Teas

Despite the present weather, summer is expected to arrive eventually. This means Summer Teas, which start up again on the 10 July and will continue on every Sunday up to and including the 14 August. It also means volunteers to bake and assist in running the teas are needed and are asked to place their names on the rota when it is put up in the hut. The Summer Teas have an important place in the chaplaincy. Not only do the teas provide valuable extra income, they also serve as a shop window for the chaplaincy to visitors.

While visitors enjoy tea and delicious home baked goods, they can learn about the chapel, the work it does and the people who attend. So if you can help in any way, please sign up.

Error in April Issue

An article titled 'The Vegetable Garden' was credited to Maureen

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(Continued from page 4)

v.d. Heide in error. It should have been credited to Cathy Warmink, heartfelt apologies for the mix up.

Annual General Meeting

The AGM was held in the chapel following the Sunday Service and coffee. Simone Yallop had as usual, prepared and printed all the required papers for the AGM, such as Chaplain's Report, The Secretary's Report and the Treasurer's Report to name a few. Simone was thanked for all the work she had done in preparing the papers.

With all the reports accepted, the meeting moved on to the election of council officials. Jeanet Luiten and Blair Charles were elected for their second year of office as Wardens. Philippa te West stepped down from the council. John Bestman, who was standing for the first time, and Louw Talstra, who was for re-election, were both elected. Thanks to Phiippa for her service as well as to John and Louw.

During any other business at the end of the AGM, Caroline Siertsema raised a point about the cost of the magazine. Caroline, who has attended St Mary's Chapel for many years and has served as Warden and Treasurer as well as being involved in numerous other church activities, proposed a motion for the magazine to switch to a fully digital online version only. Caroline argued that at a time when the chaplaincy finances are running with a deficit, the cost of a printed magazine was a luxury the chaplaincy could not afford. Although the motion was not carried, Caroline made a valid point.

The magazine will only be secure if everyone collecting a printed copy pays €15 p.a., and those receiving a copy by post, pay an additional €20 annually. Anybody interested in seeing what the digital version looks like can look on the church website. At present, fifteen people use this method.



Intercessions

If you wish to have someone included in the intercession, please contact the Chaplain or one of the Churchwardens before the Service.

If you know of anyone who is sick or in

(Continued from page 4)
attempted to save from the underworld.
Mrs Orpheus.

Where was the American Declaration of Independence signed?

At the bottom.

What happens during puberty to a boy?

He says goodbye to his childhood and enters adultery.

State three drawbacks of hedgerow removal.

All the cows will escape. The cars drive into the fields. There is nowhere to hide.

What is the meaning of the word varicose?

Close by.

What is a fibula?

A little lie.

Why would living close to a mobile phone mast cause ill health?

You might walk into it.

What is a vibration?

There are good vibrations and bad vibrations. Good vibrations were discovered in the 1960s.

Where was Hadrian's Wall built?

Around Hadrian's garden.

The race of people known as Malays come from which country?

Malaria.

Share

There are only two things a child will share willingly - communicable diseases and his mother's age.

Happy

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

Grin

Keep smiling - it makes people wonder what you've been up to.

Barbershop evangelism

There was a barber who felt he should share his faith with his customers more. So the next morning he decided: "Today I am going to witness to the first man that walks through my door."

Soon after he opened his shop the first man came in for a shave. The barber sat him down and then fled to the back of the shop to pray. "God, please give me the wisdom to know just the right thing to say. Amen." Then the barber approached the man with his razor knife in hand. "Right then, sir... I presume you are ready to die?"

Letter from St James the Least of All

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least in the county of C- for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained...

On dealing with summer fetes

The Rectory
St. James the Least of All

My dear Nephew Darren

So you are beginning to plan your first Summer Fete in your new parish. That you appear to be looking forward to it shows how little you know about them.



Parishes hold Summer Fetes so that their clergy can preach more meaningfully on purgatory. Their ostensible purpose is to raise money for the church - which is wholly illogical. The parish could double the money raised if the Fete were dropped, none of the endless preparations made, if everyone spent a pleasant afternoon in their own gardens and each person simply donated £20 to the church instead. But we still feel obliged to go to endless trouble, making ourselves miserable so we can show each other what a good time we are having. That it generally pours seems to make the entire event even more grimly satisfying.

No, the real reasons for a Summer Fete are twofold. First, it gives the entire parish the chance to inspect the Rector's garden. Whatever state it is in, it will cause disapproval. If it is poorly kept, then I am clearly being ungrateful for having three acres of lawn to enjoy. Mowing it each week should be one of my delights; what else would I do with a whole day off each week anyway? The hand mower, kindly given by Colonel French is assumed to be quite adequate - and rumour has it that I need to lose weight anyway. The mower was presented to me when the Colonel bought his own gardener a sit-on motor mower - which is of a size and opulence that makes me assume it has a drinks cabinet and satellite navigation.

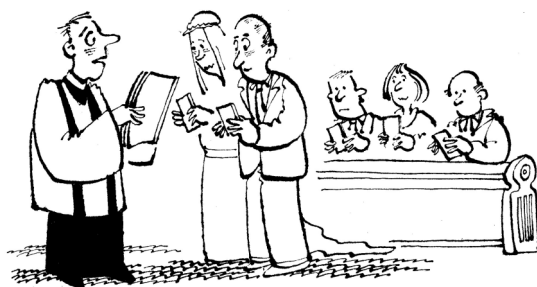
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The second reason for a Fete comes as a special perk for the organisers. It gives them a chance to inspect the inside of the Rectory. Under the pretence of looking for a little more sugar, they can systematically inspect all the kitchen cupboards and comment on their contents. By the end of the day, the whole parish will know what marmalade I spread on my toast, that I use unnecessarily expensive washing powder, and where I have unsuccessfully tried to hide the gin.

The details of what then happens while the Fete is in progress must wait until my next letter, when we will have had our own. It is now time for Evensong, drinks with Major Mallet and his wife, and then a quiet evening with a good book, while I toy with other possible hiding places for the gin this year.

Your loving uncle,
Eustace



...er, if I could just tear you away from your mobile phones for a moment...

A Moment of Reflection

Here are a few lines Erica Schotman Bonting found in one of Sjoerd's old magazines. Look at the date this was written.

'There cannot be a God of love,' men say, 'because if there was, and he looked upon the world, his heart would break.'
The Church points to the cross and says, 'It did break.'
'It's God who made the world,' men say. 'It's he who should bear the load.'

The church points to the cross and says, 'He did bear it'
William Temple, 98th Archbishop of Canterbury (1942-1944)

Just the man

Small boy: "Please, sir, my Dad says you are a Doctor of Music."

Famous pianist: "That is quite right, my little man."

Small boy: "Then I wonder if you'd be so good as to mend my trumpet?"

Taking Jesus

A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied: "They couldn't get a baby sitter."

Footsteps

I don't want my children to follow in my footsteps
I want them to take the path next to me and to go further than I would have ever thought possible.

Child Care

I often worry about the safety of my children, especially the one that is rolling his eyes and talking back to me.

Children Quotes

Like fruit, children are sweetest before they turn bad.

Dena Groquet

"Every child comes with the message that God is not yet discouraged of man."

Rabindranath Tagore

Speeding

A traffic policeman recently stopped a woman for exceeding the posted speed limit. He asked the driver her name.

She said, "I'm Mrs. Chadivaler Zuminskagia Ragretumunga from the Republic of Uzbekistan visiting my daughter in London."

As she finished speaking the policeman paused for a moment and then put away his summons book and pen, and said, "Well... OK... but don't let me catch you speeding again."

One-Liner

Little Girl to her friend: "I'm never having kids. I hear they take nine months to download."

Music

"Words make you think. Music makes you feel. A song makes you feel a thought."

E.Y. Harburg



Prayer Chain

Two years ago, I tried to start a prayer chain but there were not enough people wanting to join. We need at least 12 people to make it work. Yet there are people in our congregation who worry about illnesses, other unpleasant situations in the family, as well as events such as exams and travels. All can be brought to God's attention.

The more we pray, the more God will listen to us.

The concept is rather simple. The leader receives a prayer request by telephone or email. He, or she, then either phones, or emails, others in the chain. They in turn call another person, according to a list, and if that person does not answer, they then call the next person on the list. The requester should always give both name and the reason for the prayer in as few words as possible.

Members of the prayer chain will pray once or twice every day for the people on the list with requests. They do so at a time that is convenient for them. The prayer does not need to be complicated. Naming the person is enough since the Lord knows them and their problems already.

Names will stay on the list until the requester phones, or emails, and asks to be removed from the list. Members of the prayer chain will receive regular updates of the confidential list. Nobody outside the chain, other than Alja, who will always be informed about the prayer requests, needs to know about any requests. Requests for prayers can also be made to through Alja. If necessary, it is possible to give only the name of the person to be prayed for. Nobody but the leader will know about the reason for the request.

Some people do not want to be prayed for in the church service. For them the prayer chain offers another possibility to be supported in prayer. Members of the congregation of St. Mary, their family members and nearest friends can make requests for any matter that concerns them. We need at least twelve people willing to pray to start the chain. Because of practical reasons, we will start at the beginning of September with the prayers.

If you want to join the prayer chain, give a call or contact me in the church.

Those who gave their names already do not need to do so again.

Erica Schotman Bonting 0547 260947

He ain't here!

For six years, I lived in Tennessee, and I loved to read the messages posted on the signs outside of churches. I made a small hobby out of watching these church signs and commenting on them in my mind. Sometimes they were wonderful; sometimes not so wonderful.

An example of a wonderful one was: "Honk if you love Jesus. Text if you want to meet him." An example of ones that were less than wonderful was: "If you think it's hot outside now, imagine Hell."

One time during Easter, I saw a sign that said: "He ain't here." I thought, "What! Am I missing something?" I thought that Jesus' resurrection meant that he was here. But then I realized that this sign made the most profound and powerful statement about Easter I've ever read.

The statement goes with the grain of the resurrection account depicted in the Gospel of Mark that we read at the Easter Vigil: "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised: he is not here."

With these words, Mark conveyed a very profound point: Jesus is no longer among the dead. All of us are bound to this world and all of us will die. Jesus is not here. Jesus is with the living now. His body has been raised, he has ascended, and he is seated at the right hand of God. He is not here, and that is good news, because he has risen.

He is not here, but he is present. Because the power of that resurrection for us means we have new life in Christ. The power of that resurrection for us is that now we meet Christ in each other, and we meet Christ in our friends and strangers. We meet Christ when we look in the mirror. We see ourselves beloved of God, chosen by God, part of God's body, which means we are joined to Christ through grace.

To be a Christian is to take part in a kind of embodied community, meeting Christ in the body of Christ on the altar, meeting Christ in the mystical body of Christ that is the church. And that's good news because when Christ is present, life is present. When Christ is present, salvation is present. When Christ is present, healing is present. So he ain't here. But he is present. Let us bless the Lord.

© The Rev. Dr William J. Danaher Jr
Broomfield Hills Mi USA

Questions kids ask that make you go Huh!

Can you cry under water?

Did Noah have woodpeckers on the ark? If he did, where did he keep them?

Do Jewish vampires avoid crosses or Stars of David?

Do you yawn in your sleep?

In advertisements, how can something be "new" and "improved"? f it's new, what was it improving on?

How far east can you go before you're heading west?

How important does a person have to be before they are considered assassinated instead of just murdered?

How much deeper would the ocean be if sponges didn't grow in it?

If a deaf child signs swear words, does his mother wash his hands with soap?

If a kid refuses to sleep during nap time, are they guilty of resisting a rest?

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Forthcoming Services

5th May	Celebrant & Preacher	Revd Joop Albers
	Duty Warden	Blair Charles
	Intercessor	Simone Yallop
Ascension Day	Chalice	Joyce Wigboldus
	Els Ottens	Acts 1. 1-11
10:30am Sung Eucharist	Blair Charles	Ephesians 1.15-end
	Gospel	Luke 24. 44-end

Forthcoming Services

8th May	Celebrant & Preacher	Revd. N. Sarot
	Duty Warden	Jeanet Luiten
	Intercessor	Joyce Wigboldus
Easter 7	Chalice	Everhard Ottens
	Linda ten Berge	Acts 16. 16-34
10:30 am Sung Eucharist	Vivian Reinders	Rev. 22. 12-14, 16-17, 20-end
	Gospel	John 17. 20-end

Forthcoming Services

15th May	Celebrant & Preacher	Revd Alja Tollefsen
	Duty Warden	Blair Charles
	Intercessor	John Bestman
Pentecost	Chalice	t.b.a.
	Victor Pirenne	Acts 2. 1-21
10:30 am Sung Eucharist	Heleen Rauwerda	Romans 8. 14-17
	Gospel	John 14. 8-17

Forthcoming Services

22nd May	Celebrant & Preacher	Revd. Alja Tollefsen
	Duty Warden	Blair Charles
	Intercessor	t.b.a.
	Chalice	Count Alfred
	Trinity Sunday	
	Louw Talstra	Proverbs 8. 1-4, 22-31
	Carla Koomen	Romans 5. 1-5
10:30 am	Gospel	John 16. 12-1
Sung Eucharist		

Forthcoming Services

29th May	Celebrant & Preacher	Revd. Alja Tollefsen
	Duty Warden	Jeanet Luiten
	Intercessor	Dina Boessenkool
	Chalice	Fred Schonewille
	Trinity 1	
	Dina Boessenkool	1 Kings 8. 22-23, 41-43
	Brenda Pyle	Galations 1. 1-12
10:30 am	Gospel	Luke 7. 1-10

Forthcoming Services

5th June	Celebrant & Preacher	Revd. Alja Tollefsen
	Duty Warden	Blair Charles
	Intercessor	John Bestman
	Chalice	Caroline Siertsema
	Trinity 2	
	Erica Schotman	1 Kings 17. 17-end
	Joyce Wigboldus	Galatians 1. 11-end
10:30 am	Gospel	Luke 7. 11-17
Sung Eucharist		
Healing Service		

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If Mars had earthquakes would they be called marsquakes?

If money doesn't grow on trees then why do banks have branches?

If prunes are dehydrated plums, where does prune juice come from?

If there's a speed of sound and a speed of light is there a speed of smell?

If there's an exception to every rule, is there an exception to that rule?

If work is so terrific, why do they have to pay you to do it?

If you had a three story house and were on the second floor, isn't it possible that you can be upstairs and downstairs at the same time?

If you try to fail, and succeed, which have you done?

Was Mary and Joseph's surname Christ before Jesus was born?

When does it stop being partly cloudy and start being partly sunny?

(Continued on page 13)

Where are you?

Over the past few months' people have asked me if there is anything wrong with me, since I no longer regularly attend the church services. Instead of telling the same story repeatedly, I have decided to inform you collectively in this article.

I can assure you that there is nothing wrong with me. But I have accepted a position as choir director in Delden. In the chapel of the St Elizabeth Care- and Nursing homes there are services every Sunday at which the choir sings most times. There are 25 choir members, mainly women, and it has a mixed Catholic, Protestant, background. The choir has already been in existence for 30 years.

Last year they were desperately looking for a new director. I hesitated, for I am at an age where you do not easily start new things. But after consulting with Alja, I decided to give the job a go, with one condition, twice a month I would be able to attend my own church, St Mary's Chapel.

Well, it has turned out to be a real joy. With a team of several Protestant and Catholic pastors and a handful of organists, every service is both a surprise party and a challenge for me. The choir has a very broad repertoire of about 500 songs, with new ones added to the list monthly. In addition to all that, they also sing Gregorian masses and canticles.

Preferring to celebrate the high feasts, such as Christmas and Easter, in our church as I do was no problem. For most of the services in the St Elizabeth are in the afternoon, dependent on the specialities of the nursing homes.

During the services in the 'Driekoningenkapel', the official name of the St Elizabeth homes' chapel, I often feel God's presence through little deeds and actions. Christmas is especially most moving with demented people. Just as God can be visible in children, He is also visible in very old people. I hope to be able to carry on with this work for a long time as I so enjoy it.

Erica Schotman Bonting



Caroline Chisholm - helping girls in India and emigrants to Australia

If you want an example of someone who can show you their faith through their works, Caroline Chisholm is a saint for you. This doughty little 19th century English woman had such a compassionate heart that she helped tens of thousands of people, from India to Australia.



Caroline was born in Northamptonshire in May, 1808. Her father William was a pig dealer, and already had 15 children, by four wives. When Caroline was about five, her father brought a poor maimed soldier into the family home, and urged his children to look after the wretched man well, as he had fought for their freedom. This disinterested compassion for poor struggling 'outsiders' would become the lodestar of Caroline's life.

When Caroline was 22 in 1830 she married Captain Archibald Chisholm, of the East India Company Army. Out in Madras, Caroline grew alarmed for the young girls growing up in the barracks. She founded the Female School of Industry for the Daughters of European Soldiers, to provide a practical education.

After having two sons, and working on the Indian subcontinent for a number of years, Captain Chisholm was granted a two-year furlough in 1838 on grounds of ill health. The family moved to the sunshine of Australia, near Sydney. Here Caroline was appalled at the conditions that faced emigrants, especially female, arriving in the colony. Many ended up working the streets, just to survive. Caroline stayed for seven years in Australia, placing more than 11,000 people in homes and jobs, and in all, her Female Immigrant Home helped more than 40,000 people. Highly respected by the government, she gave

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When there's two men marrying, do they both go to the same bachelor party?

When you're caught "between a rock and a hard place", is the rock not hard?

Why are all of the Harry Potter spells in Latin if they're English?

Why are women and men's shoe sizes different?

Why do doctors leave the room when you change? They're going to see you naked anyway.

Why do people never say "it's only a game" when they're winning?

Why Does Pluto live in a dog house, eat dog food, etc. but Goofy, who is also a dog, lives in a condo and drives a car?

Why is the third hand on a watch called the second hand?

Why is there a light in the fridge and not in the freezer?

Why is there an expiration date on sour cream?

Why does triangularly cut bread taste better than square bread?



PENTECOST

Promise of the Father

*(Luke 24:44-53,
Hebrews 11:1-3)*

Blessing led to leaving,
and leaving to a new
coming,
a coming in power and
joy
to worship and to
witness
to God's plan fulfilled
in the reality of Jesus,
living.

This is the promised day,
the day of clothing
with power and
presence,
and a fresh sending
of those with opened
eyes
in every generation,
releasing hope and faith
filled certainty,
making sense of
everything.

Come Holy Spirit, clothe
me, send me.

By Daphne Kitching



Justin Welby, our present Archbishop of Canterbury, two months before Pentecost, issued an encouragement to all churches to dedicate the week leading up to Pentecost to prayer. Continuous prayer, a prayer chain or a 24/7 prayer week are some ideas. This idea connects to the 120 followers of Jesus, who, following the Ascension of Jesus, remained together for ten days in the Upper Room, waiting for the promised Holy Spirit.

Amazingly, halfway through these two months of preparation in prayer for Pentecost, the public heard the news that Justin Welby had learnt that his father was not his biological father. He was in fact, illegitimate. On being asked what he thought about this, Justin Welby was 100% clear. Nothing had changed for him because his true identity was in Christ, a strong message for all Christians to be aware of. That we have, through the outpouring of the Holy Spirit, our own eternal identity in Christ.

We are through the Spirit born into God's house and are his beloved children. What was amazing too, was to see how Justin Welby managed the attacks on him to undermine his spiritual authority. We should pray for protection over each other and especially for our church leaders, who are always operating on the front line.

St Paul sums up the message for Pentecost in Galatians 4.6; "Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father."

But that is not the end of the story. We need a refill of the Holy Spirit daily to walk in the Spirit and be a channel of Peace and Love.

© Ben Dieduksman



(Continued from page 13)

evidence before Legislative Council Committees, but accepted money from no one. When Archibald left the army in 1845 he and Caroline toured Australia at their own expense, collecting more than 600 statements from emigrants that detailed the truth about the problems of emigration.

Back in England, the statements caught the attention and respect of Charles Dickens, the House of Lords Select Committees, Lord Shaftesbury, Sir Sydney Herbert, Wyndham Harding FRS and even Pope Pius IX. Caroline and Archibald went on to help more than 3000 people *safely* emigrate to Australia, before moving back there themselves, where they both died in 1877. In his novel Bleak House, Charles Dickens is said to have partly based the character of Mrs Jellyby on Caroline Chisholm.



This lovely story has been around for some time, but if your readers have not seen it, it is well worth sharing...especially in the month of Pentecost, when we recall the importance of the unity of the Church...

The Silent Sermon

A member of a certain church, who had previously attended services regularly, stopped going. After a few weeks, the minister decided to visit him. He found the man at home all alone, sitting by a blazing fire. Guessing the reason for his minister's visit, the man welcomed him awkwardly, and led him to a comfortable chair near the fireplace and waited.

The minister made himself at home, but said nothing. In the grave silence, he contemplated the dance of the flames around the burning logs. After some minutes, he took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent.

The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more. Soon it was cold and dead. Not a word had been spoken since the initial greeting. But now the minister chose this time to leave. He slowly stood up, picked up the cold, dead bit of coal and placed it back in the middle of the fire. Immediately it began to glow once more, with the light and warmth of the burning coals around it. With that, the minister smiled at his host, and quietly let himself out.

Quotes for May Ascension Day – the promise to return

Many people will be surprised when Jesus comes again – but nobody will be mistaken. - *Anon*

He that rose from the clods we expect from the clouds.

Thomas Adams

Pentecost - that day in Jerusalem when God poured out the Holy Spirit

A Christian may not always be conscious of the Holy Spirit's presence, but he would not even be a Christian in his absence.

John Blanchard

Before Christ sent the church into the world, he sent the Spirit into the church. The same order must be observed today.

John R W Stott.

The Spirit is not given to make Bible study needless, but to make it effective. *J I Packer*

Miscellaneous musings on life

Inanimate objects are classified scientifically into three major categories: those that don't work, those that break down and those that get lost.

Russell Baker

Retirement Wisdom

Life begins at retirement.

Author Unknown

There are an enormous number of managers who have retired on the job.

Peter Drucker

The trouble with retirement is that you never get a day off.

Abe Lemons

... and you never need another day off either!

When a man retires and time is no longer a matter of urgent importance, his colleagues generally present him with a watch.

R.C. Sherriff

When a man retires, his wife gets twice the husband but only half the income.

Chi Chi Rodriguez

Retirement: It's nice to get out of the rat race, but you have to learn to get along with less cheese.

Gene Perret

I'm retired - goodbye tension, hello pension!

Author Unknown

The challenge of retirement is how to spend time without spending money.

Author Unknown

You and Your Goldfish's Attention Span



How long can you concentrate on any one thing? According to a now infamous study by Microsoft our digital lifestyles have had such a detrimental impact on our concentration levels that our average attention span has fallen to below that of a goldfish. Humans now stay focused for just eight seconds, before being distracted by news alerts, social media and so on – while even a

goldfish can concentrate for nine seconds.

And it is not just the endless stream of information that hits us, but the type of information that is so distracting. Violence and endless conflict can leave you distressed and unsettled. Medical experts recommend regular non-digital breaks such as a walk, a chat, or even just staring out the window.

Meanwhile, try these tips to calm your mind:

1. In the evening, reverse the settings on your device, so that you have white writing on a black background. This reduces the blue light that affects your brain's cyclic rhythm, disrupting your sleep/wake cycle.
2. Get moving. Exercise takes time, but it also sharpens your mind and increases your concentration. So in the end you will get more done in less time.
3. Eat well. Avoid sugar and too much caffeine which make your mind busier.
4. Seek company. Anxiety levels rise after six hours, due to the changes in your brain hormones caused by social isolation. So if you work from home, take your laptop to a coffee shop for an hour, or see a friend for coffee.
5. Fill the final half hour of your day with one simple task, rather than flitting from task to task.



Small plates are better

How large are your dinner plates? If you replace 30 cm plates with 25 cm plates you could end up eating between 16 and 22 per cent less food. That could mean a loss of 13 kg over a year. The study was held at Cambridge University, and concluded: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink is likely to help reduce their risk of overeating."

©Parish Pump



THE LADY & THE LAMP

On 12th May 1820 a baby girl was born who changed the way that we care for people who are ill. Florence Nightingale grew up at a time when only the worst kind of person became a nurse but she had an idea of the way things could be. Her chance to change things came with the Crimean War.

Florence travelled there with a few others and started work in the military hospital at Scutari where conditions were dreadful: wounded soldiers were left lying in dirt without proper food or care and most of them died. The army doctors already there didn't want Miss Nightingale or her nurses, but gradually they improved conditions. The nurses scrubbed and cleaned as well as caring for the wounded and the soldiers began to recover. Florence Nightingale was called the Lady with the Lamp because she would walk the wards at night, checking on patients. After the war, with the support of Queen Victoria, Florence was able to improve hospital care for everyone.

WASHING WORDS

All the words in this wordsearch are to do with clean and dirty. Can you find them all? The words go up, down, backwards, forwards and diagonally and some letters are used more than once.

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

bath brush dirt
duster dry
grime grubby
mud soak
soap sparkling
stained tap tub
vacuum wash
wet



What did the dirt say to the rain?

If this keeps up my name will be mud!

What did the big tap say to the small tap?
Little squirt!



... and what did the small tap reply? Big drip!"

Poetry and Prose

What is Aspergers Syndrome?

Asperger syndrome is a form of autism. People with Asperger syndrome are of average or above average intelligence. They have fewer problems with speech but may still have difficulties with understanding and processing language.

So what is Autism?

Autistic people see, hear and feel the world in a different way from other people. If you are autistic, you are autistic for life – autism is not an 'illness' and cannot be 'cured'. Often people feel being autistic as a fundamental aspect of their identity.

You might hear people say that autism is a spectrum condition. This means that, while all autistic people share certain difficulties, being autistic will affect them in different ways. Some autistic people also have learning disabilities and other conditions. As a result, people need different levels of support. Autistic people may also experience over- or under-sensitivity to sounds, touch, tastes, smells, light or colours.

©The National Autism Society

A 10-year-old boy with Aspergers was asked to write a poem for school titled 'I Am'. He was given the first two words in every sentence. This is what he wrote. It is beautiful

I Am

*I am odd, I am new
I wonder if you are too
I hear voices in the air
I see you don't, and that is not fair
I want to not feel blue*

*I am odd, I am new
I pretend that you are too
I feel like a boy in outer space
I touch the stars and feel out of place
I worry what others might think
I cry when people laugh, it makes me shrink*

*I am odd, I am new
I understand now that so are you
I say I "feel like a castaway"
I dream of the day that that's okay
I try to fit in
I hope that someday I do
I am odd, I am new*

Mission Statement

Founded in 1979, the Anglican Church Twente belongs to the Church of England's Diocese in Europe. The Church of England forms a part of the worldwide Anglican Communion of more than 80 million people

The Anglican Church Twente, based at St Mary's Chapel, Weldam provides a Christian ministry in the East Netherlands. Most of the congregation live in the towns and villages of the East Netherlands and across the border in Germany. Some come from further afield.

The Anglican Church Twente holds a service every Sunday at 10:30 am in English. The church offers Holy Communion to all baptized Christians, Sunday School to nurture and educate children in the Christian faith, and a warm welcome to people of all nationalities.

The main aims of the Anglican Church Twente are to:

- † Offer Christian worship by the rites of the Church of England in the English language.
- † Provide pastoral care to all who are in need of such help.
- † Promote a lively fellowship among those who attend the services.
- † Support outreach in Christian ministry wherever there is a need.

Stewardship

We are a self-supporting church and raise all income from our giving and stewardship. As God has blessed us, we thank Him by giving accordingly.

A Prayer for St Mary's

*Almighty and everlasting God
Creator and ruler of all things in heaven and earth,
Hear our prayer for the St Mary's family.
Strengthen our faith,
Fashion our lives according to the example of your Son,
And grant that we may show the power of your love,
To all among whom we live.
Inspire us in our worship and witness,
Grant us all things necessary for our common life,
And bring us all to be of one heart and mind
Within your Holy Church
Through Jesus Christ our Lord,
Who lives and reigns with you in the Holy Spirit
One God, now and forever,
Amen.*



Views expressed in this magazine are those of authors and contributors and are not necessarily shared by the editor or church leadership.