ST. THOMAS'S METHODIST CHURCH BURTON ON TRENT

FOCUS JUNE/JULY 2024





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Meetings & Worship @ St. Thomas's – to which All are Welcome

Sunday Worship takes place each Sunday @ 10.00am.

Coffee Mornings 10.00am - 11.30am on the 1st Saturday of the Month

(If you have access to a lateral flow test, please consider others by taking a negative test before coming and please do wear a mask if possible.)

Wednesday Group 2pm - 4pm – on the 2nd Wednesday of the Month (with Activities and Guest Speakers)

Dear Friends,

As I write, I am reminded that forty years ago today, I had already handed in my notice at John Taylor, having accepted to be appointed as a Missionary from the Methodist Church in Britain to the Methodist Church in Zimbabwe. First, I had to go to Selly Oak for training, much of which involved gaining an understanding that people around the world have their own way of doing things, culture, customs and traditions. That includes family relationships, what people do at births, weddings and deaths, how people greet each other, give and accept gifts, their attitudes towards the young and the elderly, and so on.

A big question for everyone is when we find people doing things differently: When do we adapt to that? or When do we accept that they are different, but we still carry on in our own way (live and let live)? and When do we try to persuade them that they should change and follow our way?

Sadly, the British have an international reputation of going around the world trying to tell other people how they should run their affairs. We think we know best. The church shouldn't fall into that trap, but on the other hand we shouldn't bend over backwards to accommodate society's latest trends, especially if they run counter to the central truths of the Gospel.

For example, have you noticed that many if not most movies have a common theme of: Bad guys attack the good guys, then good guys go out and 'heroically' crush the bad guys? It can be hard to resist the temptation to cheer on the good guys and be happy at the incapacitation or destruction of the bad guys. This illustrates that society expects us to feel happy when someone gets revenge.

But this is not what Jesus taught us.

I think our church, at St Thomas's and beyond, is very good at showing the world a better way (as the apostle Paul calls it in his first letter to the church in Corinth). We don't want our enemies to experience 'karma', but forgiveness. We are glad to be known as "those who have turned the world upside-down".

One thing that I was sure that I wanted to do when I first came to Zimbabwe was to make a difference, sometimes by saying: No, what you are doing is not good, and other times by saying, yes, that's good, you are doing well. Like all teachers, I am happiest when it is the latter, of course!

Jonathan Hill

Stop being angry and don't try to take revenge. I am the LORD, and I command you to love others as much as you love yourself. Leviticus 19:18

Love is kind and patient, never jealous, boastful, proud, or rude. Love isn't selfish or quick tempered. It doesn't keep a record of wrongs that others do. Love rejoices in the truth, but not in evil. Love is always supportive, loyal, hopeful and trusting. Love never fails! 1 Corinthians 13:4-8

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The editor wishes to thank Jonathan for kindly agreeing to write our pastoral letter for this edition, in the absence of our Minister Rev Helen Harrell due to illness.

Jonathan had only a few weeks ago returned to Zimbabwe following a month here in Burton and has resumed his busy teaching schedule.

Lost and Found

Some years ago, caravanning in the Scottish Highlands (100 miles north of Inverness), my husband and I were in the throes of packing up and leaving the beautiful view we had enjoyed for a week or two. This caravan site had mountain scenery and below where our caravan stood, was the sea. We were about to travel on to another site, which had an equally scenic spot, 60 miles away.

Struggling with a particularly stubborn caravan peg reluctant to leave the ground, my husband took off his watch and put in on the grass beside him. This was so he could get extra leverage with his wrist's help without accidentally damaging his watch. The extra pull released the peg from the ground.

That accomplished and the final pack up completed, we set off for the next leg of our journey. We arrived and set up 'camp' and got settled in and it was then that my husband realised that the watch, which had great sentimental value, as well as monetary value, had been left on the ground where we had previously been.

Oh no! – now we would have to do the round 120 mile trip to see if the watch could be retrieved. Perhaps we could contact the site manager there, I suggested? So we rang her and she very willingly said that she would search for it. She did and it was found! Fortunately no caravanner setting up had trodden on it!. It was with joy that we received this welcome news. We were about to make the return journey there and back on the single track roads when the site owner suggested that the little post bus which would be collecting and delivering mail could save us the journey. The driver would collect the watch and personally drop it off to us and all we had to do was wait to receive it the next day!

Jesus gave an illustration, in a parable, about a woman searching for a lost coin which was precious to her and of her joy in finding it. He likened this to the joy among the angels in heaven when a person seeks the Lord for forgiveness and salvation. The account is found in Luke's Gospel, chapter 15 and verses 8-10.

Aileen Westwood

Church Chuckles

Perks of reaching 50 or being over 60 and heading towards 70 or beyond!

- Kidnappers are not very interested in you.
- In a hostage situation, you are likely to be released first.
- No one expects you to run --- Anywhere.
- 4. People call at 9 PM (or 9 AM) and ask, "Did I wake you?"
- People no longer view you as a Hypochondriac.
- There is nothing left to learn the hard way.
- 7. Things you buy now will never wear out.
- You can eat supper at 4 PM.
- You no longer think of speed limitsAs a challenge.
- You quit trying to hold your stomach in no matter who walks into the room.

- 11. Your investment in health insurance is finally beginning to pay off.
- 12. Your joints are more accurate meteorologists than the national weather forecast.
- Your secrets are safe with your friends because they can't remember them either.
- 14. Your supply of brain cells is finally down to a manageable size.
- 15. Your eyes won't get Much worse.

And you notice these are all in big print for your convenience.

Pass this on to everyone you can remember... **Quickly... Right now!**



Submitted by Terry

YMCA BURTON



Margaret Clark
St Thomas's Church Wednesday Group
St Thomas's Methodist Church
Belvedere Road
Burton on Trent
DE13 0RQ

10th May 2024

Dear Margaret,

We would like to take this opportunity to say a big thank you to you and St Thomas's Church Wednesday Group for your very kind donation of 5 boxes of food and toiletries to our foodbank. Your constant and unwavering support is greatly appreciated and truly helps us to make a difference to the lives of so many in our local community. Thank you also for inviting me in to talk to your group and for kindly welcoming me. It was an absolute pleasure to meet the group and share my passion with you all. We cannot do what we do without the help of others, so please accept our most heartfelt thank you for your support.

The impact on the lives of those who were sofa surfing, or sleeping rough and finally have a safe place to call home with us is life changing. Knowing that a parent can feed their family for a couple of days with one of our emergency food parcels or that an individual can have a roof over their head is reassuring and can help to relieve some of the pressure people are facing. It is not unusual for those accessing this service for the first time to feel overwhelmed by the generosity of others who have willingly given to help people like themselves. Our charity is a lifeline for thousands of people each year but only made possible by people like you who believe in our work and continue to support us.

On behalf of all of us at YMCA Burton, thank you very much again for your kindness and thoughtfulness in supporting our charity. Please also extend our thanks to everyone who contributed to the foodbank collection.

Yours sincerely,

9 Winter

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PRAISE GOD AS WE SING!

On Sunday 7th April, our Church service was designated a Local Arrangement and our friend Terry Butler stepped in to lead our worship.

Church members were asked to submit their favourite hymns and to say a few words explaining the reason for their choice. All of the hymns were from "Singing the Faith", some were old and traditional and some were modern. Terry was also able to provide insight into the writers of the hymns and when they were written.

The first hymn, a favourite at St Thomas's, was "Be Still for the Presence of the Lord, the Holy One, is here.

This was followed by "Just as I am without one plea" and "Come, let us sing of a wonderful love".

The hymns were interspersed with Prayers of Intercession and the reading of Psalm 96.

Following the singing of the next hymn "Love Divine all Loves Excelling to the tune "Blaenwern", Jenny Hall read the following poem.

What God Hath Promised

God hath not promised skies always blue,
Flower-strewn pathways all our lives though.
God hath not promised sun without rain,
Joy without sorrow peace without pain.
God hath not promised we shall not know
Toil and temptation, trouble and woe.
He hath not told us we shall not bear
Many a burden, many a care.
But God has promised strength for the day,
Rest for the labourer, light for the way
Grace for the trials, help from above,
Unfailing sympathy undying love.

Following the poem the hymn, "Father God I wonder how I managed to exist without the knowledge of your parenthood" was sung and the service ended with the singing of "All Things Bright & Beautiful"

The congregation's participation in this 'mini-marathon' sing-along of favourite hymns, made for a memorable service and one true to the Methodist tradition of rousing hymn singing.

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* LIFE IN THE 1500s *

We are fortunate and live in a country where we are blessed with many of God's gifts, but somehow, we are never satisfied. The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour.

Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all were the babies. By then the water was so dirty you could actually lose someone in it.

Hence the saying, "Don't throw the baby out with the Bath water".

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof.

Hence the saying. "It's raining cats and dogs".

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed.

Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor".

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. **Hence the saying a thresh hold.**

(Getting quite an education, aren't you?.....for those in the know... "Good job it's not Friday".... If you really want to know, ask me).

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while.

Hence the rhyme, Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, **bring home the bacon**. They would cut off a little to share with guests and would all sit around **and chew the fat.**

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, **or the upper crust**.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. **Hence the custom of holding a wake**

England is old and small, and the local folks started running out of places to bury people. So, they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a ...dead ringer.

And that's the truth. Now, whoever said History was boring! Terry Butler

Wednesday Group

Rhythm and music have been the theme of two Wednesday Group meetings and after each one we went home with a "feel good" factor!

The first meeting was on the 13th March, when our friend Annie Ferguson led a chair exercise afternoon. We began the afternoon with a poem about Springtime. After a long wet winter we were looking forward to the signs of Spring with flowers, blossom on trees, baby animals and new beginnings. Then we welcomed Annie and began our exercises to a variety of music and songs. We enjoyed singing along while shaking 'pom-poms' like cheerleaders and following an exercise routine. The faces of the Wednesday Group members lit up as the afternoon went on, our moods being lifted. It was a really happy atmosphere and hopefully we were improving our general health by exercising.

Our second meeting continuing the music theme was a fabulous afternoon with our friends the Breakaway Singers on Wednesday 10th April. They kept us entertained with a variety of songs that we could either sing along to or sit back and enjoy.

The programme started with "Top of the World" and included songs like "Wouldn't it be lovely", "Can You Feel <u>The</u> Love Tonight?", "When I'm Cleaning Windows", "The Merry Widow Waltz" and finished with "Wonderful World".

The compare and conductor for the afternoon was a lovely lady who added to the entertainment with her jokes and humorous poems! They rounded off the afternoon with some lively music and dancing.

It was especially lovely to extend a warm welcome to Mary Richards and her carers. Mary is a Wednesday Group member but has been unable to attend meetings due to ill health. It was so lovely to see her back in Church.

A big thank you to everyone who helped to make the afternoon such a success. It was a "team" effort with people helping to produce posters, tickets to sell, moving chairs in Church, welcoming people at the door and serving refreshments. Thank you to Eileen for booking the singers and I am sure we will look forward to seeing them again in the future. It was lovely to get the Church together with members and friends to enjoy a social occasion. Your support and help is very much appreciated.

On the 8th May, 21 of us met for a most interesting afternoon focusing on the YMCA. We welcomed everyone and had a poem about "Friendship" and the importance of supporting and helping one another.

Then I introduced Isabelle Winter, a Fundraising Officer, from the YMCA who gave us a most interesting and informative talk, illustrated with slides and a video, about the YMCA. Isabelle is obviously very passionate about her work and her enthusiasm shone throughout her talk. We were told about the facilities the YMCA have to help the homeless and vulnerable people and about the wonderful work the volunteers do to support their work too. She explained how the food banks help families who are struggling and she thanked St Thomas's for their continued support each month providing items for this. Jenny and Norman Hall and Dennis Whetton work hard each month on this project and Isabelle was able to thank them in person.

The generosity of the Wednesday Group members and friends is very much appreciated as we were able to donate 5 large boxes full of items of food and toiletries they had brought along for the food bank. Isabelle's car was full to capacity!

A letter of thanks from Isabelle is included in this edition of Focus. Long may our support for the YMCA continue.

Please join us at our future events. You will receive a warm welcome.

Dates for your diary:

12th June – The Orton & Spooner Story – Elaine Pritchard 10th July – A Pharmacist from Dean & Smedley 14th August – AGM & Cakes

Margaret Clark



Message of Thanks

Many thanks to our friend Shirley Leedham for her recent donation to help cover the costs of producing Focus. Shirley celebrated her 89th birthday in May and always looks forward to receiving her copy of Focus. She has also provided a copy of one of her favourite prayers for inclusion in the magazine and which gives her comfort in her struggle through the day, coping with old age frailty and disabilities.

A Prayer to Give Comfort

Another day begins Lord, Who knows what it will bring? Please keep me strong and cheerful Lord And let my spirits sing.

So many <u>are in need of love,</u> In need of comfort too. Please let me show them hope and joy, A little kindness too.

Another day is ahead of me
With battles I must win.
Lord please stay beside me all the way
And give me strength within.

More Famous Quotes

14th Dalai Lama:

"Happiness is not something readymade. It comes from your own actions."

"Be kind whenever possible. It is always possible."

"In order to carry a positive action, we must develop here a positive vision."

"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

"If you can, help others; if you cannot do that, at least do not harm them."

"My religion is very simple. My religion is kindness."

"We can never obtain peace in the outer world until we make peace with ourselves."

"The purpose of our lives is to be happy."

"The roots of all goodness lie in the soil of appreciation for goodness."

"Sleep is the best meditation."

Nelson Mandela:

There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return.

No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

You can never have an impact on society if you have not changed vourself.

What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Fools multiply when wise men are silent.

Living isn't just about doing for yourself, but what you do for others as well.

A good head and a good heart are always a formidable combination.

Mother Teresa:

"If we have no peace, it is because we have forgotten that we belong to each other."

"If you can't feed a hundred people, then feed just one."

"Peace begins with a smile.."

"Loneliness and the feeling of being unwanted is the most terrible poverty."

"Let us always meet each other with smile, for the smile is the beginning of love."

"If you judge people, you have no time to love them."

"Be faithful in small things because it is in them that your strength lies."

"It's not how much we give but how much love we put into giving."

"Many people mistake our work for our vocation. Our vocation is the love of Jesus."

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

Albert Einstein:

"Try not to become a man of success but rather try to become a man of value."

"Coincidence is God's way of remaining anonymous."

"A person who never made a mistake never tried anything new."

"Life is like riding a bicycle. To keep your balance, you must keep moving."

Anne Frank quotes

"Whoever is happy will make others happy too."

"The final forming of a person's character lies in their own hands."

"Laziness may appear attractive but work gives satisfaction."

"No one has ever become poor by giving."

Muhammad Ali:

"He who is not courageous enough to take risks will accomplish nothing in life."

"Service to others is the rent you pay for your room here on earth."

"Age is whatever you think it is. You are as old as you think you are."

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe."

Submitted by Terry

Great Truths

Great truths that little children have learned:

No matter how hard you try, you can't baptise cats.

When your Mum is mad at your Dad, don't let her brush your hair. If your sister hits you, don't hit her back. They always catch the second person.

You can't trust dogs to watch your food.

Don't sneeze when someone is cutting your hair.

You can't hide a piece of broccoli in a glass of milk.

The best place to be when you're sad is Grandma's lap.

Great truths that adults have learned:

Raising teenagers is like nailing jelly to a tree.

Wrinkles don't hurt.

Families are like fudge...mostly sweet, with a few nuts.

Today's mighty oak is just yesterday's nut that held its ground.

Laughing is good exercise. It's like jogging on the inside.

Middle age is when you choose your cereal for the fibre, not the toy.

Great truths about growing old :

Growing old is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It's frustrating when you know all the answers, but nobody bothers to ask you the questions.

Time may be a great healer, but it's a lousy beautician.

Wisdom comes with age, but sometimes age comes alone.

RECIPE CORNER

Chocolate-Cranberry Freezer Cake

Cranberries and chocolate are a wonderful combination. Here, a jammy, vanilla-scented cranberry compote is folded into stiffly whipped cream and layered with crispy chocolate wafer biscuits to make a really rich cake. Lovely, for outdoor picnics or just indulging.

Preparation time 15mins; Cooking time 10mins, Serves 8 to 10.

Ingredients:

320grm Cranberries (fresh or frozen)
100grm Granulated Sugar
120ml Water
1 tbsp plus 1 tsp Vanilla Extract
470ml Double Cream
60grm Icing Sugar
40 2-inch crispy Chocolate Wafer Biscuits.
Cocoa Powder (for dusting - optional)

Instructions

- 1. Cook the cranberries, sugar, and water in a medium saucepan over medium-high heat until the mixture boils. Reduce the heat to medium-low and simmer until most of the cranberries have burst and the liquid has reduced, about 10 minutes. Off the heat, add 1 tablespoon of vanilla extract and stir to combine. Let cool to room temperature before using. To speed up the cooling, transfer the compote to a small bowl and refrigerate.
- Line a 9-by-3-inch loaf tin with cling film so that it hangs slightly over the sides of the pan.
- 3. Using a handheld or stand mixer fitted with the whisk attachment, beat the cream, icing sugar, and remaining 1 teaspoon of vanilla extract on medium-high speed until stiff peaks form. With a rubber or plastic spatula, gently fold the cooled compote into the cream.
- 4. Using the back of a spoon, spread a thin layer of the whipped cream on the bottom of the lined pan. Cover as much of the cream as possible with a layer of wafers, filling any gaps with broken wafers.

- 5. Continue layering whipped cream and wafers until you run out or reach the top of the pan, ending with a layer of wafers. Gently cover the surface with cling film and refrigerate, (or freeze) for at least 6 to 8 hours, or preferably overnight.
- 6. Remove the cake from the refrigerator prior to serving and peel off the cling film. Place a serving plate over the tin and invert the cake onto the plate. Carefully remove the tin and cling film lining.
- 7. Lightly dust with cocoa powder, if using. Cut the cake into slices with a long-serrated knife and serve. The cake will keep, lightly wrapped with cling film, in the refrigerator for up to 3 days.

Terry Butler

MANGO PASSION (Serves 6)

Very easy to make, this dessert is better when made ahead as it allows the flavours of the mango and passion fruit to develop in the cream and yoghurt, and the dark sugar topping has time to liquify and sweeten each spoonful as you eat. Delicious!

1 large ripe mango
3 ripe passion fruit
1x 500g tub full-fat Greek yoghurt
150ml (5fl oz) double cream, lightly whipped
75g (3 oz) light muscovado sugar
6 stemmed glasses or other suitable glass dishes

Slice the flesh for each side of the flat mango stone. Remove the peel and cut the flesh in cubes, trying to remove as much flesh as possible from around the stone. Peel and cube this too.

Using a teaspoon, scoop the seeds and flesh from the passion fruit into a bowl then mix with the yoghurt and cream.

Put an equal quantity of the mango in each glass then fill with the yoghurt mixture. Chill for up to 8 hours.

An hour or so before serving, sprinkle with sugar and return to the fridge until ready to serve.

Sunday Services

June 2024

2nd 10.30am - Circuit Service at The Well (Formerly Rowland Memorial) Rev Robert Russell

9th 10.00am - George Cabemaikadavu

16th 10.00am - Julie Green

Father's Day

23rd 10.00am - Dr Alan Jefferson

30th 10.00am - Rev Sue Rolls
Sacrament of Holy Communion



July 2024

7th 10.00am - Rev Rachel Moss

14th 10.00am-LA

21st 10.00am - Rev Mike Redshaw Sacrament of Holy Communion

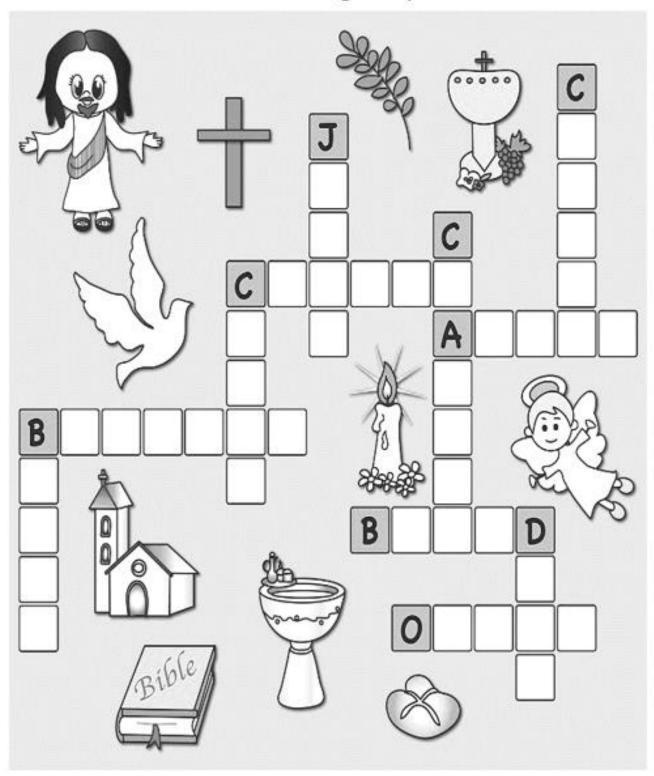


28th 10.00am - Rev Rachel Wood



Picture Crossword

Fill in the crossword using the pictures as clues.



Submitted by Terry

God Spoke to Moses Connect the Dots and Colouring Page

Starting at number 1 connect the dots in number order until all are connected. Colour the revealed picture if you wish.



Reflective Thoughts

Life is beautiful
Collect moments not things

Be someone who makes everybody else feel like somebody
No beauty shines brighter than that of a good heart
Always believe that something wonderful is going to happen
Don't count the days but make the days count.

Do what you love and love what you do
Life begins at the end of your comfort zone
Do more of what makes you happy and joyful
Mistakes are proof that you are trying
You will never regret being kind



Message of Thanks

Mrs Aileen Johnston, wishes to thank everyone for the kind messages, cards and flowers she has received in recent weeks whilst she continues to recover from her recent illness and stay in hospital. These have been very much appreciated.

YMCA Food Bank

A huge thank you to all who continue to support the ongoing collection for the YMCA Food Bank. The Wednesday Group item featured in this edition of Focus illustrates the tremendous work undertaken by volunteers for the YMCA locally and their letter of thanks, also featured within this magazine, emphasises how much our donations and support are so very much appreciated.

Coffee Mornings

A big thank you to our Coffee Morning hosts for April and May and the following dates have been confirmed.

1st June – hosted by Jane and Ray Currin and Sue Hill 7th July – hosted by Liz Merrick, Joan Jones and Gill Bentley.

Please come along and enjoy a drink and a choice of some delicious cakes. A warm welcome guaranteed.

A reminder that as well as cakes, we also have a selection of books available from our 'Book Store' – 50p per book or 3 for £1.

Volunteers to host are still needed for later in the year and if you are able to either host a coffee morning or help in any way, please add your name to the list at the back of the Church. Thank you.

And finally.....

This little verse reminds me of the Sunday School hymn we used to sing, about being "like a little candle burning in the night". Today it seems even more important to spread a little brightness in the world.

Shine like a candle, shine like a star,

Shine at the place, in the space where you are.

Show to the world a face that is bright,

Where there is darkness, let there be light!

May you always find a little brightness and cheerfulness within you and share it with those around you!

Gill Bentley, Editor

The next edition of Focus.......

Anyone wishing to have an article included in the next edition of Focus should submit these to the editor by Sunday July 7th 2024. Contact details 07989568979 or gillbentley@hotmail.co.uk. Thank you.