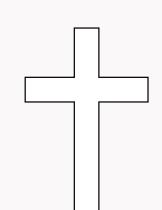
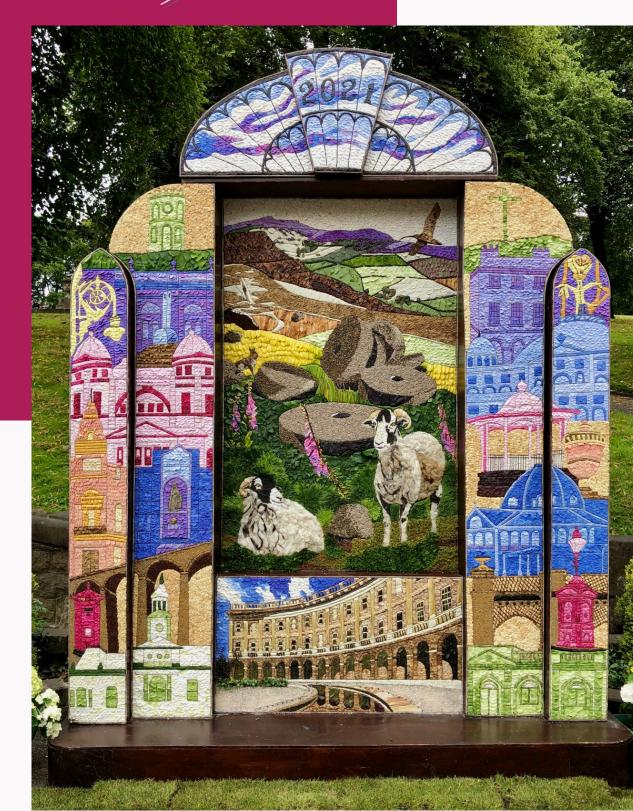
THREEFOLD SEPTEMBER 2025





ALL SAINTS, MICKLEOVER ST ANDREW'S, RADBOURNE ST JOHN'S, MICKLEOVER

OUR CHURCHES

www.mickleoveranglicans.org.uk



ALL SAINTS CHURCH

Etwall Road, Mickleover, DE3 ODL 01332 510446

allsaintsadmin@mickleoveranglicans.org.uk

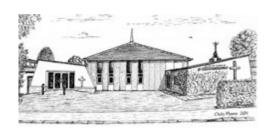
Office Hours: 9am - 3pm on Tuesdays - Thursdays

Open Church: Enquire at office

ST ANDREW'S CHURCH

School Lane, Radbourne, DE6 4LY Open Church: Monday - Friday 9.30am - 4pm





ST JOHN'S CHURCH

Devonshire Drive, Mickleover, DE3 9HD 01332 513363

admin-stjohns@mickleoveranglicans.org.uk

Office Hours: Monday 9am-5pm and Friday 9am-4pm

Open Church: Monday-Friday 9.30am-3.30pm

CONTACTS

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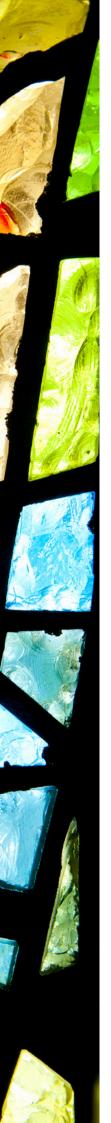
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Clergy clergyteam@mickleoveranglicans.org.uk				
Vicar: Rev'd Canon Peter Walley -				
Vicarage, Etwall Rd, Mickleover, DE3 ODL				
Assistant Curate: Rev'd Clare Owen				
Associate Priests:				
Rev'd Mary Staunton				
Rev'd Ian Godlington				
Rev'd Paul Pritchard				
Rev'd Alun Rowlands				
Retired Priest: Rev'd Ingrid Munro				
Readers: Helen Walley, Dawn Perry, John Foxon				
Judi Witcomb, Karen Cowgill				
Wardens:				
All Saints: Ian Nicklin & Janice Toplis				
wardens-allsaints@mickleoveranglicans.org.uk				
St Andrew's: Diana Rose				
St John's: Wendy Lee & Michael Vick				
wardens-stjohns@mickleoveranglicans.org.uk				
Treasurers:				
All Saints: Brian Devenport				
treasurer-allsaints@mickleoveranglicans.org.uk				
St Andrew's: Olivia Keep				
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St John's: Barrie Witcomb				
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Hall Bookings:				
All Saints: 01332 510446 admin@mickleoveranglicans.org.uk				
St John's:				
hallbookings-stjohns@mickleoveranglicans.org.uk				
Safeguarding:				
All Saints: Lindsay Nicklin 07716378308				
safeguarding-allsaints@mickleoveranglicans.org.uk				
St John's: Kim Cooper 07732 798163				

safeguarding-stjohns@mickleoveranglicans.org.uk



USUAL SERVICE TIMES

1st Sunday:

Holy Communion, 10am - All Saints Morning Praise, 10am - St John's

2nd Sunday:

Morning Worship, 10am - All Saints Holy Communion, 10am - St John's Holy Communion, 11am - St Andrew's

3rd Sunday:

Holy Communion, 10am - All Saints Morning Praise, 10am - St John's

4th Sunday:

Morning Worship, 10am - All Saints Holy Communion, 10am - St John's BCP Evening Prayer, 4pm - St Andrew's

5th Sunday:

Holy Communion, 10am alternating between All Saints and St John's

Tuesdays:

Morning Prayers, 8am - All Saints (temporarily suspended)

Wednesdays:

Holy Communion, 9.30am - All Saints

Please see the website/newsletters for occasional service details www.mickleoveranglicans.org.uk

EDITOR'S SCRIBBLES

Welcome to the September 2025 edition of Threefold Magazine. Traditionally with this being the summer edition and a lot of people being on holiday you would expect a somewhat lighter edition, but as you can see there is just as much information and reading material as normal.

As we look back on the summer and some fine summer weather, which for many of us is a time for a change of tempo, it is a time to slow down from the usual rush, a moment to forget those deadlines, targets, and the usual timetable, It is a moment to put it all aside for at least a short while as we take some time off for a holiday - either going away to somewhere different or maybe just staying at home and catching up on some much-needed sleep. It is a moment to rest.

As always, the best way to keep up with the dates and times of the various events at the churches is via the weekly news sheets, which are either emailed to yourselves or hard copies are available in church.

Enjoy this month's magazine; if your group or organisation has something to report, or you'd like to include an article in a future edition, or if you would like to receive the magazine by email, please get in touch at

threefold@mickleoveranglicans.org.uk

James Bowles

Saturday 27th

Sunday 28th

2pm

10am

10am

4pm

SEPTEMBER	CHURCHES' CALENDAR			
Monday - Friday	9.30 - 3.30pm	Open Church	St John's	
Monday - Friday	9.30am - 4pm	Open Church	St Andrew's	
Mondays	10am - 12pm	Internet Café	St John's Link	
Tuesdays	8am	Morning Prayers (temporarily suspended)	All Saints	
Wednesdays	9.30am	Holy Communion	All Saints	
Wednesdays	10am - 12pm	All Saints Café	All Saints	
Wednesdays	10am - 11am	The Quiet Place	St John's	
Wednesdays	2pm	Friendship Group	St John's Link	
Fridays	10am - 12pm	Rest Stop Cafe	St John's Link	
Fridays	12.15 - 2pm	Bible Brunch Group	St John's Link	
For more info, please visit the website www.mickleoveranglicans.org.uk				
Sunday 7th	10am	Holy Communion	All Saints	
	10am	Morning Praise	St John's	
Monday 8 th	7pm	PCC Meeting	All Saints	
Saturday 13 th	8.15am	Who Let the Dads Out?	All Saints Centre	
Sunday 14 th	8am	Breakfast Church	All Saints Centre	
	10am	Morning Worship	All Saints	
	10am	Holy Communion	St John's	
	11am	Holy Communion	St Andrew's	
Wednesday 17 th	7.30pm	PCC Meeting	St John's Link	
Sunday 21st	10am	Holy Communion	All Saints	
	10am	Morning Praise w/ JACK	St John's	
Monday 22 nd	6.30pm	PCC Meeting	St Andrew's	
Friday 26 th	See poster	Flower Festival	All Saints	
		1	1	

Harp Concert

Harvest Festival

Holy Communion

BCP Evening Prayer

St John's

All Saints

St John's

St Andrew's

IT'S GOOD TO TALK

(BT slogan 1990's)



About five years or so ago my wife and I were walking our two youngest grand-children, Maria and Isaac, home from St. Alban's Primary school in Chaddesden. Maria was walking with me and was questioning me in depth about the Harry Potter books. I had no answers! I eventually admitted I had only seen the films (once) and I had never read the books. Maria was quite horrified and innocently surprised I hadn't read them as a child. Thanking her for her concern I asked how old Grandad was. She told me instantly and so I asked how old she thought J.K. Rowling might be. She got it immediately, realised that the books weren't written in the 1950's and loudly stated with genuine concern 'Oh Grandad, you poor thing!'

That was about books but it's the same with technology, isn't it? Like many of you reading this our early work was conducted with paper and pen with more formal stuff involving typists. Later on, for some of us, I'm sure we would of used green screens, which to be quite honest seemed only to consume copious information and only occasionally spew out reams of reports if somebody knew how to code huge computers to make them do so.

Then personal computers appeared which were quite chunky but a little more functional. You could even play early games on them too. I'm sure many of us can remember that 'electronic tune' as they connected to the early, very slow, online presence which quite often far more quickly disconnected!

Now, we have amazing high-speed computers which we can take everywhere with us. They come in desktop, laptop, or tablet form plus the amazing mobile smart phone. Many of us are fortunate to be able to turn to the younger generation to help us when we are out of our depth. Or of course we could go to the Internet Café at St. John's on a Monday morning! (They are very young at heart!)

Yes communication is a wonderful human thing from those early book, pen and paper days through to modern technology all underpinned by people physically talking to each other! Mind you, so many people aren't actually communicating with each other these days, are they? I suggest that many people have lost the art of proper communication when you actually talk face to face. We have all this wonderful technology which we are told have more computing power than the moon landings had, but do people talk with them? The vast majority of the younger generation (you can suggest what younger generation means yourself) use various 'communication apps' to exchange messages. People of my age might not understand the language of the young used on them though. (Don't get me

started on walking along the pavement or crossing the street with a mobile phone stuck in your face!)

I'm sure you get the idea though and before I'm accused of being a grumpy old man (perhaps true on some things) my point is about we humans have so many wonderful communication tools at our disposal that weren't even imagined when we were our grandchildren's age. I'll declare here that I do have a very useful, much used smart phone I wouldn't be without.

It seems to me that technology of this sort seems to rely on short messaging and short attention spans on each communication within long wider sessions on the devices themselves. We regularly hear of the negative side with stories of cyber bullying, inappropriate photos and videos, scams and so many other things. However, don't despair. All is not doom and gloom though, there are amazing support sites for lonely people, easy access to appropriate medical information and other help and so much more. You can also phone people up on them!

But how do we in church tune in to the positives of this technology? It may surprise many, but we already do. I've mentioned the Internet Café, a weekly service goes out on YouTube from All Saints or St. John's alternately which I know brings comfort to some, and we have our Facebook page with service details and contact information. The ministry team have a flow of requests which come in for occasional offices (baptism, weddings, funerals) and of course our services in All Saints and St. John's are on screen. Rebekah, our Admin Assistant does a wonderful job on designing this Threefold magazine using technology too.

Further, I'm sure many know you can get electronic Bibles on computers and phones to supplement our printed ones. I prefer the hard copy ones but the electronic ones are so useful when out and about or I'm searching for a verse to use. I use apps to assist with my prayer life too. I especially value the ones that give me a thought for the day comprising a Bible reading, reflection and prayer. Again you can get these hard copy but for me to wake up and find them there in my inbox works for me.

Communication is the lifeblood of the human race, and I understand that putting everything online for essential services such as banking, booking things etc doesn't work for everyone. We need face to face to. However, as churches we need to understand that to talk to and reach out in the first instance to the world out there, we need to continuously develop our offering.

In the meantime, if you love a good old-fashioned chinwag, why not drop in to our cafes at All Saints on Wednesday mornings and St. John's Friday mornings. You will be made very welcome.



Revd. Alun

PRAYER CHAIN

All Saints

Marion Godlington - 01283 730832 Denise Martin - 01332 514325 Helen Walley - 07725740408 Steph Brinklow - 01332 517966

St John's

Please text or call Helen Walley (Co-ordinator) 07725740408 or email helenwalley@btinternet.com

There is also a book and prayer board at the back of Church for you to add a person's name. Those in the book will be included in our prayers on a Sunday morning during the service.



Dear Lord,
thank you for the new
month of September.
We ask for your guidance and
blessings as we step
into this season.
May we experience
your peace and joy,
and may our actions throughout
the month reflect your love.
Amen.



CTM PRAYER WALK

Date: Thursday 4th September

Time: 10.15am

Meeting at: Mickleover

Memorial Hall



We will walk for about an hour, praying for God's Blessing on our community, the local businesses, schools etc. Listening for anything the Holy Spirit might want to reveal to us.

If you would like join us please contact Ray Lee so that I know to expect you. 01332 239645, or 07766927539, or email ray_lee16@yahoo.co.uk

LIFE EVENTS

CONGRATULATIONS



on your wedding at All Saints

Michael Dunn & Claire Woods

Saturday 20th September 2025

RIP

Adrienne Godley

The funeral is on Monday 1st September at Markeaton Crematorium

Commemoration at St John's during the 10am service on Sunday 28th September



10AM

FOOD 4 THOUGHT

In support of **Derby Food 4 Thought**

Items Needed:

Tinned foods, Cereal, Noodles, Pasta, Rice, Tea + Coffee, Biscuits, Jams, Spreads, UHT Milk, Toiletries

For more needed items, please see list at back of church

Flower Festival Fri 26th - Mon 29th September

Come and see the beautiful flower displays from the All Saints 'Flower Girls'

Friday 26th: 10am - 12pm, 2pm - 4pm Saturday 27th: 10am - 12pm, 2pm - 4pm

Sunday 28th: 2pm - 4pm

Monday 29th: 10am (produce sale!)

MAUREEN UNDERWOOD

Tribute by Pat Seager

I first met Maureen in the summer of 1979 when we moved to Mickleover. I went to her house to ask if she could take Rachel, my younger daughter into her Brownie pack. I told her that I was a Brownie Guider and she asked me to join her at the 2nd Mickleover Brownies who met in the church hall on Tuesdays.

We had many happy times together. I remember us taking the Brownies on a ramble around the Duffield area. We ended the walk in Eyre's Meadow. As we came to the gate we looked back to see Maureen, struggling in very unsuitable shoes, followed by a large herd of cows, of which she was blissfully unaware.

On another occasion we went together on an Outdoor Activities Guiders Weekend at Glenbrook in Derbyshire. Neither of us was particularly 'sporty' so we drew the line at caving and abseiling! However we tried archery and learned, not to stick our lips out as far as we could to meet the string before releasing the arrow, but to pull the string gently towards our lips and then release the string. We also tried pony trekking and managed not to fall off, but arrived home with aching muscles that we didn't even know existed!

When I became District Commissioner, Maureen was always unstintingly supportive and reliable. She could at times be a little forgetful and Bunty Gibson, who did all the Hall bookings would ask me to give her a gentle reminder that the Hall rent was due. This I did and Maureen would respond with good grace and a smile.

Maureen was steadfast and resilient, some might say obstinate. This stood her in good stead when a few years ago she suffered a serious injury to her neck and shoulder. She suffered the subsequent pain and impairment to her mobility with courage and stoicism. I never once heard her complain.

In recent years we had some lovely chats at the back of church after the morning services at St John's and the smile was always there.

Maureen was a good friend to me for almost 45 years and I shall miss her greatly.





STARTING 2ND SEPTEMBER AT ST JOHN'S CHURCH HALL

ASSOCIATION

Tuesdays 6.00 - 7.30pm

£6

cash or card

For more information contact Craig 07568558932 or craig832@googlemail.com

ALL SAINTS HARVEST FESTIVAL FLOWERS

This is an early request to save or nurture any Harvest/Autumn garden produce. **Stop/think before chopping down before Harvest!**Donations towards the cost of flowers can be left with Rebekah in the office or any of the 'flower girls!' Many thanks in advance. *Celia Cullen*.

MANY CONGRATULATIONS!

to David Wells who has completed 45 years of playing the organ for St Andrews Radbourne. He has also made sure that the organ is in tip top condition throughout all this time and indeed it still has a beautiful tone when played. We trust David that you will be able to continue for a while longer! With warmest congratulations from the St Andrew's Church family.



MICKLEOVER SINGERS

Saturday 5th July saw the Mickleover Singers perform their summer concert 'Kaleidoscope.' There was an extremely appreciative audience in St John's Church who loved the singing of Japanese songs, arranged by Bob Chilcott. Listening to the choir perform these pieces seemed to transport people to the far east because much of the choral writing uses the pentatonic scale, prominent in eastern music. There were also songs by Abba, John Rutter and from Disney films. 'How Much is that Doggie in the Window?' featured many wonderful animal sounds and the evening was rounded off with 'You'll Never Walk Alone' from Carousel. This piece was dedicated to the recent deaths of footballers, Diogo Jota and his brother in Spain. The audience joined the choir with a heartfelt rendition of the Liverpool FC Anthem.

The concert also featured the wonderful LOCA Wind Quintet, playing music by Mozart, Lennon and McCartney and from 'The Godfather' film. Choir members, Ellen and Sheila sang a duet from 'Chess' and talented youngster Erin Kendall performed the song 'Naughty' from Matilda. The event produced a wonderful mix of music, both vocal and instrumental. One member of the audience, on leaving, was heard to say, "this choir gets better and better." At the AGM, two days later, the choir was praised for their performances in and around the Derby area, which has included Sudbury Hall, and also thanked for their achievements in tackling new music. If anyone reading this article fancies joining this developing choir, rehearsals resume on Monday September 8th in St. John's Church. 2026 will be special as the Mickleover Singers will celebrate 85 years since they started as a group during the war. Sadly, there are no original members! Forming the choir helped to create some community spirit and distraction in the village during the dark days of war. Singing together still helps us to improve our mental health. It's not just the music and repertoire but also the community spirit. Come and give it a go!

www.mickleoversingers.co.uk or find us Facebook.

* CONCERT

by students from Cambrian Harp School and Derwent Harp School



Saturday 27th September at 2pm St John's Church

Tickets £10 on the door

Refreshments included

Come and enjoy an afternoon of relaxing and lyrical music

OPEN THE BOOK TEAM



The Open The Book Team is a voluntary and ecumenical assortment of people who regularly conduct assemblies to both primary and junior level students, acting out Bible stories. Our team has been welcomed into Brookfield and Mickleover Primary Schools for 20 years.

Reverend Peter Walley has connections to Silverhill and both Reverend Alun Rowlands and Reader Judi Witcomb to Ravensdale. It is mainly an underrated mission, but over the years, it has made an impact, referring to Reverend Paul Pritchard's article in the July issue of this magazine. Over recent years, members of the team have been recognised and approached by old students, informing them with enthusiasm of the joy they received from listening to, and sometimes partaking in, the enactment of Bible stories.



Environmental restoration and peacebuilding

The Bishops' Harvest Appeal 2025

derby.anglican.org/en/treesforpeace.html

The story so far, in 2023 the dioceses Derby and Bujumbura worked together in a 'Trees for Life' programme helping local people in the hills round Bujumbura city plant trees to protect their local homesteads from mudslide damage caused by climate change related flooding.

The work was transformative – 240 people were trained in agroforestry, nearly 65000 seedlings were planted along the hills' contour lines, 16 self help groups were set up, which provided training in group governance, financial literacy, and savings mechanisms. The hillsides are already more stable than they were. Important lessons have been learned, and there is more to do.



What now? Whilst tree planting was primarily to prevent floodwaters from washing away huge ravines in the farmland, this shared enterprise also saw former enemies begin to make friends.

Burundi is a country where ethnic and political difference have often spilled over

into violence. There is particular concern at the present time. The church, gifted in Christ with the ministry of reconciliation, now seeks to emphasise standing with local communities in sowing seeds of peace and reconciliation through practical, local community service – known as Ibikorwa Rusangi.

The value of working together for climate resilience is all the greater as strong bonds are built locally between people who never previously spoke to each other.

Young people who have learned to make a living by setting up small businesses selling and planting trees are less likely to be recruited into gangs or be exploited for political violence. Older people have seen enough poverty, violence, and environmental damage in their time to make them eager to support the church's work in bringing people together to improve life chances for families living in Bujumbura Rural. Mothers with children to bring up are

motivated to organise in self help groups to set up small businesses geared both towards creating incomes and improving agriculture. They don't want to see their children fall prey to those seeking to manipulate the young.

Planting trees together is planting for the future, and for peace. This focus on environmental restoration, economic empowerment, and peacebuilding is good news for the people of these communities of Gisovu, Nyamaboko, Buhina, and Kabumba.



Actions to be funded by the Bishop's Harvest Appeal 2025:

Environmental Restoration:

- Climate and land degradation awareness training
- Eight nurseries for producing native agroforestry tree saplings
- · 4,000m of contour lines dug prepared for planting

Economic Empowerment:

- More self-help groups to engage 400 members
- Training in financial literacy, savings, and leadership
- Microloan systems set up to support income generating

Peacebuilding:

- Intergenerational dialogue groups
- Memory and Hope trauma-sharing workshops
- Tree planting and soil restoration as tools for reconciliation
- A Community Peace Committee established for each hill
- Training for community leaders in conflict mediation, de-escalation, and early warning systems
- Disseminate peace messaging in run up to electoral period
 - o Train and deploy two 'Youth Peace Brigades' -
 - o To host debates, art competitions promoting peaceful coexistence
 - o To develop radio programs on youth and peace
- Facilitate dialogue circles for women in self-help groups
- Ensure women are to the fore in Community Peace Committees
- Offer workshops on inclusive governance and women's civic engagement.







What can I do?

- First please speak to others about the programme, and decide what your church or community can do to get involved.
- Check out the creative resources that will be appearing for churches.
- Plan symbolically to plant a tree somewhere locally to symbolise our support for this initiative, showing that trees both here and there address climate change. Think how supporting this tree planting initiative reduces your own carbon footprint.
- <u>Give via our Give a Little account</u> or directly to the Diocese of Derby by cheque or bank transfer (please indicate that this is for the Harvest appeal with your donation)
- Pray for the churches on the hills around Bujumbura as well as in the hills, valleys, and plains of Derbyshire, that in what we do the good news of the Kingdom of God will transform lives, grow church, and build community.



ST JOHN'S SERVICE WITH BRING & SHARE LUNCH

Unfortunately the bring and share lunch planned for Sunday 7th September has had to be cancelled. It is not going to be possible to reschedule before Christmas given all our other autumn events so it is intended to look at our future plans for worship and outreach and how we can carry forward our Everyday Faith agenda early in 2026.

ST ANDREW'S HARVEST FESTIVAL

Sunday 12th October



More details to follow

THE SOUND OF SILENCE

Iris Hesseldean

Listen to the silence and feel it calm your mind. Let the noisy world go by as tangled thoughts unwind. Learn the secret of the earth for nature works in peace. And nature grows in silence their wonder to increase. Take a little time for you and let that peace begin. Close your eyes, relax, be still. And feel it deep within. So short a time, a precious time Serenity your goal. Just listen to the silence and let it soothe your soul.

ST JOHN'S HARVEST FESTIVAL WITH JACK

Sunday 19th October

We will be collecting food goods for Derby Food 4 Thought

Items needed:

- Tinned foods
- Cereal, Noodles
- Pasta
- Rice
- Tea + Coffee
- Biscuits
- Jams + Spreads
- UHT Milk
- Toiletries

Full list will be available at back of church nearer the date





We can see work going on to prepare for lots more new houses on the large site filling the area between the development on New House Farm and the railway line, prompting thoughts on

how we need to reach people moving in to these new estates.



"God's wonderful grace and his gift of righteousness... for all who receive it through this one man, Jesus Christ."

BEING ACCEPTED BY GOD IS A GIFT, NOT A REWARD



The righteousness that God approves and accepts comes as a 'gift'. And it's based on 'grace'. And grace means 'unmerited, unearned, undeserved favour with God'. Many try through their own efforts to earn right standing before God! Do you believe that by doing more good deeds, giving more, praying more, serving more, that God will love you more and bless you? These are all good things. Indeed, they are important. But the righteousness God accepts is a 'gift' which He Himself gives and you yourself cannot earn. Indeed, if you had to earn it, it would not be a gift; it would be a reward for your efforts. Furthermore, how would you know when you had done enough to please God and be acceptable to Him? Satan will take every opportunity to condemn you for never doing enough. When that happens, you begin to fall into the trap of guilt, condemnation, and shame. When you base your relationship with God on your own merits, you will always fall short. Note something else. When you see your righteousness as a gift given to you by God, as a result of your placing your complete trust in Christ, you begin to 'reign in life'. Romans 6:14, says 'For sin shall not have dominion over you,' then you begin to get the picture. Instead of being ruled by the worldly influences and the devil, you 'reign' over them.



INTERNET CAFE

Mondays 10am - 12pm St John's Link



Help and advice for computers, laptops, smart phones, and tablets

Our helpers don't guarantee to have all the answers, but we may know where to start looking!

Bring along your own tablets, iPads and laptops or borrow one from us.

Refreshments served mid-morning.



Our friendly team is happy to help!

BRUNCH BIBLE STUDY GROUP

Fridays 12.15 - 2pm St John's Link

Following the café, stay for lunch (sandwiches, soup, fruit etc.) and a discussion on life and faith.

Everyone is welcome to join, come along!

Any questions phone Judi 07531495891



Fridays 10am - 12pm St John's Link

Join us for a cup of tea or coffee, friendly conversation, and of course, delicious home-made cakes!

EVERYONE WELCOME

The café is open from 8.45am for the school run! (term time only)







Take part in our survey to help shape our communications

We would like to hear from everyone connected to the church in Derbyshire: whether you attend services or events, hold a leadership or voluntary role, or maybe only have a casual connection to the church.

The responses we get will help us shape how we communicate with you allowing us to share the Good News more effectively.

We want you to be as honest as you can about what you like and don't like about the types of messages and contend we share and the channels we use to do so. This information will help us develop and shape how we communicate with you.

Follow the QR code to complete the survey online or ask for a paper cope and return by post by Friday 12th September 2025.

The Communications Team, Derby Church House, Full Street, Derby, DE1 3DR

The Quiet Place

St John's Church Wednesdays 10 - 11am

Come to be STILL

Come for SANCTUARY

Come to be LISTENED TO

Come to GIVE YOUR PROBLEMS

TO JESUS

Come to PRAY



As you walk through the
All Saints churchyard,
take a moment to pause and
ponder at our 16 stations with
photographs and quotes.

ALL SAINTS CAFÉ

Wednesdays 10am - 12pm All Saints Centre

Come for a friendly chat, tea/coffee with delicious homemade cakes and biscuits





2nd Saturday of the month 8.15 - 9.45am fill Saints Church Centre

fl group for fathers, father figures and their children to have fun, form friendships and find support



01332 510446
admin@mickleoveranglicans.org.uk



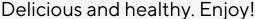
2nd Sunday of the month (full weekend)

Join us at 8am for breakfast, crafts, games and worship

All ages welcome!

Helen Walley shares a recipe from The Sensitive Foodie for healthy flapjack.

We have had a lot of baking apples from our tree at The Vicarage and someone also gifted us some Medjool dates, to help Peter after taking painkillers! So with the fruit I had left over I decided to look up a recipe for apple and date flapjack.





HEALTHY FLAPJACK



Ingredients:

- 3 tbsp ground flaxseed
- 6 tbsp water
- 200g whole oats gluten free if needed
- 100g mixed seeds e.g. sunflower, pumpkin, sesame, chia
- 50g raisin, sultanas or currants
- pinch salt
- 250g apple sauce see note below
- 120g dates see note below
- 2 tbsp maple syrup optional

Method:

- 1.) Pre-heat the oven to 180°C/350°F/Gas 4. Line a 20cm square baking tin with non-stick paper.
- 2.) Mix the ground flaxseed and water together in a bowl and leave to thicken (this makes a thick flax 'egg')
- 3.) Place the oats, seeds, salt and dried fruit together in a bowl and mix well to distribute.
- 4.) Blend or mash the apple sauce and dates together with a little water if necessary and add to the flax egg along with the maple syrup if you have a sweet tooth or you're not used to the different sweetness of sugar free baking.
- 5.) Pour the apple mix into the oat mix and stir together well to combine. If it is too dry, add a little water. If it's really wet then add a few more oats. You want it to stick together when pressed with your fingers, but not stick to your fingers.
- 6.) Tip the mix into the prepared tin and spread out into the corners. Press down to help it stick together and flatten the top.
- 7.) Place in the oven and bake for 15 minutes. Check to see if the top is lightly golden and firm. If not continue to cook for another few minutes until it is.
- 8.) Remove from the oven but leave in the tin. Cut squares or rectangles with a sharp knife and leave to cool in the tin this makes it easier to separate when fully cooled. Store in an air-tight tin for up to 4 days. These freeze well separate each slice with some greaseproof paper.

DIOCESAN MESSAGE Bishop Malcolm writes...

'When through the woods and forest glades I wander...

September, October - what a glorious time for trees! - transient, dancing, swaying in the equinoctial gales, their leaves a kaleidoscope of changing colours, some fading, some ever deeper red or gold, eventually and inevitably floating to and fro down to the ground.

Even now I like to kick through piles of leaves in the garden or on the footpath. Each leaf is a unique work of art telling its tale of life and growth and beauty and decay, finding its way to mulch down for the winter, ready to energise future springs.



I love that verse from Revelation 22:2 reminding us of 'the tree of life' whose leaves 'were for the healing of the nations.' In Jesus we know the faithfulness of God, and find hope in every season of the year.

This month Bishop Libby's Harvest Appeal focuses on 'Trees for Peace.' We are working along with the Diocese of Bujumbura, helping them plant trees, as we did in 2023, but this time with a fresh emphasis on peacebuilding among people living on the hills around their city.

The work we helped with in 2023 has been very effective in stabilising the slopes against mudslide risk, and has enabled self help groups amongst women and young people. Setting up businesses to grow and sell and plant seedlings has been transformative for those involved - but the church has identified further potential benefits that can spring from this working together in partnership: peacebuilding and community cohesion.

These hills are home to families divided by ethnic and political loyalties. In living memory and more recently in times of elections these divisions have been exploited by groups eager to stir up conflict, and prone to exciting violence. By bringing people together across the divides to grow seedlings, to form self help groups, and to plant young saplings, the church is learning how to help break down barriers and build strong and resilient relationships for the future.

In this new project, which the Diocese of Bujumbura have named 'Integrated Environmental Restoration and Community Peacebuilding' alongside the tree planting there will be a range of activities including 'intergenerational dialogue groups', 'Memory and Hope trauma sharing workshops' and two new 'Youth Peace Brigades'.

The focus is on helping local people of all ages work together to come to terms with their divided past and look to an economically productive future - this makes young and old less likely to be drawn into political or ethnic conflict, as with an income and something worth working for there is more to lose.

I thank God for the vision of the Diocese of Bujumbura in supporting parish ministry in these hills in such a down to earth and transformative way. It is a privilege for us to be involved. Following Jesus brings people together for good.

There are pictures of these slopes torn apart by ravines created by climate change induced flooding and mudslides, physically dividing communities, literally tearing the landscape apart. Worse still are the human divisions caused by traumas from previous conflict, exacerbated by extreme poverty. This integrated programme will being healing for the past hurts and unite both land and people in hope for a better, more peaceful future.

Please give generously this Harvest time in response to Bishop Libby's appeal, https://givealittle.co/c/593nFlOUNqgytlhIrdcgxE, and if you are able, ask others to join you in solidarity with our sisters and brothers in Burundi. Why not plant a tree where you live, to express this solidarity, and send a photo to communications@ derby.anglican.org to be shared on our website and with our partners in Burundi?