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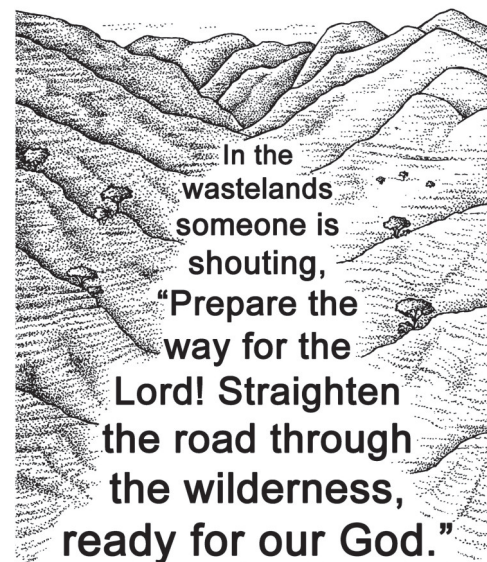


'Parish News'

The Parish magazine for Broughton Astley and Croft with Stoney Stanton



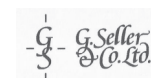
February
2025



Is 40:2, Mt 3:3, Mk 1:3 Lk 3:4, Jn 1:23

40p

Supplied and printed by



The Genuine Independent Funeral Directors & Memorial Masons

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Assisting Clergy	Revd Vic Goodman	01455 285410
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To subscribe to the Parish News please contact:		
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Croft	Hubert Lane	07787 910466
Stoney Stanton	Wendy Howe	07779 194730

For further information, see inside back cover or visit our website:
<http://www.stmaryandstmichaelschurches.co.uk>
Or follow us on Facebook: @bacsschurches

Around the Churches		
St Mary's, Broughton Astley		
Churchwardens	John Bass Colin Atkinson	01455 640381
DCC Secretary	Moirra Cooper	07951 134920
DCC Treasurer	Steve Windram	01455 272922
Tower Contact		
Tower Captain	Andy Kedie	01455 284777
Teddy Bear Bunch (Weds 10:30 Term time)	Heather Beadle	01455 284689

St Michael and All Angels, Croft		
Churchwardens	Claire Jordan Mike Wootton	01455 282495 01455 283699
DCC Secretary	Claire Wootton	07423 041399
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Ringin Master	Margie Brimacombe	01455 282429
Tower Contact	Fiona	sstantontower@hotmail.com

Facilities
Each of our three churches has a disabled access toilet and baby changing facility.
Each Church also has a hearing loop system.

Services.....February

	<i>St Mary's Broughton Astley</i>	<i>St Michael's Stoney Stanton</i>	<i>St Michael & All Angel's Croft</i>
Sunday 2 February Candlemas	10:00 am United Service at St Michael's Church, Stoney Stanton		
Sunday 9 February 4th before Lent	9:45 am Holy Communion	9:30 am Messy Church	11:15 am Holy Communion
Sunday 16 February 3rd before Lent	9:45 am Messy Church	9:30 am Holy Communion with Baptism	11:15 am Holy Communion
Sunday 23 February 2nd before Lent	9:45 am Holy Communion	9:30 am Holy Communion	11:15 am Morning Prayer
Sunday 2 March Sunday before Lent	10:00 am United Service at St Michael and All Angels Church, Croft		

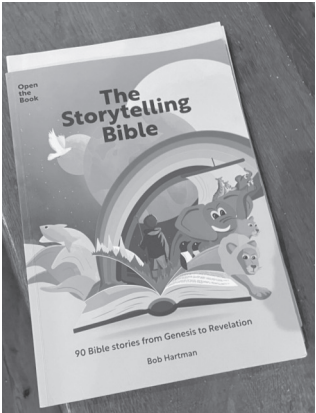
Weekday Services:
Broughton Astley: Wednesday 9:30 am Either a service of Holy Communion or Morning Prayer
Stoney Stanton: Thursday 9:30 am A service of Morning Prayer.

Details of services correct at time of going to print. However, please check weekly news sheet and Church noticeboards or visit the BACSS Facebook page regularly to check for any changes and updates.

(You don't need a Facebook login to see these pages).
<https://m.facebook.com/bacsschurches/posts/>

Friends

Often at this time of year we reflect on all those things we want to change, which can be a good thing but can also be really frustrating-keeping resolutions is never easy!! I have been reflecting on the fact that sometimes it's good to look back and to think about all the good things that God has done over the past twelve months and to spend time thanking Him for His goodness. For me one of those things would be Open the Book.



For the last two years a team of us, from all three churches have been going into all 5 of the Primary schools in our Parish to deliver Open the Book, a Bible Society project designed to introduce children to the Bible. Each session includes a Bible Story which we act out, a time to reflect and a short prayer. We have a huge amount of fun and the children love it when we visit, we always include them in the acting. This simple activity enables us to share the truths of our faith with nearly 1000 children every half term. Our hope is that the children will go away and think about the things that they hear.

There is much in this that we can be thankful for - the fact that we have this freedom (in so many countries it would not be possible); the way we are made so welcome by all of our schools; the wonderful



team who faithfully turn up every time and the friendships we have made along the way.

We should never take any of this for granted.

As we reflect on all the stories we have told and the children we have met over the last couple of years it's good to turn our thoughts to the future. Our hope is that we will be able to continue for years to come. Please will you join us in thanking God for this great opportunity, in praying for this work and maybe even think about joining us.

Alison Macklin

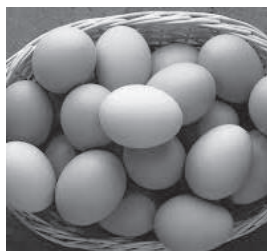
In praise of the humble egg

We love eggs. On average, we eat at least two of them each week, which makes eggs one of Britain's most popular foods.

Eggs are exceptionally good for you – high in protein, containing all the essential amino acids, rich in the B vitamins, vitamin D and A, and choline, and a source of healthy fats.

Eggs are also filling, and with 7.5g of protein in less than 80 calories per egg, there are few other foods that can match them for so much protein per gram. They are also inexpensive and easy to cook.

Experts recommend eating one or two eggs a day, and choosing a low-fat way of cooking them, by boiling or poaching. Cooking them in butter is a bit lower in fat than frying them in olive oil. Free-range eggs generally contain more vitamin D.



1st Stoney Stanton Scout Group

BEAVERS

Beaver Scouts

(Age 6 to 8 years)

Meet Wednesdays 6.30pm to 7.30pm

Cub Scouts

(Age 8 to 10½ years)

Meet Mondays 6.30pm to 8.00pm

cubs

SCOUTS

Scouts

(Age 10½ to 14 years)

Meet Fridays 7.00pm to 9.00pm

Explorer Scouts

(Age 14 to 18 years)

Meet Wednesdays 7.30pm to 9.00pm

EXPLORERS

We are currently looking for adults interested in joining our team of volunteer leaders who provide a wide range of Scouting activities for all of the age groups.

For more information on this or youth membership please contact

Carl West (Group Lead Volunteer) on 07711 077606
gslstoneystanton@hotmail.com

For general enquiries contact

Stuart Wilson (Group Trustee Board Secretary) on 07929 479970
Group Headquarters The Old Chapel, Broughton Road, Stoney Stanton

Stoney Stanton Village Hall

Newly refurbished throughout, this beautiful quarry stone building has loads of character, high ceilings & large rooms for events of all types

- The building holds up to 150 people
- main room is 12m x 6.6m with
- bi-fold doors for an additional 5m of length to the room
- chairs and tables available for events
- smaller lounge room with tables, chairs, sofa and reading area
- fully useable kitchen space
- WC's including disabled
- disabled access
- space for an indoor bouncy castle
- modern projector system
- free wifi
- asbestos free, fully water tested, a high quality fire alarm system for your safety
- from £12.50 per hour
- block bookings contact clerk@stoneystanton.org.uk



NEW ONLINE BOOKING SYSTEM

<https://venuehire.scribeaccounts.com/Stoney-Stanton-Parish-Council>



Baptism

Croft

Brody Ponticelli

Funerals

Broughton Astley

Brian Raynor

Croft

Ray Wallace

Stoney Stanton

Nancy Christine Iliffe



Have you ever felt you would like someone to pray for you? Or maybe there is someone you know who needs prayers.

Help is at hand. The Prayer Chain is a group of people who regularly pray for people who are on the prayer chain list.

All requests are treated in confidence. It is up to you how much you want to tell the prayer chain about the request. It can simply be the first name of the person.

Each request is prayed for, from the date of the request, for 1 month. If you want prayers to continue after that month you need to make another request.

Please contact Jackie March with your request on bacsprayerchain@gmail.com .

You don't have to be a member of the Church to use the Prayer chain.

Jackie March



HOLIDAY

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www.Kirkwood-Lockerbie.co.uk



No news

A traveller was marooned in a small town because of a landslide caused by heavy rain. It fell in torrents for three days. Looking out of the window of the restaurant, he finally remarked to the waitress: "This is like the flood."

"The what?"

"The flood. Surely you have heard about the great flood and Noah and the Ark?"

"Sorry, sir," she replied. "I haven't seen a newspaper for four days."

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National Nest Box Week – 14 to 21 February

Where can family-minded birds raise their young these days? As our gardens and parklands become smaller and tidier, too many natural nest sites – such as holes in trees, old buildings and unkempt hedgerows – are rapidly disappearing

No wonder that our sparrows, greenfinches and swifts are in precipitous decline, and that one in four of our UK bird species are now under serious threat.

This makes it more important than ever to care for our remaining birds. By feeding, providing water and putting up nest boxes we can give them a safe space to raise their chicks.

The National Nest Box Week initiative encourages bird conservation across the UK, and it's easy to get involved, whether you're a teacher, part of a local wildlife group, or just wanting to boost the bird numbers in your own garden.

Visit: <https://www.countryfile.com/wildlife/birds/national-nest-box-week-how-to-help-birds-in-your-garden>

World Day of Prayer

Friday 7 March

St Mary's Church Broughton Astley

Time to be arranged

All Welcome

This year's theme is "I made you Wonderful"

(Psalm 139: 14)



Enjoy Hot Soup and friendly
company in our warm church



St Michael's Stoney
Stanton

November 7th

December 5th

January 9th

February 6th

March 6th

Please come and join us
between 12 and 1:30

What you have in common with a woodcarving

Woodcarving isn't as straightforward as it seems. You don't begin with a block of wood; you begin with a piece of paper. The first step is to draw a plan of what you want to carve, and only when you've got that right do you start to shape your piece of wood.

The carver then works his block with his plan alongside it. He cuts those bits of wood away that he doesn't want, and shapes what's left until it ever more closely resembles that original plan.

Only when the design on the wood and the paper plan *are identical* has the carver finished his job. He's then made exactly what he'd hoped for, while working all along from that original plan. It's the same for our lives. God is the master carpenter. He has a unique plan for each one of us, which is a blueprint of what He hopes we will become.

As we go through life, God shapes us, cutting away those bits of us that He doesn't want and which would spoil what He hopes we'll come to look like. He then gradually moulds what's left until we look ever more like that original blueprint. Only when the two are identical will God's work be over.

But there's one big difference between a human being and a block of wood. A block of wood sits impassively on the carver's bench while he works at it. The wood cannot help the process along and has no idea what's happening to it.

God very much hopes that we'll help Him in the process of being moulded and shaped into His pattern. That's why we read the Bible and worship and pray: to find out just what His plan is for each one of us. Only when we have some idea of what He wants us to be can we help Him in the process.



Former head of MI5 to lead search for new Archbishop of Canterbury

The Prime Minister has appointed The Lord Evans of Weardale KCB DL to chair the new Crown Nominations Commission for Canterbury.

The Crown Nominations Commission is the C of E committee that will nominate the candidate to be the next Archbishop of Canterbury. Archbishop Welby completed his duties on 6 January.

Jonathan Evans has been a Crossbench member of the House of Lords since 2014. Until October 2023 he was Chair of the Committee on Standards in Public Life. He is currently Chair of the HALO Trust, the anti-landmine charity, and of the Public Interest Committee at KPMG UK. He is a former Director-General of the Security Service, MI5. He is an active and communicant member of his local parish church.

Middle aged? Don't skip breakfast!

If you skip breakfast in your middle age, it can make you fatter and unhealthy.

Instead, a recent study advises that having a well-balanced breakfast helps manage daily calorie intake and lower cholesterol, BMI and waist size. Breakfast "serves the critical role of breaking the extended fasting period from sleep."

NHS guidelines recommend 2,000 calories a day for women and 2,500 for men. Breakfast should account for a quarter of this: 500 calories for women and 625 calories for men.

The study was carried out at the Hospital del Mar Research Institute in Barcelona. It disregarded the 'full English' breakfast as being too full of saturated fat levels. Instead, it recommends cereals, protein, a healthy fat source, fruits and vegetables.

Pancake and Beetle Drive Party at St Mary's



Saturday **8th March at 6pm**



Come and enjoy some fun dice throwing to build your beetles and then eat pancakes!



**£10 per person on the door
(Children under 12 years £5)**

Includes:

- A supper of a savoury and a sweet pancake
- First drink (glass of wine or juice)
- Please add names to the sign-up sheet or let Moira know if you hope to come (Moira763@gmail.com or 07951 134920)



BACSS

3 Churches 1 Parish 1 Faith

BEETLE DRIVE



St Mary's Christmas Tree Festival

Many thanks to Moira and Paula for organising the very successful Christmas Tree Festival this year, and to all their helpers. Over 1500 people came to see the trees and enjoy the refreshments.

The final sum raised is not yet finalised but we believe a similar amount to last year has come in.

Very many thanks to all the people who displayed trees there were so many inventive entries - well done to all of them.

The two favourite trees, voted for by the visitors:



*Prayer the church's banquet, angel's age,
God's breath in man returning to his birth,
The soul in paraphrase, heart in pilgrimage,
The Christian plummet sounding heav'n and earth
Engine against th' Almighty, sinner's tow'r,
Reversed thunder, Christ-side-piercing spear,
The six-days world transposing in an hour,
A kind of tune, which all things hear and fear;
Softness, and peace, and joy, and love, and bliss,
Exalted manna, gladness of the best,
Heaven in ordinary, man well drest,
The milky way, the bird of Paradise,
Church-bells beyond the stars heard, the soul's blood,
The land of spices; something understood.*



Church service

An auntie took her very young niece to church. When they returned home, her parents asked how it had gone. The little girl replied: "Well, the minister prayed, and I prayed. The minister sang, and I sang. The minister spoke, and auntie brought me home."

Thinking about prayer.....

‘Something Understood’

Where better to begin a series about prayer than in the company of George Herbert?

My old school friends and I still smile of memories of sitting in our home church listening to the Vicar preach and waiting for the inevitable reference to his hero, George Herbert. We didn’t know much about the man, but recognised that he underpinned much of our local priest’s faith. So who was George Herbert?

Born in 1593, of a wealthy Pembrokeshire family, he was educated in England and eventually went to Trinity College Cambridge. After a brief period in politics, he sought ordination, and before his ordination was gifted with the parish of Leighton Bromswold, and set about restoring its neglected church. It is still, to this day particular for the powerful statement which the internal ordering of the church makes. It has two pulpits, on opposite sides of the chancel arch, one for prayer and one for preaching, underpinning Herbert’s belief in the power of prayer alongside that of preaching. The latter had become of central importance in the developing Protestant church, Herbert was determined to stress a better balance.

In 1630, he was appointed the Rector of Bemerton near Salisbury, and here he would spend the rest of his short life, settling down to become a faithful and prayerful priest, while creating the wonderful poems which, set to music became some of the best loved hymns of the Anglican Church. His book, ‘The Country Parson’ became a byword of pastoral guidance. In 1633, aged only 39, he died of consumption, having had poor health throughout his entire life.

His poetry can be ecstatic - how many of us have not thrilled to the glorious hymn (sometimes set as an anthem) ‘*Let all the world, in every corner sing*’? And one of his most glorious poems is a celebration of the nature of prayer, the ongoing conversation with God, which may vary according to need, personality, experience, whatever. And it culminates in the simple words ‘*something understood*’ – a recognition of the ‘still small voice’ of Elijah’s experience in the Old Testament.

Christmas in the Parish

Another busy Christmas period in the Parish, began on Advent Sunday at our United Service at Broughton Astley. The three groups of Posada figures were blessed and started their journeys in each village, visiting homes, schools and places of work. That evening there was a service of Darkness into Light,

The Posada figures were also seen at the Christmas Tree Festival, casting their eye over the trees!

Stoney Stanton once again held their Messy Nativity, but due to the wind and rain had to hold it in Church, rather than at Boundary Farm. The event was still a success as always.

Croft held their carol service accompanied by the Croft Silver Band. A United Carol service was held at Broughton Astley on 22 December, just after the Tractor Run through the village!

Once again, members of the choir sang carols and Christmas songs at the Broughton Astley Volunteer Group coffee morning, ending with the Twelve Days of Christmas, with actions!

Christmas Eve saw Christingle in all three churches, with Communion services later that night, and a United Family Communion on Christmas Day at Stoney Stanton.

Hopefully there was something for everyone to join over the Christmas period.

We look forward to seeing you sometime during 2025.

Alf Ballard's handbells - a personal memoir

In November 1956, Alf Ballard decided, with the aid of Roger Hayward, who had recently moved into Hinckley following his marriage, to establish a new band to ring the glorious bells of St.Mary's Church. His recruits were to come from the Church Youth Fellowship. Six of us were gathered for instruction and were taught to 'handle a bell' and began the slow progress from call changes to simple methods in a relatively short time, thanks to their excellent instruction.

Alf and Roger were both natives of Stoney Stanton, and well-known ringers in the area. Alf had moved to Hinckley to work as factory manager at Francis and Wilbur's hosiery works in Hill Street.

It is a tribute to the excellent instruction received from Alf that within a short time, the new ringers at St.Mary's were confident enough to gather together a team of fellow students from other villages and from The Hinckley Grammar School to ring for the annual Commemoration service - a custom which continued for several years.

After the initial group was formed, more young people volunteered to join the band. One notable person was Martin ('Dill') Faulks, who wanted to follow in the footsteps of his grandad, Bertie Ridgway, who 'always rang the sixth'! Martin later became a distinguished ringer and philanthropist.

Alf was a very kind instructor, and keen to draw his young charges into the culture of ringing. There were outings to local meetings and trips further afield for those of us who could cram into his little car, PNX9. I remember a visit to Lichfield, simply to listen to those glorious Cathedral bells in full flow.

Over the years we came to realise that, in spite of his modest and patient manner, our instructor was actually a very distinguished ringer, both on tower and handbells. His teaching skills were not just devoted to new ringers but also to more experienced people, who

Down

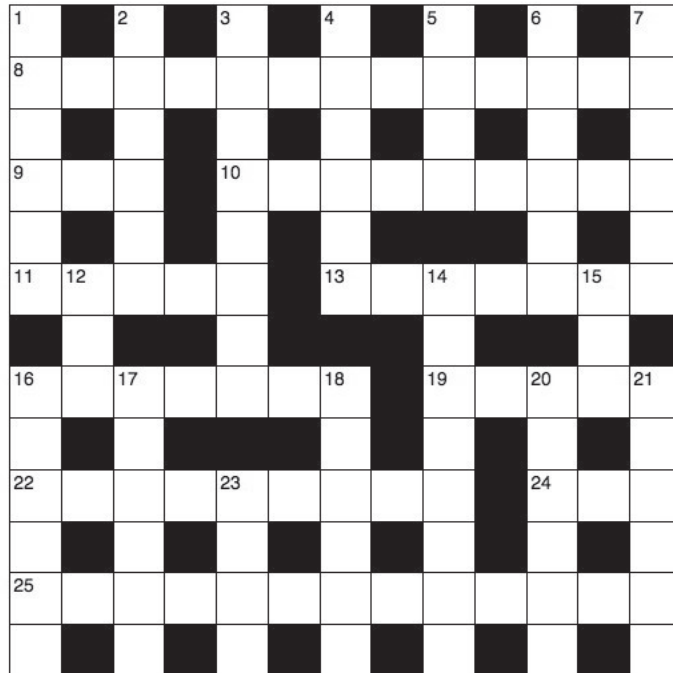
- 1 Seas (Proverbs 8:24) (6)
- 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
- 3 Specialist in the study of the Muslim religion (8)
- 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
- 5 One of Esau's grandsons (Genesis 36:11) (4)
- 6 Taking a chance (colloq.) (2,4)
- 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
- 12 Confederation of British Industry (1,1,1)
- 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
- 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
- 16 Disappear (Psalm 104:35) (6)
- 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
- 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
- 20 Made by a plough (Job 39:10) (6)
- 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
- 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

December Crossword Solutions

ACROSS: 1, Lame. 3, Obtained. 8, Omit. 9, Merchant. 11, Burdensome. 14, Crafty. 15, Please. 17, Blacksmith. 20, Splendid. 21, Tier. 22, Singeing. 23, Hand.

DOWN: 1, Look back. 2, Main road. 4, Breast. 5, Accomplish. 6, Near. 7, Date. 10, Pestilence. 12, Basilica. 13, Tethered. 16, Action. 18, Asa's. 19, Clan.

Crossword - February



Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

wanted to develop their skills in change-ringing on handbells, in that esoteric form of mathematical permutations so beloved of campanologists. As time moved on, regular practices were arranged, not just at Alf's home on Leicester Road, Hinckley but back in Stoney Stanton where Tuesday evenings were devoted to practices with the Vernon twins at their homes. There they would be joined by other keen hand bell ringers, including such people as the eccentric genius Walter ('Tich') Whitehead. Later practices were shared with Brian Burrows in Sapcote. Alf had his own handbells which were put to good use over the years. His last peal was for his 80th birthday, on 14 December 1988, shared by John Vernon in Hinckley. Alf was very frail by this time and died shortly afterwards.

It was to be some years later that Alf's family generously presented a huge and valuable archive to the Leicester Guild. It contained details of Alf's ringing career, right from his early membership of the Midland Counties Association through to the formation of the Leicester Diocesan Guild and beyond. Alongside all of this were some handbells, including the very bells on which Alf had rung so many peals both back in Stoney Stanton, and with other distinguished ringers such as the Pooles and Staniforths in Leicester, and elsewhere, throughout his life. In tribute to his life, and his contribution to the world of ringing, it was decided to restore the bells and display them in St. Michael's Church, in his home ringing room, whilst at the same time they remained the property of the Leicester Diocesan Guild.

Mick Angrave undertook the creation of a fine wooden display cabinet, the materials being financed by Margie Brimacombe, the current Tower Captain. The restoration and renovation of the bells themselves was supported by Sally Brown, in recognition of her period as President of the Guild, and by the family of John Vernon who had died earlier, a former Steeple Keeper and Ringing Master at St. Michael's. It is a fitting complement to this modest gentleman, who did not seek glory but simply enjoyed his ringing and delighted in passing on his skills to others.

Many of us have good memories of Alf - my own include the fact that he introduced me to my husband - and there were the happy times when he would gather with a group of friends in our house on a Tuesday evening, ringing on his beloved bells and enjoying a gossip and cup of coffee afterwards. We have much to be thankful for.

EAV.



The bells displayed in St. Michael's ringing room above a certificate marking Alf's 21st birthday peal, rung at St. Michael's in 1929,

Hearing

A tiny lady was the guest preacher. A few minutes into her sermon, she paused and said: "Can you all hear me at the back?" A kind voice replied: "We can hear you fine. But sadly, we can't quite see you."

WE'RE LOOKING FOR

MALE SINGERS!
Q

REQUIREMENTS

- You don't need to be able to read music - full training given
- Be available on Monday evenings 7:30-8:30pm
- Sing Bass, Tenor or Baritone
- No formal training needed - you will be trained on the job!

CONTACT

✉ bacsschurches@gmail.com

Cow and choir

From a Cambridgeshire local newspaper in January 1900: 'WANTED – a steady respectable able man who can look after a garden, milk a cow, and sing in the church choir.'

Boots

My young daughter needed new boots. When her friend arrived one morning in a lovely pair of new boots, I asked where she had got them. "At the store," she answered.

"Which one?" I asked patiently.

She looked confused, and then down at her boots. "Both of them," was her reply.

Clubs, activities & events in February

W.I. Meetings etc.....

Where at.....	Date and Time	Speaker	Competition
Broughton Astley Village Hall	Tuesday 11 February 7:30 pm	"Modern Slavery" Phil Jesson	A heart in any medium
Stoney Stanton St Michael's Church	Wednesday 12 February 7:30 pm	"The Woodland Trust & National Forest" Ian Retson	
Ladies Fellowship Group St Mary's Church Broughton Astley	Wednesday 12 February 2pm Contact Denise 285410 or Wendy 272050 for more information	"Clare's Art"	

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What's in a name?

Olivia

Fashions come and go, and each year a list of favourite names is compiled by the media to reflect the current trends.

Names are a popular theme and I was delighted this year to see that the lovely name Olivia was yet again a popular name for girls. I can only recall one girl of my age who had this name and frankly, at the time it was regarded as highly unusual!

Although it became quite popular during Renaissance times and was used by Shakespeare in his play *'Twelfth Night'* it has its origins in the name of that most ancient and productive of plants, the olive (*Latin: Oliva*) and thereby becomes a symbol of peace and friendship, It also carries overtones of grace and strength.

It has become more fashionable as the name of some well-known 'celebrities' but has a beauty in its own melodious sound.



Olive trees are known to grow to a great age, ranging from several hundred years to 2-3 thousand years. Fossils have been found indicating that the ancestors of the modern tree were growing 20 million years ago in what would later become the Mediterranean basin. Although they prefer the more balmy climate found in southern Europe, they are a distant relative of our own native ash tree.

All in the month of February

It was:

175 years ago, on 23 February 1850 that Cesar Ritz, the Swiss hotelier, was born. He founded several notable hotels including the Ritz and Carlton Hotels in London, and the Hotel Ritz in Paris.

125 years ago, on 27 February 1900 that the Labour Party was founded in the UK.

90 years ago, on 22 February 1935 that US President Franklin D Roosevelt banned aircraft from flying over the White House – because the noise kept him awake at night. The ban remains in place today, but mainly now for security reasons.

Also 90 years ago, on 26 February 1935 that British radio engineer Robert Warson-Watt demonstrated a working radar system for the first time, in Daventry.

80 years ago, on 21 February 1945 that Eric Liddell, Scottish athlete, died. An Olympic gold medallist in 1924 (400 m), he had withdrawn from the 100m heat because it was held on a Sunday and entered the 400 m instead. The story is featured in the film *Chariots of Fire*. (Liddell died in a WWII internment camp in China, aged 43.)

75 years ago, on 8 February 1950 that the world's first payment by credit card took place. The founders of Diners Club (now Diners Club International) used it to pay their restaurant bill at Majero's Cabin Grill in New York City.

70 years ago, from 24 February 1955 to March that Britain's Big Freeze took place. Deep snow and freezing temperatures caused havoc, with many places cut off. The RAF dropped food and medical supplies to affected areas, while thousands of sheep died from exposure.

50 years ago, on 11 February 1975 that Margaret Thatcher became the first female leader of the Conservative Party. She became Britain's first female Prime Minister in 1979.

40 years ago, on 7 February 1985 that the Mayor of New York City, Ed Koch, adopted the song *New York, New York* by Franck Sinatra as

EFFFI (Elmesthorpe Friends Food and Flower Initiative)

Raising money for St Mary's Church and other local charities

Coffee Morning

Elmesthorpe Village Hall

10:00—11:30

Saturday 22 February

Sweetheart Party

Wear hearts or red roses!

All Welcome

Stoney Stanton Methodist Chapel

Coffee Morning

Thursday 27 February

10:00 am—11:30 am



Come and Join Us

Coffee Mornings and Lunches

St Mary's Broughton Astley

Saturday 1 February

10 am— 12 noon

Community Market and Coffee Morning

St Michael and All Angels Croft

No lunches in February

St Michael's Stoney Stanton

Saturday 8 February

10 am - 12 noon

Coffee Morning

How many minutes of walking might help you avoid a heart attack?

It seems that keeping your heart reasonably healthy may not take a lot of time.

Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.

Sedentary women who did just 3.4 minutes of "vigorous intermittent" exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

the city's official anthem.

Also 40 years ago, on 16 February 1985 that the Islamic militant group and political party Hezbollah was founded in Lebanon.

20 years ago, on 7 February 2005 that yachtswoman Ellen MacArthur broke the record for the fastest solo circumnavigation of the globe, gaining international renown.

Also 20 years ago, on 14 February 2005 that YouTube, the online video-sharing service, was founded. It was purchased by Google in 2006.

Rome bracing to welcome 60 million visitors this year

If you like peace and quiet, it is best to avoid Rome this year.

For 2025 is a Jubilee Year for the city, and tens of millions of visitors worldwide are expected to converge on Rome. In all, a staggering 60 million are expected.

As Pope Francis has recently explained: "Once again, Rome will welcome pilgrims from across the globe, as it did in 1300 during the first Church Jubilee." Many religious and cultural events on the theme of 'Pilgrims of Hope' are planned.

The Pope foresees that this year Rome will be a "place of hospitality, a melting pot of diversity and dialogue, a multicultural hub where the world's colours come together like a mosaic. Rome can embody an eternal spirit, rooted in its glorious past yet committed to building a future without barriers, discrimination or mistrust."

The Jubilee tradition harks back to Old Testament Jewish practices. The modern tradition of Jubilee began with Pope Boniface VIII. It was seen as a time of grace, "offering freedom to those imprisoned by sin, resignation, and despair."

The 2025 Jubilee coincides with the 1700th anniversary of the Council of Nicaea, as well as a rare common celebration of Easter by all the Churches.

