

# THE PORCH

JUNE 2024



80p

ST EDWARD'S CHURCH  
DRINGHOUSES, YORK

## Who's Who in St. Edward's

**Vicar:** Reverend Canon Richard Carew  
The Vicarage, Tadcaster Rd,  
Dringhouses,  
YORK YO24 1QG  
Email: : [vicar@stedsdringhouses.org](mailto:vicar@stedsdringhouses.org)

Tel: 07776683254

**Assistant Curate:** Reverend Angela Morrison  
Email: [curate@stedsdringhouses.org](mailto:curate@stedsdringhouses.org)  
Tel: 07776 686129

**Parish Secretary:** Wendy Hewitt  
[parishoffice@stedsdringhouses.org](mailto:parishoffice@stedsdringhouses.org)  
Office Hours: Monday - Friday 9.00am - 4.00pm  
(closed for lunch 1.30-2.00pm)  
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**Parish Assistant:** Louise Walton  
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(closed for lunch 1.30-2.00pm)  
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**Contact The Porch on [porch@stedsdringhouses.org](mailto:porch@stedsdringhouses.org) for any submissions or questions.**

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## A Word in Season

"Sticks and stones may break my bones, but names will never hurt me". I am guessing that we will all remember this rhyme from our school days, but of course the problem is that it is absolute nonsense. Words have power, and the hurt that words can cause will sometimes last far longer than any physical injury and can stay with us forever. My brother has a PhD and a very successful career, but at the age of 8 a primary school teacher said that he was 'thick', and that description somehow stuck with him right through his school days. For better or for worse, our words matter.



With four children, three of whom are now well into their teenage years, there is inevitably quite a bit of banter, particularly at mealtimes when we all gather round the dinner table to eat together. For the most part it is all good natured and at times very entertaining, but occasionally it can take a more personal, negative turn at which point the cry will go up, "Is that building up or tearing down....?"

This is a quote from Paul's Second Letter to the Church in Corinth. In that letter Paul has had to say some difficult things, but he tells them that his purpose in writing to them is to build them up, and not tear them down (2 Corinthians 13:10). Occasionally our children need reminding that we are there to build each other up and not to tear down. This was a favourite saying of my wife Rachael, who was always looking to build others up and look after them, and "Is that building up or tearing down....?" would be used often whenever she felt that the children needed to be more gentle in the way that they were talking to each other. It was such a common phrase for her to use, that we put it on the front cover of the Order of Service for her funeral.

I don't know if it is just me, but so much of our public rhetoric these days seems to be aimed at tearing down rather than building up. Our politicians in particular seek to attack those that they see as 'the opposition' rather than looking for common ground to enable a building up of community. With a General Election on the horizon, maybe one of the most important things we can pray is that those seeking public office will endeavour to use their words to bring hope, encouragement and mutual flourishing, rather than just trying to denigrate others in order to beat them at the ballot box.

In his letter to some early Christians, James tells them that just as a small rudder can steer a very large boat, so even the smallest things that we say can have a huge influence for better or for worse (James 3: 1-12). A word in season really does have power. He therefore challenges his readers to be careful about what they say and, in the way that they speak to remember that they are made in the image of God.

The first words that we hear spoken in the Bible are the words of God in creation saying, 'Let there be....' When God speaks, what breaks out is life and possibilities. In the way that we use our words may we be those who join in that extraordinary, creative, life-giving work of God and may we be those who bring hope and life to our communities in what we do and in what we say.

Richard

## A Word in Season

### Part One: The Way of St James

Santiago de Compostela has been a destination for pilgrims since Pope Alexander VI declared it one of the three great pilgrimages of Christendom along with Jerusalem and Rome. The year was 1492. Pilgrims had been travelling to this corner of Spain for centuries before - but now it was Official.

But why? What did this small Spanish city in Galicia have to offer against the might of Jerusalem and Rome? Well - the clue, as they say, is in the name.

Santiago is Spanish for St James. Compostela means 'the field of stars' - and which star shone most brightly? The one called James the Greater, son of Zebedee, brother of John and one of Jesus' inner circle of friends. When we meet him in the Gospels, he is a fisherman and was one of the first to respond to the call of Jesus. The book of the Acts of the Apostles records his death at the hand of Herod, "He had James, the brother of John, put to death with the sword." Most scholars identify this as Herod Agrippa, grandson of Herod the Great, in the year AD44.

So, what does any of this have to do with Spain? For this information, we have to step outside of the pages of the Bible to look for other sources which have been passed down through word of mouth. The story told was that, after the death of Jesus, in the early days of the Christian community in Jerusalem, St. James travelled to Hispania (modern-day Spain) and spent ten years preaching. In that time, he allegedly only converted seven men. Following a vision, he returned to Palestine where he was later beheaded.

Tradition then tells us that two of his disciples, Athanasius and Theodore, secretly took his decapitated body, and put it on a ship in Haifa.



From there, guided by the stars and with a bit of divine intervention, they sailed across the Mediterranean to the Atlantic, headed north along the Iberian Peninsula and came inland along the River Ulla. Here they tied up their boat and took an ox and cart northwards. When the oxen stopped, they chose this as the place for James' burial and built a small altar to mark the place. However, under heavy persecution from the Roman emperors, the remains were hidden and as the centuries passed, they were lost and forgotten for 800 years.



One night, in the year 813AD, a hermit called Pelayo was praying, when he saw a star fall from the sky. Convinced it had fallen into a forest, he cut through dense undergrowth and found an ancient tomb bearing a Roman inscription and human remains. He notified the authorities and the bishop of Iria Flavia himself came and declared these were the remains of St James and his two faithful disciples. He ordered a church to be built - and this was to become the Cathedral of Compostela. St James was made the Patron Saint of Spain, and the Way of St James was born. In 2023, 350 thousand pilgrims registered their arrival at Santiago.

There are over 300 routes catalogued with 50 alone in Spain, but the most commonly walked are the French Way, the North Way and the Portuguese Way. There have been two recent Porch articles about two of these routes: the Archbishop of York walked Camino Norte, Claudine, Eeban and her mum walked part of the Camino Frances and now two of The Porch Editors, Helen and Linda were walking part of the third route, the Camino Portugués.

The distance ahead of us was over 150 miles, but ten of those miles would include travelling over water, following the journey of James' body. But I had some anxieties: was I fit enough? Would my feet hold out? What if I couldn't manage it? I knew that my friends at St Edward's would be supporting us with prayers and good wishes, but I also knew something of the challenges that the Camino brings - even though I had yet to take a step.

In 1998, my brother Philip who was a Methodist Minister, was coming up for a sabbatical. He had this idea of walking the Camino Frances and wanted my dad to walk with him. I had significant misgivings, as my brother was not really that experienced as a walker and wasn't that fit. My dad was approaching his 70<sup>th</sup> year and had received a heart bypass as a gift for his 60<sup>th</sup> birthday. In fairness, it had made a new man of him, but I had noticed some decline in his fitness over the previous 12 months. However, they were both determined, and I was heartened when a friend of my dad's, Brian, an experienced walker, asked to join them.

They left St Jean Pied de Port in France on May 7<sup>th</sup> tackling one of the toughest sections which, rather unfairly, comes at the start of the walk. It was too much for my dad - within 6 miles he was struggling and my brother, who spoke no Spanish and didn't have a mobile phone, had to find assistance. He returned despondent, as there were no taxis available. He sat on a bench with my dad and prayed that God would send them help. Five minutes later, a minibus came around the corner and stopped for them. The drivers were English and so ferried them to their next destination. However, the 8<sup>th</sup> May proved just as difficult, and a taxi was secured. On the 10<sup>th</sup> May, my dad declared his pilgrimage was over and returned home. My brother called it a 'Grievous Parting'. My dad regretted to the end of his life that he hadn't managed the walk, but he knew he had made the right decision.

Philip and Brian pressed on with all the ups and downs that these adventures bring. Phil was a type 1 diabetic and when his feet started to be a mess, he had to seek medical help, fearing this was the end of the road. The hospital in Leon had a nurse recently returned from working in the UK, and she acted as a translator for him. After treatment and antibiotics, the doctor told him he could continue his walk. He was elated. They finally walked into Santiago on 1<sup>st</sup> June having completed the final 21 miles in appalling weather.



It was the start of an absolute passion for my brother - the Camino was his spiritual home. He became a pilgrim 'veteran', returning many times to The Way and known on pilgrimage forums for his wise advice, helpfulness and kindness. He largely walked alone, but many people joined him enroute enjoying his company and deep spirituality. I told him he had become a closet Roman Catholic, as he loved to spend time in churches in prayer, attending mass and lighting candles. His nickname on the forum websites was *MethodistPilgrim98* as a nod to his first Camino.

In 2013, he returned once more to the Camino - to re-walk the section that he had done with dad all those years before. He even sat on the same bench where dad had declared his journey at an end. On the 1<sup>st</sup> May he walked through Logrono to Navarrete only to find all the hostels were full. However, a sports hall had been opened up for pilgrims to sleep on the floor, so Phil put down his sleeping bag and went to bed. However, Philip didn't wake up - he died some time between 10pm and the following morning. His pilgrimage was finally over. He was 56.

The family were issued with the 'Ultimate Compostela', for those who died along The Way. On the day of his funeral back in the UK, mass was celebrated in his honour in the cathedral of Santiago. Typical that he also managed a Roman Catholic send off - I think, as a Methodist Minister, he would have rather liked that. A permanent memorial was erected in his memory by his pilgrim friends. We received hundreds of messages from people all around the world whose lives he had touched.

If you ever walk the Camino Frances, look out for a plaque on the right-hand side, just before the village of Moratinos. It is carved in Welsh stone and reads:

"In memorium: Rev. Philip Wren 'Methodist Pilgrim' died May 2013 on The Way."



*'Pilgrimage is a willingness to stride out and to let God meet you, in the land, the sights, the wisdom of other people, in the kindness of ordinary people, the devotion of the wardens, the care of the nurses, the whistle of the wind, the cry of the bird, the ache of the legs, the pain of the feet, of the mass in a language not understood. Those who complete their journey will know the depths of their reserves; those who have to return and who survive their loss and grief, are also pilgrims. The power to endure, to bear pain and to revel in the very joy of being alive; this is the lesson taught to the pilgrim on the road to Santiago.'*

Helen Wren



**Why not write for The Porch?**

**Future Themes:**

**June - A Word in Season**  
**July/August - Building Up**  
**September - Peace**

**Thank you to all who take the time to put pen to paper.**



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Everyone is welcome to join us for our celebratory service of Holy Communion. We will give thanks to God for 30 years of women's ordained ministry in St Edward's and the wider Church of England.

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Following the service there will be cake and fizz.

Please spread the word and save the date for what will be a joyful and hopeful occasion.

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## A Word in Season - Promise Page

There is a lot to be said for the power of words. The Bible teaches numerous lessons about the power of words to raise up and to cut down, to spread Good News, to comfort, to bless. In God's case, words were even used to create the universe.

In my teacher training I was taught about the 'praise to criticism ratio'. This was the importance of making sure that praise far outweighed any criticism you might give a child (5:1, if you're wondering). As wonderful and affirming words can be, it can be all too easy to be negative or to destroy and it is important to remember that words do matter. There's the old rhyme, "Sticks and stones may break my bones, but names will never hurt me." I've personally never liked that rhyme or found it to be true. Names/words can be incredibly hurtful. But it is precisely because words can be so powerful that amazing things can happen when we choose the right words. The conversations that can take place when people choose to affirm, to challenge gently, to compliment and to choose to be kind rather than right, can be literally life-saving and life changing.

The other time we may hear positive or negative words spoken of course, is in the way we speak about ourselves. And whilst we may not think that what we say to or about ourselves makes much of a difference, it really can make all the difference in the world. In a life where you are able to self-affirm, to know that you are loved by the God who spoke the world into existence and to be able to speak that over yourself, is a life where you are using the positive power of words. There is a fair amount of research into the power of speaking positively about yourself and some say that this is down to the idea that what we focus on develops and grows (whether positive or negative).

So, my challenge to us all is - what can we focus on that's positive to help it develop and grow? Is it the way we talk about ourselves? The way we talk to others? What might develop if we allow the focus to be positive?

Helen Cross

*C & Y Coordinator*

### **A prayer**

God

You made us and You love us. Please help us to see ourselves and others the way that You see us. Amen

### **An activity**

In the hearts, can you write positive things about yourself? They don't need to be 'big, important' things - perhaps you're a good listener, perhaps you have an amazing laugh, maybe you're a gifted musician or maybe you just kept going to-day even though you found it hard. All these things deserve recognition - so give yourself a positive word or two!



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Can you recommend a Tradesperson who might like to advertise in this Magazine?

If so, please let me know and I will invite them.

Isobel Goforth

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## JUNE 2024 SERVICES & EVENTS

<b>Monday-Thursday</b>	Church open during daytime 9.30am-3.00pm (Friday 12.30-3.00pm)
<b>Monday-Thursday</b>	Café open 9.30am-12.00 & 1.30pm-4.00pm
<b>Friday</b>	Café open 9.30am-12.00
<b>Mondays</b>	Garden Gang (during the season) 2.00pm-4.00pm
<b>Wednesdays</b>	Youth Group 7.00pm-8.30pm
<b>Wednesdays</b>	Wednesday Afternoon Small Group 2.30pm-4.00pm (alternate)
<b>Fridays</b>	Little Teds 10.30am-12.00pm (term time only)
<b>Fridays (see below for practice dates)</b>	6.30-7.30pm Choir practice in Church

Any enquiries about Baptisms, Weddings etc to 01904 709111 or  
[parishoffice@stedsdrawinghouses.org](mailto:parishoffice@stedsdrawinghouses.org)

Timings are correct at time of going to press.

<b>Monday</b>	10.00-12.00pm	Needlecraft Group
	2.00-3.15pm	Cindy's Vitality Yoga
	7.00-8.00pm	My Yoga Journey
<b>Tuesday</b>	10.00-11.00am	Exercise for Fitness & Health
	12.30-4.00pm	U3A Bridge
	6.15-7.15pm	Beaver Scouts (in term time) see back page for Wednesday evening session
	7.45-9.45pm	Line Dancing
<b>Wednesday</b>	9.30-12.00pm	Probus (fortnightly)
	9.45-11.30am	Musical Connections
	10.00-11.00am	Aerobics
	1.15-3.45pm	Art Group
	6.15-8.15pm	Perfecting Pilates (2 x 1 hour classes)
<b>1st Thursday</b>	2.00-3.00pm	Contact
<b>3rd Thursday</b>	2.00-4.00pm	Townswomen's Guild
<b>3rd Thursday</b>	7.30-9.30pm	Local History Group
	11.30-12.30pm	Yorkshire Club
<b>Friday</b>	9.30-12.00pm	Living Well Health Community (2nd & 4th in month)
	12.00-2.00pm	Lunches in the Community Hall (see poster for dates)
	6.15-7.15pm	Beavers Scouts (in term-time)

## Sunday 2nd June -1st Sunday after Trinity

8.30am BCP Holy Communion

I Samuel 3: 1-10: Mark 2: 23-3:6

10.00am All Age Service

6.30pm Holy Communion with Prayer for Healing

Readings as above

## Tuesday 4th June

10.00-12.00pm

Women's Wellbeing Workshop

## Wednesday 5th June

12.00 noon

Praying in Company

7.00-8.30pm

Youth Group

## Thursday 6th June

10.00am Holy Communion

2 Timothy 2: 8-15: Mark 12: 28 –34

## Friday 7th June

10.30-12.00pm

Little Teds

6.30-7.30pm

Choir Practice

## Sunday 9th June - 2nd Sunday after Trinity

8.30am Holy Communion

I Samuel 8: 4-11, 16-20: Mark 3: 20-end

10.00am Holy Communion

Readings as above

## Wednesday 12th June

12.00 noon

Praying in Company

7.00-8.30pm

Youth Group

## Thursday 13th June

10.00am Holy Communion

I Kings 18: 41-end: Matthew 5: 20-26

## Friday 14th June

10.30-12.00pm

Little Teds

12.00-2.00pm

Lunches

6.30-7.30pm

Choir Practice

## **Sunday 16th June - 3rd Sunday after Trinity**

8.30am BCP Holy Communion

I Samuel 15: 34-16:13; Mark 4: 26-34

10.00am Family Communion

Readings as above

6.30pm Choral Evensong

## **Wednesday 19th June**

12.00 noon

Praying in Company

2.30pm

Wednesday Afternoon Small Group

7.00-8.30pm

Youth Group

## **Thursday 20th June**

10.00am Holy Communion

Isaiah 63: 7-9 Matthew 6: 7-15

2.00-4.00pm

Townswomen's Guild

7.30-9.00pm

Local History Group

## **Friday 21st June**

10.30-12.00pm

Little Teds

## **Saturday 22nd June**

7.00pm

Shepherd Group Concert Brass Band

## **Sunday 23rd June - 4th Sunday after Trinity**

8.30am Holy Communion

I Samuel 17: 32-49; Mark 4: 35-end

10.00am Holy Communion

Readings as above

## **Wednesday 26th June**

12.00 noon

Praying in Company

7.00-8.30pm

Youth Group

## **Thursday 27th June**

10.00am Holy Communion

2 Kings 24: 8-17; Matthew 7: 21-end

2.00pm

Women's Fellowship

## Friday 28th June

10.30-12.00pm

Little Teds

12.00-2.00pm

Lunches

6.30-7.30pm

Choir practice

## Sunday 30th June - 5th Sunday after Trinity

8.30am BCP Holy Communion

2 Samuel 1: 1, 17-end; Mark 5: 21-end

10.00am Family Communion

Readings as above

11.30am BCP Holy Communion

Readings as above

### From the Registers

#### Baptisms

Rafferty John Sheehan

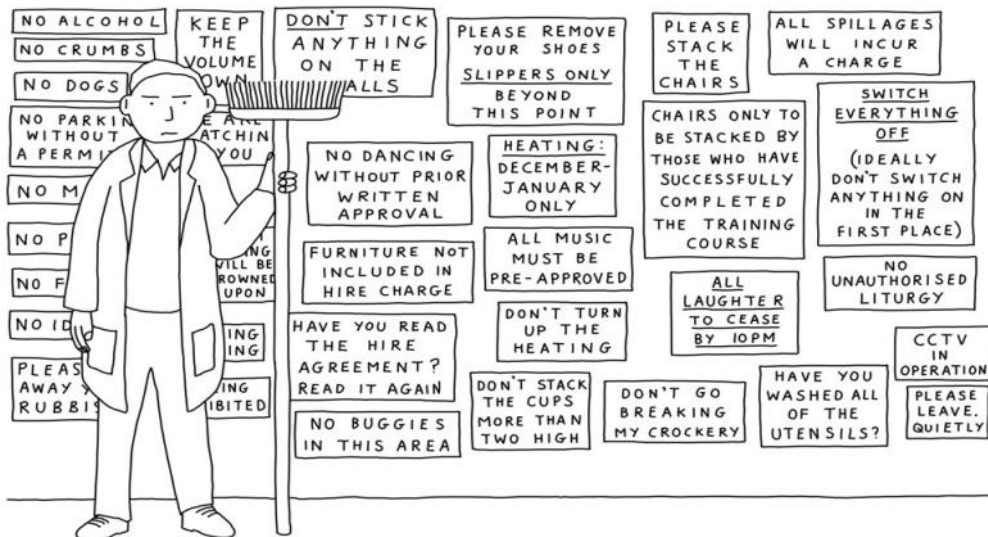
28th April 2024

Koda Jack Bell

28th April 2024

## THE CHURCH HALL CARETAKER

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*Our Porch advertisers play a vital role in supporting the magazine. Our most recent advertiser is the Hearing Place and below is an interview with one of the founders, Jess Kyei-Yamoah.*

### **Hearing Place Interview**

**Tell us about yourself.**

I'm Jess, I'm an audiologist and I moved to Stamford Bridge about 18 months ago after living in Dring-houses for 20 years. I am the founder and audiologist at The Hearing Place. Before setting up my business I trained with Specsavers and worked for Boots Hearingcare for almost 10 years before deciding there is a better way to do things and setting up independently.



I visit people in their homes, or they come and see me at our clinic at Clifton Moor. I assess people's hearing and if they need hearing aids, we decide the best option for them. I am with them every step of the way going forward, including regular aftercare appointments to ensure they are getting the best from their hearing aids.

**Are you from York?**

I'm from Lincolnshire originally, but I moved here in 2003 to come to university and loved York so much, I stayed!

**Do you have family?**

Yes, my husband Sam works alongside me in the business and his speciality is ear wax removal. We have two daughters, Mya who is 14, and Connie aged 11. My mum also works with us, also doing ear wax removal. It's a real family affair. I even encouraged my brother to set up a similar business over in Grimsby!

**How did you get into audiology?**

I was inspired by an audiologist colleague of mine when I was working part time at Boots while at university. I didn't know what I wanted to do when I finished my degree, but I sat in with a few of her appointments and loved it. I have worked in audiology over 18 years now. I love it as much now, possibly even more than when I first started my career. The buzz of helping people, and of seeing what a difference we can make has not worn off yet. I just love it.

### **When did you set up The Hearing Place?**

February 2021, so just over 3 years ago. Like many people, COVID made me re-evaluate things and I decided to explore setting up my own business as an independent so I could look after my clients in a better way. Customer service is at the very heart of what we do, and all decisions are made with our clients at the centre. We are always striving to be the best and do better for our customers.

### **What services do you offer?**

Ear wax removal, hearing assessments, hearing aids, hearing aid repairs and custom-made ear protection. We're always happy to have a chat if people have any 'ear-related' questions. Wax removal can be booked online at [www.thehearingplaceyork.co.uk](http://www.thehearingplaceyork.co.uk), or you can call us on 01904 862422. We've also recently added a web shop where you can buy all of your ear care, such as hearing aid batteries and cleaning supplies. We want to be the go-to destination for all things ears!

### **What do you enjoy most about your job?**

Being able to significantly improve people's quality of life. So many clients have stopped doing things or going places because they found it hard to join in conversation. Not hearing can be embarrassing. Rather than asking people to repeat themselves, sometimes clients just stop going to the environments where they find difficulty hearing. Quite quickly their life has shrunk, and they become isolated. Helping people hear better gives them the confidence to go back to some of those activities they previously got so much enjoyment from or socialise more in areas they would previously avoid. We recently asked for feedback from clients for World Hearing Day, and the most consistent description of our services was 'life changing'.

### **What have been the challenges?**

We have been so fortunate to have been very busy from the beginning, and we get a lot of recommendations. Sometimes this can mean people have to wait a bit longer than we would like for an appointment. We aim to offer a wax removal appointment within a week of initial enquiry, and this can be a challenge at busy times! The other thing is knowing the best ways to get the word out about our business. Being relatively new, and small we still frequently see people that previously didn't know we exist.

### **What are your hopes/plans for the business?**

I want us to be the leading destination for hearing care in York. I want us to be the 'go-to' place people turn if they have problems with their ears or hearing. We will always deliver excellent service and look forward to helping people in our local community hear better for many years to come. Our daughter Mya has shown an interest in audiology, so watch this space for the next generation.

### **Would you recommend audiology as a profession?**

Absolutely! It is very rewarding - there aren't many jobs where you get paid to improve people's quality of life and enjoy doing it so much. Because we offer great aftercare service, we see our clients regularly and I look forward to hearing all about what they've been up to and about their travels and family life. It's a truly lovely profession.

Interview with Linda Sykes

*Ed's Note: if you are one of our advertisers and would be willing to be interviewed about your business, please contact us on [porch@stedsdringhouses.org](mailto:porch@stedsdringhouses.org)*

### **BLISTER PACKS**

Please note that 'Blister Packs' is a first-time use of these words as a title for a Porch magazine article. Trust me. So, history is being made...again. It happens all the time. Incidentally, please forgive an aside here as I point out that you're reading the one thousandth edition of this illustrious, indeed venerable, publication, the Porch. All right then, prove me wrong. What's just happened is called a digression (as well as disinformation), though, as I've had to eat my own words, it's really a digestion.



Now where was I? Ah yes, blister packs, not to be confused with 'blaster picks', a high-speed excavation tool yet to be invented. I'm about to go into topical (or typical) overdrive here.

Do you have trouble in locating suitable repositories for disposing of the little blighters...well, blisters, anyway? I do, and I suspect I'm not alone. The receptacles for such public-spirited action seem to come and go at various medical locations.

They're the 'Scarlet Pimpernels' of the recycling world. We seek them here; we seek them there, then they vanish in thin air. Last week I saw them at such-and-such GP practice, the week before in Tesco pharmacy, recently at a suburban clinic...you've got to be quick off the mark to catch them. I have a theory that these bins are disguised Daleks, hence they shuffle around to new locations when no-one's looking, a bit like metallic Triffids. It's a blistery mystery.

On numerous occasions even environmentally-aware citizens have had to guiltily resort to the all-consuming black bin with undisposed empties.

My conscience is pricked when I surreptitiously slip this empty packaging into the kitchen bin, for transfer to its big brother outside, then for onward transmission to that extremely 'un-arable' territory, landfill. Other than consigning these cast-offs to household waste, alternative uses fail to inspire; e.g. stringing them together as half-hearted bird or squirrel scarers or as third-rate Christmas decorations.

Astronomers report the detection of a ring around the Earth, a smaller-scale and infinitely less awesome and beautiful version of the mega-'hooplas' around Saturn. Further research shows these local planetary rings comprise billions of discarded blister packs. (Source: 'The Sky at Night'.)

Recently reports have come in about hobbyist collectors of these empty medicinal shells. There are enthusiasts who squirrel away just about anything and everything, no matter how bizarre or yucky. If blister packs are your thing, my sympathy goes out to you. Notice I didn't say 'pathetic' then just in case there is someone out there who really is an avid collector. Still, there'll never be enough folk with this pastime to make a serious dent on the World's foil, film and plastic orbital ring-road. Will a blister pack collectors' fair ever be held on Knavesmire? By the way, good luck if you're searching for the Holy Grail of medicinal packaging, that very rare pack that once contained expialidocithene tablets (cure for glumness) at \$750,000 a dose. It'll be a lifelong quest.

Billions of these packets must now be circling 250 miles above our heads. I imagine that there are technical problems in trying to separate the components. One can only hope that the packaging industry will come up with a low-cost, easily manufactured and effective alternative that's biodegradable and eco-friendly. As labs and workshops go into overdrive to come up with the solution, perhaps a card & paper envelope might do the trick, though possibly not.

On a personal note, I find some pills are too hard to handle. Pressuring the pills to pop out of their pods is especially hampered by arthritic hands. One of my tablets is diamond-shaped with a tendency to build up pressure in its compartment, then suddenly burst out at considerable velocity. I wear protective clothing with helmet when wresting this mini-missile from its enclosure. They can dangerously zing all over the place when released, sometimes accelerated by that Irish F1 speedster, Rick o' Shay.

I've seriously wandered off-piste more than once in this diatribe. Sorry. As well as being a scientific triumph I see modern medicine and its prescriptions as a gift of God for which I'm truly thankful and a grateful beneficiary. 'All good gifts come from Heaven above' but maybe not the packaging! Packaging is the unwelcome spin-off.

If anyone knows of a conveniently placed facility for them, let me know on a compostable postcard, please. Kindly enclose a map reference if possible. Getting rid of all this material was even a problem two thousand years ago in York; hence 'Packs Romanus'.

There's only one way to close this rant; 'foiled again!'

Derek Reed

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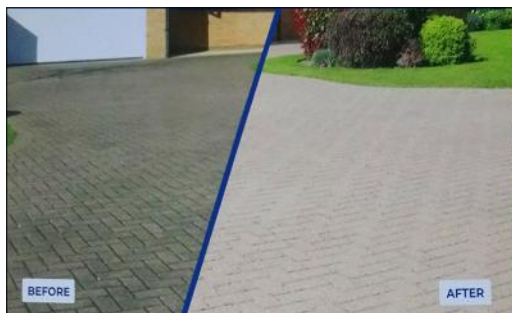
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## Annual Parochial Church Meeting (APCM)

The Annual Meeting of Parishioners and the Annual Parochial Church Meeting took place on Sunday 19<sup>th</sup> May with the Revd. Canon Richard Carew in the chair and Isobel Goforth, PCC Secretary, as recorder.



At the Annual Meeting of Parishioners there were two nominations for Churchwardens, and Helen Wren and Michael Trew were appointed for a further year.

At the APCM the minutes from 2023 were agreed and signed. There were two nominations for the PCC and Richard was pleased to welcome both Alec Cartwright for a first term and Jim Cooper for a further term. Christine Hanby, Cai Mallett and Julie Shepard were thanked for their service as they stepped down.

The APCM received reports from finance, safeguarding, fabric, sidespersons, electoral roll and deanery synod.

These papers are available on the website at <https://www.stedsdringhouses.org/apcm/>. No additional questions were raised other than a query as to whether the recent focus on giving had made any impact on finances. It was reported that June would give us a clearer picture, but the signs were that giving had increased.

Richard's clergy report reflected back on 2023 using a short video entitled '*A Year of Sunlight and Shadows*' (available on the website at <https://www.stedsdringhouses.org/reflect/>).

In terms of looking forward, the pastoral phone tree will continue to happen, but this will be expanded to a pastoral visiting team sent out by the PCC to meet people in their homes. Training will be given after half-term. Caring is at the heart of St Edward's community, and this is a way of expanding to reach more people.

Our financial challenges remain. Whilst income has remained steady, costs have risen rapidly and so a gap is opening up. The deficit is £43,000, but the legacy from Joan Rowland has helped to bridge the gap for now.

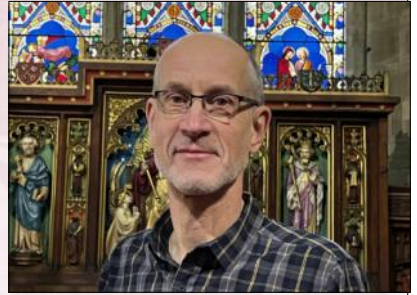
Richard shared the vision of Ezekiel 47:1-12 where the prophet stands at the entrance of the temple with God, and he sees a spring begin to bubble up, and as it flows out from the temple it becomes deeper and wider. The river becomes a source of life and on the banks different trees grow and bear fruit and the leaves are for healing. Richard concluded that it felt like St Edward's was beginning to see water bubble up and there were signs of green shoots and he hoped that 2024 and beyond might see a process of healing and renewal.

He thanked the leadership team, staff and church community for their caring and support for him and his family in a year that had brought great sorrow with the death of Rachael last July. The churchwardens in turn thanked Richard for his strength, dignity, faith and leadership.

The APCM is available on St Edward's YouTube channel by following the link <https://www.youtube.com/watch?v=vPEmxYDhIF4>

## A New Broom!

*Mike Hewitt has recently been appointed as our church Caretaker, so we decided to find out a bit about him and introduce him to our readers.*



### **Tell us a bit about yourself.**

I was born in Nottingham. After school I trained in Hospitality Management at the Colchester Institute, which is where I met Wendy, who later became my wife and happens to be the Parish Secretary. Next year we will have been married 40 years. We have two sons: Richard and Jonny, who are mechanical engineers and settled with partners.

I like to keep fit. We are keen walkers and enjoy going away in the camper van at weekends and getting out into nature. I see a Personal Trainer once a week and also come to the Pilates class on Wednesday evenings in the community hall.

After graduation we went to Oxford to work as Assistant Hospitality Managers in a coaching inn, but after nearly a year, decided to move on. Which is how we came to York, as I got a job as Catering Manager at York Theatre Royal. From there I was asked to work for the Hotel and Catering Industry Training Board as a YTS Tutor. Over the 20 years that I worked there, my role progressed from tutor, to trainer and assessor and finally as Business Manager.

I've always been interested in the Great Outdoors and nature, which led me to my last job with Yorkshire Wildlife. I worked for them for 14 years as Facilities Manager and Health and Safety. Sadly, desk based rather than outdoors.

### **What are your links with St Edward's?**

Wendy started coming to the Mums' & Toddler Group (Little Teds) when the boys were small. Many of our friendship groups developed from that and through the boys. We became involved with Dringhouses Scouts, and I became the Beaver Leader. After nearly 20 years, I stepped down from active leading, but both Wendy and I continue involvement by contributing to the Group Board.

### **What made you apply to be the caretaker, here at St Ed's?**

I will be 65 this year and was planning for retirement. I didn't want to go from full time work to full time retirement, so was looking for part time opportunities.

I had had enough of being in an office and wanted something a bit more active. Also, I have always like doing practical tasks, repairing and fixing things, so this job looked like it could fit the bill.

### **What, if anything, have you enjoyed about the job so far?**

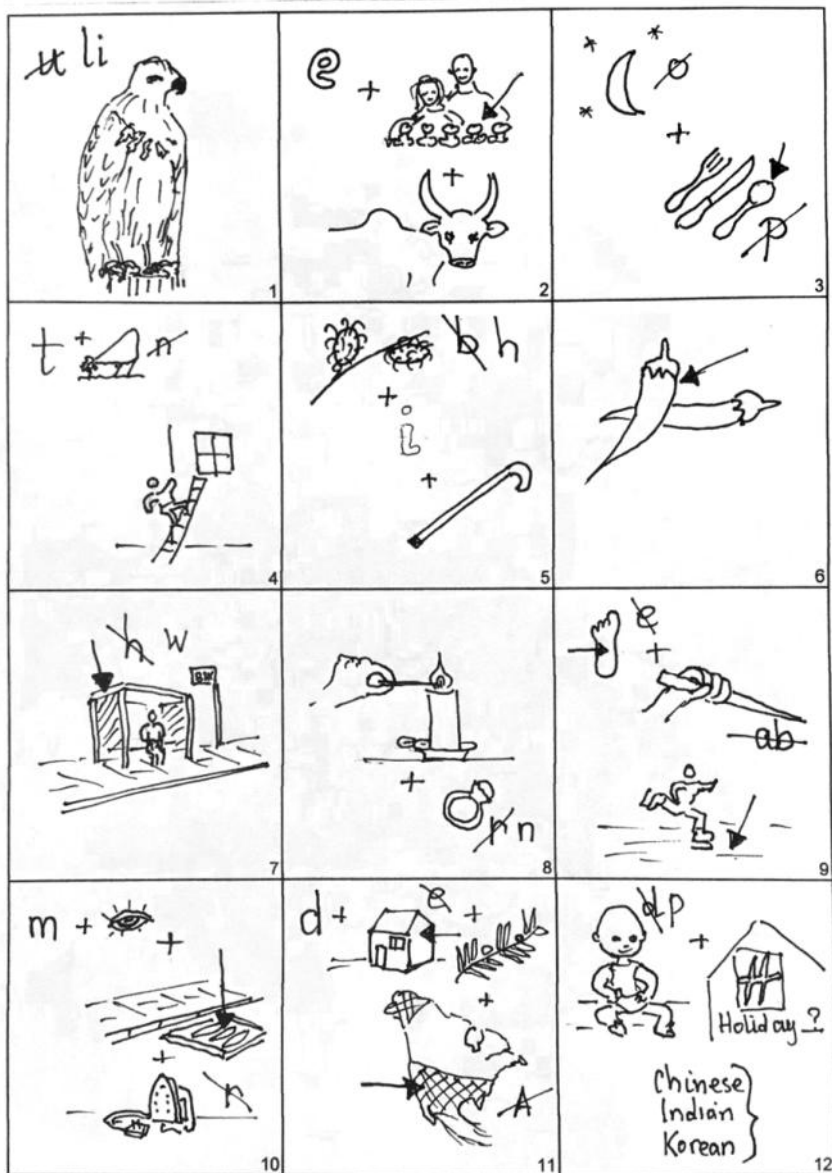
Well, it's great to be working part time, with less stress. I feel much more chilled these days. It's also great to see visible results from the job. I've already had a chance to fix a few things. This gives a much better sense of achievement than sitting at a desk.

It's great to be working with different people and meeting the groups who come into the building for their own activities. I've had lots of positive feedback from people, saying that the place looks much cleaner and tidier. And it really is a pleasure to be an active member of the St Ed's community.

Thank you, Mike. You are doing a great job!

Interview with Linda Sykes

The answers are words associated with SEASONS and WEATHER.



## Quiz Answers

1. Blizzard. 2. Equinox. 3. Monsoon. 4. The Fall. 5. Hurricane. 6. Chilly  
7. Swelter. 8. Lightning. 9. Solstice. 10. Migration. 11. Deciduous. 12. Pol-  
lination



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