

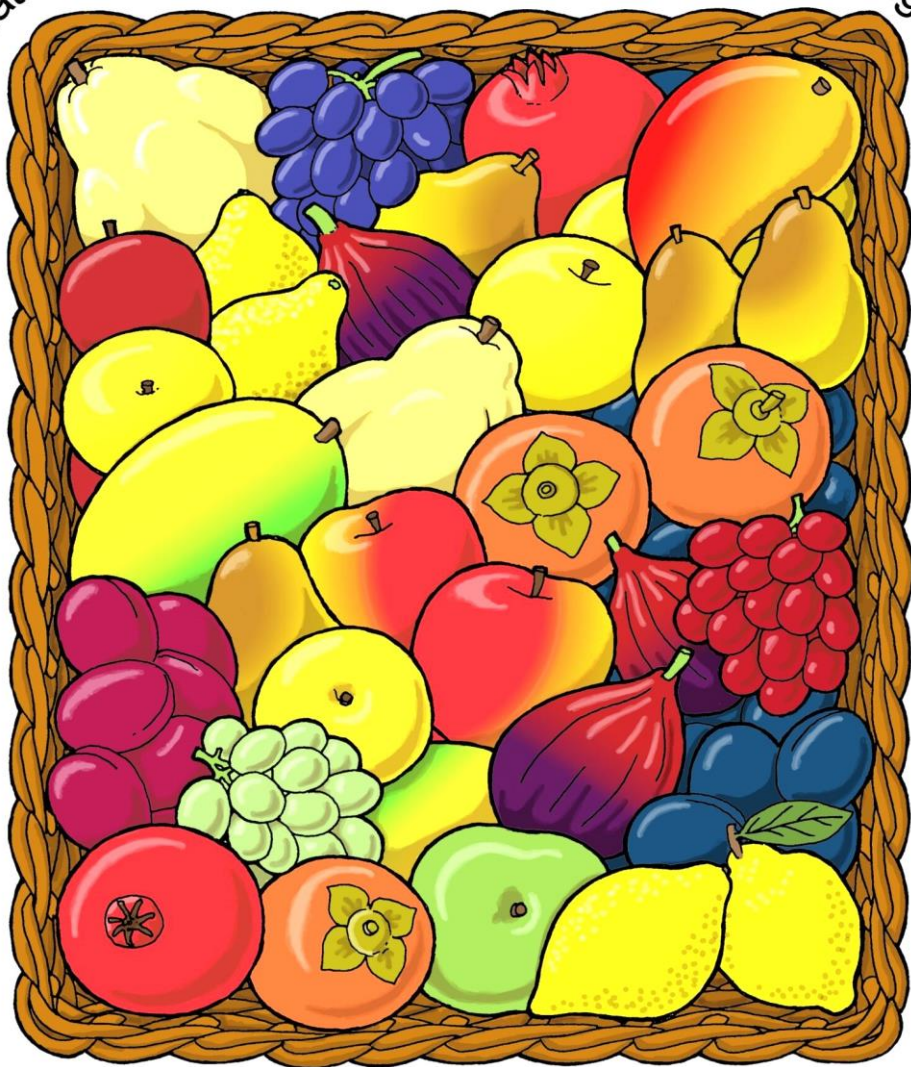


October
2026

Rushen Parish Magazine

God commanded the earth to sprout all kinds of vegetation - seed-bearing plants and fruit-bearing trees, and it was so. . . and God saw that it was good.

Gen 1:11-12



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From the Editor

I expect that all Christians like to sing hymns or listen to them on the radio or on the television. I know that on a Sunday, after church, I go home, make a cup of coffee, pick up a biscuit, and then settle down to watch 'Songs of Praise.' It has been a tradition of mine for years which I guess was something that my parents did and I have continued through my life. Being a teacher, I had the opportunity to sing them at assemblies, something which no longer has any relevance in this day and age. When I went to both primary and secondary schools, we always sang two hymns. One to open the proceedings and a second to close them. I would suggest that this was the case for many of you reading this article. Of course there will be those who didn't like to sing hymns, and I can understand this because they didn't want to be heard or felt that one less person would make no difference to the overall sound by not singing.

I, like you, will have my favourites, and if I suggested the titles of ten well-known hymns, and asked you to list them from top to bottom in order of your preference I would imagine that none of us would agree. When I began teaching in Timperley, Cheshire, the first hymn I ever sang at the school was 'Tell out my Soul' and the last I chose, when I retired was, 'Brother, Sister, let me Serve you'. Both have had a huge impression on my life, the last one bringing a lump in my throat every time I sing it. Then there was the two hymns Pauline, and I sang at our wedding, both with a profound message for our married lives: 'Lord of All Hopefulness, Lord of all Joy' and 'Father hear the Prayer we offer.' Of course, I sang hundreds of other hymns at school all of which provided me with significance for my journey of faith.

Why is it so different today? What is it that turns people away from religion? or from singing songs of praise and listening to God's Word through music? I worry about my two sons, my grandchildren and great grandchildren. What are they going to have to face in their journey of life? The race to be the best at technology, to use artificial intelligence for the good of mankind, to create robotic beings, or tools to make our lives easier, to prolong life and have the infrastructure to cope with it? We need to be teaching children, and adults, about God, rather than making them think that such things are stories in a book which has no message at all. I, like many others, am frightened about the future, and the reappearance of Jesus is the only possibility to save the planet that we all love, and which we should be caring for.

When Jesus does come, we should be prepared for it, not causing havoc for the sake of it. Perhaps reading the words of our favourite hymns and understanding the sentiment written within them. Preparing our children by teaching them about the Bible and the message it brings, thanking God for providing us with the food of life as we prepare to eat a meal; kneeling down and saying our prayers before going to bed; and realising that what we have in life is there because of God, His Son, and the Holy Spirit, who have guided us throughout our lives. So many of the words, in the wonderful hymns that we sing, teach us about the lives we should lead. How wonderful it would be if morning assembly became part of the school day again and that our children, grandchildren, and great grandchildren sang meaningful words to guide them through their lives and make the world a better place.

David



Reflected Faith Series What's it worth?

Editor: The Revd Dr Jo White continues her series on aspects of Christianity.

Last time we reflected on the time of 'Receiving and sharing the Peace' within our service. This month, we consider what comes next.

I say 'next' but actually, during that time of sharing the Peace most of us multi-task! We move around saying hello and catching up on the latest news from folk we only see on a Sunday in church; we shake hands and say the words of 'The Peace'; and we also scabble around looking for cash to put on the plate or in the bag.

Our cash offering to the church is then processed up to the altar to be received by the priest who blesses it and prays over it. (Many years ago, when we were first able to give by standing order to the local church, I recall some people saying they would prefer to continue to give using cash, as the money in the bank was 'not blessed'!)

In more recent years I have attended, and indeed been the incumbent for, churches where no plate or bag is passed around at this point but rather that folk are both encouraged to give by standing order or if by cash then on a plate or in a box as they enter the building.

Some churches today do not bring forward any financial collection, even if there is a plate on entering /leaving.

So what has changed?

It's a reflection of our understanding of the real meaning behind the 'collection'. A reversion to the original intention by the church fathers.

It was never intended to be just a small percentage of our possessions or the leftover cash we have lying around. Instead, it was intended to be an offering of our whole lives. The money was just a visible token.

This month

Have a think about what you are 'offering' when this time comes in your next church service. Are you able to offer yourself and put yourself to God's use?

Revd Dr Jo White



Women's Fellowship

Ladies Working Party – St Mary's

The Ladies Working Party resumed on 1st September after its summer break and it was lovely to get together again as a group, and start to plan for our next event: 'The Journey around the world in Music, Song and Dance', which was held on Friday 18th September.

Tickets were sold-out before the date, and a great time was had by all. Everyone participated well in the singing and dancing. It was lots of fun and people have been asking us when we will do another trip to the countries we missed on this one!

The Raffle was well supported with all of the many, many prizes being donated, thank you everyone who did that. The event was a fundraiser for one of our favourite charities, The Leprosy Mission, and we were over the moon to receive in total £1,720 in ticket sales, raffle and donations from attendees but also significant contributions from people who were unable to attend for various reasons, Thank you very much. The money will be used towards the re-building of the Leprosy Mission Medical Centre in Nepal. The LWP will add £80 to the total raised to round it up to £1,800.

We now turn our thoughts towards the Harvest celebrations next month: decorating St Mary's Church with colourful flowers, and organising the Faith Lunch which will be held in the church hall after the service. All parish members are welcome to attend. If you can bring along a small plate of finger food to contribute to the buffet it will be most welcome.

Our Coffee and Chat Monday Mornings continue to be a place for contact and good conversation and the church door is open to anyone who would like to have some company and a good cup of coffee or tea on a Monday Morning between 10am -11.30.

LWP meet on a Tuesday afternoon between 2pm and 3-30ish and all are welcome to come and join us.

Both these regular sessions are good antidotes to loneliness.

Blessings Rev. Ginny Viner

The Cow and the Bible

A religious farmer lost his Bible out in the field. A few days later he went to answer a noise at his door. Standing there was a cow, with his Bible in its mouth. The farmer raised his eyes to heaven and thanked the Lord for this miracle. "It's not really," said the cow. "Your name was written inside."



St Mary's Sunday School Report

After a long break for the summer holidays, our first get-together this school year was at our September all-age service. It was great to hear that Angus had already settled in well in the Reception class at Scoill Phurt le Moirrey (he excitedly told me that he goes there every day now!) and that Lily has had a good start at her new school in Peel; the older children also seemed happy to be back at their respective schools.

Our all-age service was led by our vicar Joe and focused on the theme of forgiveness. We heard in the Old Testament lesson read by Thomas that Joseph forgave his brothers despite all the harm they had done to him, and the gospel reading told the

parable of the unforgiving servant, who had himself been forgiven so much more than his own servant owed him. Joe explained that Peter thought he was being very generous by offering to forgive somebody seven times (three times would have generally been regarded as plenty), but Jesus showed him that we are called to keep on forgiving each other indefinitely, because that's how much God forgives us. The amount the first servant owed the king was extortionate - the equivalent of at least 10,000 years' wages! If God were totally up all our 'debts' to Him caused by our sins, He could probably fill all the pages in a big book for each one of us (like the heavy ledger Joe had brought along), but God in His grace does not keep a record of our sins - on the contrary, He forgives them all and removes them from us 'as far as the east is from the west' (Psalm 103: 12). Similarly, we are called not to keep a record of each other's wrongs and not to hold on to hurts from the past. Out of gratitude for God's overwhelmingly generous forgiveness for us, we also need to forgive each other, as hard as that may be at times.

The Sunday School contributed to the service by reading prayers of intercession and by leading the congregation in singing 'Follow me, said Jesus, follow me,' accompanied by percussion instruments and by Lukas on the mandolin. It was great to see everyone again and to have a quick catch-up over refreshments after the service.

The following Sunday our session was based on the parable of the workers in the vineyard (Matthew 20: 1-16) and the question of fair rewards. As an introduction, we held a competition to see how many star jumps each of the children could do in 20 seconds, and I promised them prizes. They were all amazing, and the winner managed 34 star jumps!!! As a prize, I gave her a chunky chocolate bar, with which she was obviously pleased. I then asked what the 2nd placed child should get, and she said maybe a slightly smaller chocolate bar, which sounded fair to the others. However, to their surprise, I gave each child exactly the same prize, just as the owner of the vineyard gave the same pay - a day's wage - to each of the vineyard workers, even to those who had only worked for 1 hour!

The children enjoyed acting out the Bible story and learnt that God values and loves us all equally, no matter how hard we 'work' for Him or how long we have been believers. He is a gracious and generous God. Whoever responds to His invitation can become a member of His family at any time and gain eternal life, which is great news for all! We finished our session with a fun craft activity to help us remember the story. Our next meeting will be in early October, when we will be preparing for our Harvest celebration (with faith lunch) on the 11th of October.

With love and blessings, Claudia

God in the Sciences



This series is written by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

Do the Bible and Science contradict each other?

For the Christian, the Bible is God's Word to us; it tells us about His character and creative purposes, how He has related to people in the past, and His promises for the future. Science is a specific way of studying the world, exploring the physical properties of things – a wonderful way to explore God's creation. So, the question to ask if the Bible and Science seem to be contradicting each other is, have we made a mistake in interpreting one or the other?

Science is very good at answering certain types of questions: 'What size is it?', 'How fast does it travel?', 'What is it made of?', and so on. Questions like 'What's it for?', 'What should I do with it?', and 'What's it worth?' can't be answered using scientific methods. Some of the misunderstanding in discussions of science and religion come from not recognising the limits of science.

It's also important to recognise what the Bible is, and what sorts of questions it can answer. The Bible was written well before people began to investigate the world in ways we would recognise as scientific. Of course, people in the Ancient Near East were studying the world around them, observing the movements of the stars, the processes of life and death that happened all around them, the seasons, the behaviour of physical objects, and so on. But they did not study the mechanisms underlying these things systematically using the tools of science, and they did not see or describe the world in scientific terms – not because they weren't intelligent, but because science as we know it wasn't happening at that time.

Instead, the biblical writers used words that were commonly used in their own cultures to record events, share truth and wisdom, and tell stories that convey deep truth about God's character. If we want to understand God's intention in inspiring these words, we need to do some careful work to connect with those ancient writers and find out what they meant, before we can discover what those words mean to us today.

These principles can help us have far more fruitful conversations about science and Christian faith. If we allow any apparent conflict between Science and the Bible to fuel our search for understanding, not only will we learn as individuals, but we will be able to draw others into a conversation that is relevant to wider society today.



News from St Catherine's and Kirk Christ



St Catherine's Church

During early September had many visitors. The summer concerts have had good audiences with both the local community and visitors attending. Once again we owe a debt of gratitude to Michal Kewley for organising the varied programme and the groups of performers throughout the year. Similarly we must give huge thanks to those who have faithfully prepared and served refreshments after each concert. Without these lovely people the evenings might not be as good as they are, because they provide fellowship, and a good chat, whilst consuming them! One of the lovely things that occurs is that people walking by the church, especially visitors, hear the music and go into the church to see what is happening, like what they hear and see and decide to stay for the concert itself. During September we have had children in the congregation to worship with us, which is really wonderful. We're now looking forward to our Harvest Festival on 11th October and the faith lunch in the church hall which follows it.

Kirk Christ

September has seen the days starting to get shorter and daylight beginning to come later in the morning and leaving us earlier in the evening. Some people enjoy autumn and winter. Personally I prefer the spring and summer months when plants begin to show new growth, the days are longer, and the dawn chorus signals the start of new life amongst the many species of wild animals and birds. It's also the time when of Easter Day Jesus was resurrected and gave us all the hope of eternal life.

Attendance at Kirk Christ has seemed to remain much the same, week by week, until the summer months when visitors join us at our services. As with St Catherine's Church we will be holding our Harvest Festival on 11th October. As the service time differs from St Catherine's our services mainly take place from 9.30am and close about an hour later. This, I hope, will not deter our congregation from calling in at St Catherine's or St Mary's churches, at about 12 noon, to enjoy a faith lunch, and fellowship with the other church members from the parish.

On 6th September we had a lovely Baptism Service on a glorious Sunday afternoon when Noah William Stubbs was baptised by our vicar. With best wishes to everyone.

Gerry Callister

Sudoku October 2026

	1		6		7			
		8			5		9	
				3			5	
5				1		7		8
3		6		7				4
	2			4				
			5			6		
			9		3		2	

Genesis for Cats

On the first day of Creation, God created the cat.

On the second day, God created man to serve the cat.

On the third day, God created all the animals of the earth to serve as food for the cat.

On the fourth day, God created honest toil so that man could labour for the good of the cat.

On the fifth day, God created expensive furniture so that the cat would have objects whereon to sharpen its claws.

On the sixth day, God created veterinary science to keep the cat healthy and the man broke.

On the seventh day, God tried to rest, but the litterbox needed changing.

Sudoku Solution Sept. 2026

5	3	4	7	1	2	8	9	6
7	9	6	3	8	5	2	1	4
8	1	2	6	9	4	5	3	7
3	4	5	9	7	8	6	2	1
1	7	8	2	6	3	9	4	5
2	6	9	4	5	1	7	8	3
4	5	3	8	2	6	1	7	9
9	2	1	5	4	7	3	6	8
6	8	7	1	3	9	4	5	2

Crossword Solution Sept.2026

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



4th October – 800 years since the death of St Francis of Assisi

*Editor: The **Rev Roy Shaw** looks back on Francis' life, and the contribution he made.*

You'll have heard of Giovanni di Pietro di Bernadone, although he is more probably familiar as Francis of Assisi. On 4th October we will mark 800 years since his death; such was his fame, influence and holiness that

he was declared a saint by the pope less than two years after his death.

Francis was born into a prosperous family of silk merchants in Assisi, central Italy, probably in 1181. As a young man he loved clothes, spent money lavishly, and enjoyed a reputation of a jack-the-lad, pleasure-loving and irresponsible. But experience both as a prisoner of war and of illness led him to think deeply about his life, although it took some time for this reappraisal to bear fruit.

Just outside Assisi was the ruined chapel of San Damiano, and it was here that he felt God speak to him, asking him to "repair my church, which as you can see, is falling into ruin". Little did Francis know at that point that 'repairing my church' meant much more than repairing this simple chapel - a task he set about doing.

Francis became known for his devotion to Christ and also his commitment to the poor and bereft. Others were attracted to join him in preaching the gospel and serving the poor. Eventually this was organised into a congregation of poor men (friars), which today we know as the Franciscans.

He established a Rule of Life for these men, later revised as more joined them. A sister organisation, the Poor Clares, was founded for women who wanted to give their lives to God and the service of the poor. Two years before his death, in a period of intense prayer, he is said to have displayed the *stigmata* - the wounds of Christ - in his hands and side. By then he was increasingly ill; blindness and malaria took its toll. He died aged just 45.

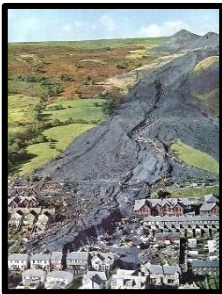
Simplicity was a hallmark of his life, which has come down to us in a number of ways. Care for the environment is one way; patron saint of animals is another. World Animal Day is marked on the same day as Francis' death. Many churches will be holding a 'Blessing of the Animals' service, often a cheerful riot of barking dogs, hissing cats, rats and mice in cages, even a stick insect, and horses tethered outside. Is there one in your area where you could take your pet to be blessed?

We should see Francis as a visionary and inspirer, who, impelled by the love of Christ, -

was able to give himself to, and draw others to, a life of service to the poor, care for the environment, and prayer. By the time he died, there were Franciscan friars over much of Europe. Today, inspired by his legacy, his followers - friars, sisters and lay people - are found all over the world.

Do you have a Rule of Life which you try to live by, one which honours God and seeks the best for humanity? How do you inspire those around you? How do you mark your care for God's creation? You love your pets, but is it time to re-evaluate if you are doing the best by them?

One of Francis' prayers asks God 'to grant us the grace to do for You alone what we know You want us to do, and always to desire what pleases You.' That could be a good rule of life, a star to live by; could you make it yours?



Aberfan - 60 years on

Editor: Canon Paul Hardingham looks back on a national tragedy...

On 21st October 1966 the Aberfan disaster took place in South Wales. A colliery slag heap collapsed, releasing a torrent of slurry onto the village. It engulfed a number of houses and Pantglas Junior School, killing 116 children and 28 adults. It was a disaster that shocked the nation. As we reflect on it today, we are left asking the question, *'where was God when this happened?'*

At the time there was a mixture of strong emotions: grief and sadness over the loss of those who had died, and anger against the Coal Board in allowing the disaster. However, people gave their energy to support each another. A local Baptist Minister, Revd Kenneth Hayes, who lost his eldest son at the school, responded in this way: *'For 36 hours he was working non-stop either at the school, or going around comforting bereaved and stricken families and kept open house for many who came seeking news and comfort.'*

How should we respond to such an incident? *'Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?'* (Romans 8:35). Paul reminds us that even in our darkest times of loss, God is with us to bring comfort. *'Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.'* (34). Paul also tells us that Jesus understands our suffering and is praying for us. *'If God is for us, who can be against us?'* (31). We can let go of bitterness and blame, because God is a God of justice.

King Charles III (then Prince of Wales) on the 50th anniversary summed up the community's response: *'darkest sorrow, but also the most shining selflessness.'*



Anthony Ashley Cooper Poor Man's Earl (1st October)

Think of Piccadilly Circus, and that small statue of the angel poised with bow and arrow. Most people think it stands for Eros. It does not. It stands for Anteros, his brother, the god of selfless love. It is a memorial to the greatest Christian Victorian philanthropist, politician and social reformer of his generation - Lord Shaftesbury.

Anthony Ashley Cooper, the 7th Earl of Shaftesbury (1801 – 1885) was a devout Christian who spent his life fighting to help ease the plight of lunatics, chimney sweeps, children in factories, women and children in the mines, opium addicts, and children without any education.

His own early life was loveless and bleak – his parents formal and frightening, his early schooldays a “horror” of “cruelty and starvation”. The only love came from the family’s housekeeper, Maria Millis. A biographer wrote: ‘She provided for Ashley a model of Christian love that would form the basis for much of his later social activism and philanthropic work.’ The reality and homely practicality of her Christian love were a beacon for the young Ashley. She told him Bible stories, she taught him a prayer.

After Christ Church Oxford, where he proved an outstanding scholar, Ashley turned to politics. In 1826, aged 25, he was elected as Tory MP for Woodstock. He was eager to serve on parliamentary committees that got things done; his great life’s work had begun.

Lunatics: In 1827 lunatics were kept chained naked in straw, forced to sleep in their excrement. They were washed in freezing cold water, with one towel for 160 people and no soap. There was gross over-crowding and inedible food: asylums were places to die in.

Shaftesbury’s maiden speech in Parliament was in support of a Bill to improve their conditions. He wrote: ‘By God’s blessing, my first effort has been for the advance of human happiness.’ It took years: from 1827 to 1884 he fought for a succession of Lunacy Acts, writing later of ‘the years of toil and care that, under God, I have bestowed on this melancholy and awful question.’

Child Labour and Factory Reform. Again, reform took years, with Shaftesbury fighting for the Ten Hours Act from 1833, 1842, 1844, 1846 and 1847 – when it finally got through Parliament. No child under the age of nine should work in the cotton or woollen industries, and no one under 18 must work more than ten hours a day.

Miners. In 1842 he fought to outlaw the employment of women and children in coal mines.

Climbing boys. Thousands of young boys were dying in terrible pain – scorched, blinded and suffocated by soot, or with cancer of the scrotum. Ashley fought for Bills in 1840, 1851, 1853, 1855, and 1864 until finally the Chimney Sweepers Act 1875 closed the practise down.

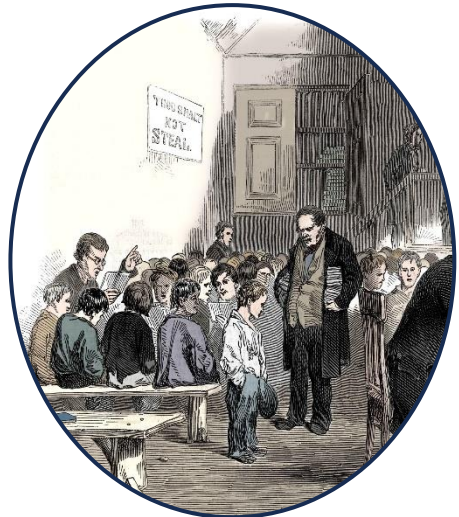
Education reform: 1844 Ashley became president of the Ragged School Union that promoted education for poor children. He wrote that if it were to fail, ‘I should die of a broken heart’.

Religion. Lord Shaftesbury was a devout Christian who became a leading figure in 19th century evangelical Anglicanism. He was President of British and Foreign Bible Society for nearly 30 years. He was very sympathetic to the Jews, and advocated their return to the Holy Land.

Lord Shaftesbury’s funeral service at Westminster Abbey on the morning of 8th October 1885 drew thousands of people. The streets along the route were thronged with the poor: costermongers, flower-girls, boot-blacks, crossing sweepers, factory hands and many more. They waited for hours just to see his coffin go by. He was dearly loved by them as the ‘Poor Man’s Earl’.

One biographer wrote: ‘No man has in fact ever done more to lessen the extent of human misery, or to add to the sum total of human happiness.’

The great preacher Charles Spurgeon called him ‘the best man of the age’. He ‘lived for the oppressed’, he was a ‘moral anchor in a drifting generation’, ‘friend of every living thing’, ‘he had a ‘fervent love to God, and hearty love to man.’





All in the month of October

800 years ago, on 3rd October 1226 St Francis of Assisi, Italian friar, deacon and mystic, died. One of the most venerated religious figures in Christianity, and founder of the Franciscan Order.

300 years ago, on 28th October 1726 Jonathan Swift's novel *Gulliver's Travels* was published.

175 years ago, on 18th October 1851 Herman Melville's novel *Moby-Dick* was published.

125 years ago, on 19th October 1901 Edward Elgar's *Pomp and Circumstance March No. 1* and *March No. 2* were performed for the first time, in Liverpool.

100 years ago, on 14th October 1926 the children's book *Winnie-the-Pooh*, by A A Milne, was published.

90 years ago, from 5th to 31st October The Jarrow March took place. 200 men set off from Jarrow in north-east England to Westminster, to draw attention to the severe unemployment and poverty in their area following the closure of a shipyard.

80 years ago, on 20th October 1946 the puppet character Muffin the Mule made his first TV appearance on the BBC series *For the Children*.

75 years ago, on 18th October 1951 Snowdonia National Park was established in Wales. It was Britain's third National Park. **Also on 31st October 1951** zebra crossings were introduced in Britain. The first one was in Slough, Berkshire.

70 years ago, on 17th October 1956 Britain's first nuclear power station, Calder Hall in Cumbria, was officially opened. It closed in March 2003, nearly 47 years later.

65 years ago, on 6th October 1961 US President John F Kennedy advised Americans to build bomb shelters to protect themselves from nuclear fallout, in the event of an attack by the Soviet Union.

60 years ago, on 21st October 1966 the Aberfan disaster took place in South Wales. A colliery spoil tip (slag heap) collapsed and fell onto the village. Worst hit was Pantglas Junior School. In all, 116 children and 28 adults were killed.

50 years ago, on 4th October 1976 the InterCity 125 High Speed Train service began operating in the UK.

40 years ago, on 9th October 1986 Andrew Lloyd Webber's musical *The Phantom of the Opera* premiered in London. **Also on 29th October 1986** the M25 orbital motorway around Greater London was opened.

15 years ago, on 31st October 2011 the world's population reached seven billion.

Writing in Verse about Travel, from Pat Watterson,

How lucky I am, able to be
Travelling by ship o'er the sea.
Across the Atlantic from New York
To Japan,
The Pacific to Los Angeles,
Still the hint of a tan!
Of all the wonderful places to see,
Purt 'le Moirrey's the best for me.



It was a hooley one July,
A certain laddie caught my eye.
We danced and chatted the night away
In the Town Hall, as the skies were grey
Then we had to say goodnight,
Heavy cloud, so no moonlight, but
We both knew that this was right.
Not long after I became his wife,
It being the start of a very happy life.

The Sea,
A lovely shade of blue,
An ever changing view,
Look – why it's green,
Making yet another scene.
Today it's wet
Well, sometime it's dry,
And all because of the dear old sky!



Only just over two months ago,
We packed our bags
And said cheerio.
We turned out the light,
Closed the front door,
Locked up the garage,
The home of our mower.
Winter has gone, Spring's on the way,
We should be home by the first of May,
Over the mountains our jet will pass,
Just hope our mower can cut all the grass!

Yesterday I was feeling a bit cross,
Then he flew past the port,
The Albatross.
Not one or two
But I think a few.
All day they circled,
In and out of view.
This morning they had gone
Or so I thought,
"Oh look, they're back"
The Albatross.

Why is this cabin so cold?
Maybe it's me growing old!
Some complain they are too hot
I'm definitely NOT!
Put on more clothes, I've been told,
Fix the A/C – I was bold!
Why is this cabin so cold?

Sleeping, eating, laundry, coffee,
Darning, typing a bit, lunch.
Walking, writing, a cup of tea,
Friday's boat drill day.
Slipping, sliding when she's rolling,
Pitching, tossing gales are blowing.
Sunning, swimming in the Med.,
Heavens, it's time again for bed.



Rushen Branch - Mothers' Union Report

We were delighted to begin our new Mothers' Union year with a Corporate Communion at Kirk Christ, led by our member, Rev. Ginny Viner. It was a joy to gather together again, and the service was very well attended. Our thanks go to the wonderful members who provided refreshments afterwards — the homemade cakes and scones were much appreciated.

A highlight early in the season was Rushen Branch's hosting of around fifty members and guests for our **150th Anniversary Afternoon Tea** at St Catherine's Hall. It was a truly lovely occasion, with warm sausage rolls, sandwiches, scones with jam and cream, and a tempting selection of cakes, all accompanied by endless cups of tea. The catering, provided by Carolyn Kennaugh and her team, was excellent.

Several members embraced the celebratory spirit by dressing in splendid Victorian outfits — though not all of us could find a suitable hat! An ice-breaker table quiz added to the fun, and we were treated to a video, kindly supplied by Judith Ley, of the MU Gospel Choir singing at our anniversary service in the Cathedral. It was a wonderful reminder of our shared fellowship and history.

All in all, our year has begun very well, and there is much more to look forward to.

Next Meeting

Our next gathering will be on **Monday 12th October at 2pm** in St Catherine's Hall. Member Jane Gunn will be leading a gentle **Chair Yoga** session. Jane has recently qualified as a teacher and is kindly offering to share her skills with us. It promises to be a fun and relaxing afternoon, and everyone is warmly encouraged to come along. If anyone would like to order **Calendars, Diaries, Christmas Cards**, or other items from the MU shop, please let me know as soon as possible.

Dates for Your Diary

- **3rd October – 2pm** Council Meeting at St John's
- **6th October – 2pm** Onchan Branch Communion Service at St Peter's, Onchan MU Christmas Cards will be on sale
- **10th October – 7pm** Quiet Evening, Ramsey (Please see me for venue details)
- **12th October – 2pm** Rushen MU Meeting, St Catherine's Hall

Lesley Scott

Varieties of Milk

Comparing Plant Based Milks (per 250mls)	
Dairy (full cream) Calories: 177 Protein: 8.8g Fat: 8.8g Carbohydrates: 15g	Soy milk Calories: 152 Protein: 9g Fat: 7g Carbohydrates: 12g
Almond milk Calories: 40 Protein: 1.3g Fat: 3g Carbohydrates: 1.8g	Rice milk Calories: 162 Protein: 0.8g Fat: 2.6g Carbohydrates: 33g
Oat milk Calories: 133 Protein: 4g Fat: 5.5g Carbohydrates: 16g	Hemp milk Calories: 83 Protein: 4.7g Fat: 7g Carbohydrates: 1.3g
Cashew milk Calories: 44 Protein: 1g Fat: 3.5g Carbohydrates: 2g	Coconut milk Calories: 76 Protein: 0.5g Fat: 6g Carbohydrates: 5g

Once upon a time there was just milk. Now our supermarket shelves are packed with dairy (whole, semi-skimmed, fat-free) and also plant-based alternatives: oat, almond, soya, coconut, and pea.

Which is the best? The amount of protein, sugars, fat and vitamins in each vary a great deal. No wonder that,

according to Mintel's UK recent market report, nearly half of us struggle to decide. Here are some facts to consider:

According to nutritionists, the best all-rounder is semi-skimmed cow's milk. This is because dairy milk contains all nine essential amino acids and has the most protein.

Or, if you are dairy-free, try fortified soya milk or pea drinks for reasonable levels of protein.

As for the others, they vary in nutrients, but:

Oat milk is popular but contains very little protein.

Almond milk is popular and low in calories, but again, has very little protein.

Coconut milk has hardly any protein at all.

Rice milk has almost zero protein.

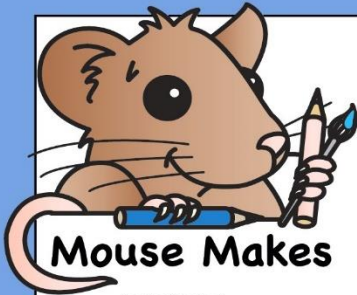
Safeguarding

The Parish of Rushen is committed to the safeguarding, nurture and care of **everyone** within our church community. If you, or someone you know, are concerned that a child or vulnerable adult is at risk or has been harmed, or are concerned about the behaviour of someone towards children or vulnerable adults, please contact: **Rushen Parish Safeguarding Officer, Rhiannon Manning** Tel. 832275, Email psorushen@sodorandman.im. The **Diocesan Safeguarding Adviser** has now been appointed. For more details contact the diocese. A copy of the Diocesan Safeguarding Policy is available on the Diocesan website:

http://www.sodorandman.im/safeguarding_inclusion



Children's Page October 2026



Mouse Makes

The **Bible** is a collection of books, written by many different people who were helped and inspired by God. The **Bible** includes books of history, law, poetry and songs, wisdom, testimony, letters and prophecy.

The **Bible** encourages us, corrects us and teaches us about God and how we can be friends with Him.



2. Which book of the Bible has the shortest title?

1. How many books are there in the New Testament?

2



3

3. The Word of God is sharper than a two edged

Hebrews 4:12



B I B L E S U N D A Y

4. He was an Old Testament prophet that has a book named after him.

5. The first book of the Bible.



6. God's word is like?

A _____
and a _____
Psalm 119:105

9. The Old Testament book of poetry and songs.

8. The last book in the Bible.

11. The last book in the Old Testament.

10. Who wrote the third book of the New Testament?

7. What are the first four books of the New Testament known as?

12. Which book tells the story of the spread of Christianity?

13. The Bible is also known as the _____ of God.

Hebrews 4:12

14. A book of the Bible named after a woman



God in the Arts



Editor: Have you ever thought how an actual church building might provide a series of visual aids to spiritual meditation? The Revd Michael Burgess continues his procession through a church building, this month pausing to consider the significance of the church choir stalls.

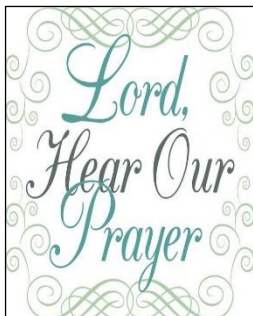
‘He gave us eyes to see them’ – the choir stall

‘Let all the world in ev’ry corner sing *My God and King*.’ George Herbert’s poem from ‘The Temple’ tells us that ‘the church with psalms must shout. No door can keep them out.’ It is a reminder of the rich tradition of music in our worship that reaches back to the people of the Old Testament praising the Lord. 2 Chronicles 5 paints a vivid picture of musicians and singers gathered to welcome the Ark of the Lord to Solomon’s Temple.

Because music is such an important part of worship, churches have set aside places for the singers to offer praise and petition. Some of the most wonderful choir stalls in the land can be found in Lancaster Priory, the parish church of St Mary. They are 14 in total, the third oldest choir stalls in England dating back to the 14th century. John Ruskin called them the finest in the country. The canopies are richly decorated with foliage and carved heads, and they enclose tapestries from the 1970s that depict saints and shields. Beneath are the seats: misericords with carvings that have survived the vandalism of the Civil War.

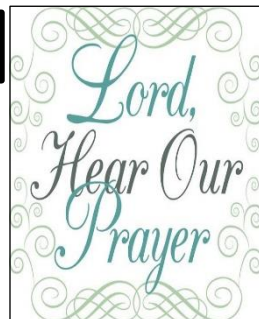
We can imagine the medieval monks gathered in these stalls to sing the offices. Today the stalls are a resplendent, harmonious blend of the old and the new – a work of beauty for the eye, just as the music offered there is a work of beauty for the ear. The word ‘choir’ means a dance to God, and the Priory has a fine choir whose chants and hymns dance from side to side of the chancel and resound in the air. But the music sung there is not just for our enjoyment: its focus is God. Herbert tells us that the songs we create here in our churches on earth have no other destination but the courts of heaven.

Revd Michael Burgess



Rushen Parish Prayer Diary

Lord Jesus Christ, draw our hearts to yours with a love that is irresistible; unite our hearts to yours with a love that is immeasurable; and bind our hearts to yours with a love that is inseparable; now and for ever. Amen



October 2026

This is your invitation to pray day by day for:

- 1st The Youth Group which meets fortnightly in St Mary's Church Hall
- 2nd The Rev. Joe Heaton, and those who minister to us in the Parish of Rushen
- 3rd Those who are housebound who would love to attend a church service
- 4th The children who are affected when families break up
- 5th Those throughout the world who receive a cancer diagnosis and are in despair
- 6th William Tyndale who translated the scriptures into English
- 7th Children attending Castle Rushen High School
- 8th Farmers and agricultural workers preparing for the winter ahead
- 9th Those people weighed down with debt who see no solution to their problems
- 10th Our local shops and businesses, and for those who work in them
- 11th The residents and staff of all the care homes in the Isle of Man
- 12th The ministry of healing for the sick and disabled
- 13th King Edward the Confessor and those who brought Christianity to our shores
- 14th All Saints, known or unknown, now in heaven
- 15th The many people who anxiously wait for news of sick relatives
- 16th Fishermen who work tirelessly to provide us with fish to eat
- 17th The work of all charities both at home and overseas
- 18th Luke the Evangelist, remembered as a healer, whose day is celebrated today
- 19th Older people who need warmth as winter approaches
- 20th Employees throughout our country striving to meet their targets
- 21st People in prison seeking to improve their lives
- 22nd Christians around the world
- 23rd Preparations for Christmas in shops and other retail outlets.
- 24th The work of the Southern Mission Partnership
- 25th PCC committees and the work they do for the parish behind the scenes
- 26th King Alfred the Great, whose day it is, and those baking cakes today!
- 27th Babies born today and the families into which they are born
- 28th Those who are persecuted for their faith
- 29th Artists, poets and musicians
- 30th Those who look after our churches and arrange the flowers week by week
- 31st Those who work in the hospitality industry

The Wedding Garment

In Matthew 22:1-14 Jesus tells of a King who wanted to host a feast to celebrate the marriage of his son. He invited his guests, but they were too busy or too lazy (or, in some cases, too homicidal) to accept his invitation. So, he sent his servants into the highways and the byways to bring the poor to his door, who very gladly attended.

But the parable ends oddly ... one of the guests was improperly dressed so he was bound hand and foot and cast out into the outer darkness, where there is weeping and wailing and gnashing of teeth. Now that seems a bit harsh to our modern minds, until we realise that none of the substitute guests could have afforded fine wedding clothes, but they must have been freely provided by the host. Just that one guest, for his own reasons, refused the offer of a freely provided wedding garment, and went dressed as he was. Then, of course, the meaning of this part of the parable becomes clear:

A King was holding a feast
And He wanted His guests to be there;
He sent to the west and the east
But they were too busy to care.

So, He sent out His servants once more -
To the highways and byways they went
And these they brought to His door
Though their clothes were not fit to present.

So, the King, in His bountiful grace
Provided the clothes they could wear
And they could then enter that place
And have every right to be there.

Save one, who refused the King's gift
He had no desire to change!
A decision that no-one could shift
Till the King Himself was in range...

"How dare you come into my home,
"Dressed up like a tramp in the street?"
"My courtesy was freely shown!"
"Now tie up his hands and his feet!"

They did as their Master decreed
And threw him out like the trash
Too late for forgiveness to plead
He only could weep, wail, and gnash!

By His grace we can come to the King
He gave us His Son through His love.
No clothes of our own should we bring
To His home and His Heaven above.

Nigel Beeton



Services Oct/Nov 2026

4 th Oct (Trinity 18)	9.30am	Kirk Christ Morning Prayer (CW)
	11am	St Mary's Holy Communion (CW)
	11am	St Catherine's Morning Prayer (CW)
	3.15pm	St Peter's Evening Prayer (BCP)
11 th Oct (Harvest)	9.30am	Kirk Christ Harvest
	11am	St Mary's Morning Prayer (CW)
	11am	St Catherine's Holy Communion (CW)
	3.15pm	St Peter's Holy Communion (BCP)
18 th Oct (Trinity 20)	9.30am	Kirk Christ Morning Prayer (CW)
	11am	St Mary's Holy Communion (CW)
	11am	St Catherine's Morning Prayer (CW)
	3.15pm	St Peter's Evening Prayer (BCP)
25 th Oct. (Last Sunday After Trinity)	11am	Kirk Christ Joint Holy Communion (CW)
1 st Nov. (All Saints)	9.30am	Kirk Christ Morning Prayer (CW)
	11am	St Mary's Holy Communion (CW)
	11am	St Catherine's Morning Prayer (CW)
	3.15pm	St Peter's Evening Prayer (BCP)
8 th Nov. (Remembrance)	10.45am	Kirk Christ Morning Prayer (CW)
	10.50am	St Catherine's + St Mary's Remembrance (CW)
		St Mary's No Service
	3.15pm	St Peter's Remembrance (BCP)
15 th Nov. (Proper 28)	9.30am	Kirk Christ Holy Communion (CW)
	11am	St Mary's Holy Communion (CW)
	11am	St Catherine's Morning Prayer (CW)
	3.15pm	St Peter's Holy Communion (BCP)
22 nd Nov (Christ the King)	11am	Kirk Christ Joint Holy Communion (CW)

Services are correct at time of publication but are subject to change

Contact Details for Rushen Parish

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Articles for the magazine should be submitted to the editor no later than 20th of each month. This arrangement is subject to change.

Parish Director of Music:

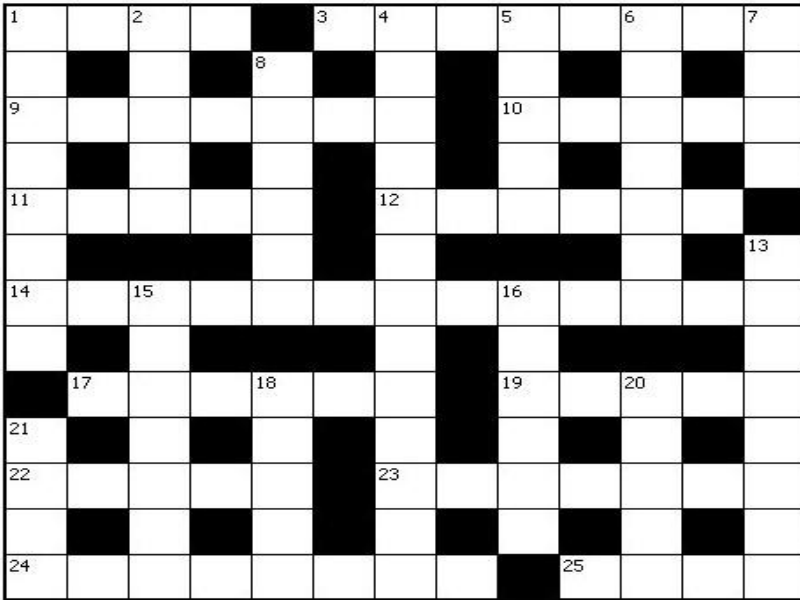
Mr M D Porter, 10 Fairway Drive, Rowany, Port Erin 832143

Churchyard Enquiries:

Please contact

Mr Harry Dawson: 478050/835770
or Mr G Callister: 474924/834627

Crossword October 2026



Across

- 1** 'Those who were standing near Paul said, "You — to insult God's high priest?"' (Acts 23:4) (4)
- 3** They were assigned to guard the tree of life (Genesis 3:24) (8)
- 9** 'Elkanah son of Jeroham, the son of Elihu, the — of — , the son of Zuph, an Ephraimite' (1 Samuel 1:1) (3,4)
- 10** Surrender (Joshua 24:23) (5)
- 11** Where American livestock can be reared (5)
- 12** Listen (anag.) (6)
- 14** Alternative name for Kiriath Jearim (2) Samuel 6:2) (6,2,5)
- 17** He founded Westminster Abbey, — the Confessor (6)
- 19** Hebrew word for the place of the dead (5)
- 22** Allies of Persia in the fifth century BC (Esther 1:3) (5)
- 23** Where John Wesley was forced to preach a lot (4,3)
- 24** Rebellion against God; abandonment of religious belief (8)
- 25** Note (anag.) (4)
- 4** 'He took the ephod, the other — — and the carved image' (Judges 18:20) (9,4)
- 5** 'You are a chosen people, a — priesthood' (1 Peter 2:9) (5)
- 6** The meek, the merciful and the mourners are all this (Matthew 5:4-5, 7) (7)
- 7** Musical Instrument Digital Interface (1,1,1,1)
- 8** He was the son of Nun (Deuteronomy 34:9) (6)
- 13** 'Let the little — come to me' (Matthew 19:14) (8)
- 15** 'About three thousand were — — their number that day' (Acts 2:41) (5,2)
- 16** In John's vision, the wall of the new Jerusalem was made of this (Revelation 21:18) (6)
- 18** 'Our citizenship is in heaven. And we eagerly — a Saviour from there, the Lord Jesus Christ' (Philippians 3:20) (5)
- 20** 'Glorify the Lord with me: let us — his name together' (Psalm 34:3) (5)
- 21** Young Men's Christian Association (1,1,1,1)

Down

- 1** Give an account of (Mark 4:30) (8)
- 2** 'I — the path of your commands, for you have set my heart free' (Psalm 119:32) (3,2)