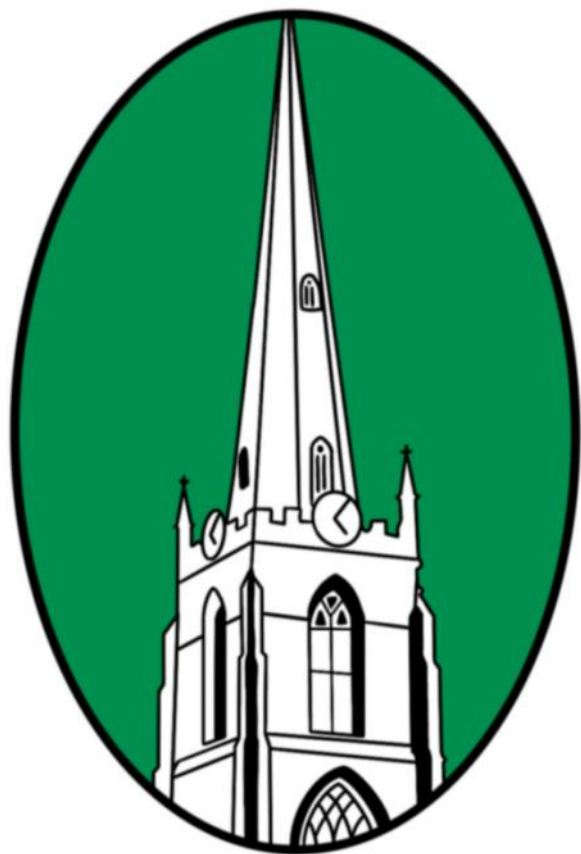


Issue 2

Autumn 2023

# Spotlight

St. Mary's with St. Francis



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## **Hello!**

Welcome to the second edition of Spotlight, the quarterly Magazine from St Mary's Church.

We hope you enjoy what we've put together for you.

We have a variety of regular and one-off features, news, activities, competitions and information.

The centre page is designed for you to pull out with a recipe, a craft activity for the home or garden and a colouring sheet for all ages for a moment of mindfulness.

This edition has a loose theme of food running through a number of the articles in the run up to the harvest season.

If there is more you would like to see please do get in touch via [spotlightstmarys@gmail.com](mailto:spotlightstmarys@gmail.com)

Let us know what you think and happy reading,  
Sarah Hill & Elisabeth Emmett-Pace.

## Contacts ...

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## Sunday Services:

<b>8am</b>	BCP Communion
<b>10.15am</b>	All Age Service with Sunday School (2nd & 4th with communion, 1st, 3rd & 5th without)
<b>6pm</b>	Evening Service (1st and 3rd with communion, 2nd, 4th & 5th without)

## Tuesday Communion 10.30am:

2nd and 4th Tuesday of each month in the Lady Chapel in church

## Tuesday Prayer Meeting 10.30am:

1st, 3rd and 5th Tuesday of each month in the Lady Chapel in church

## Wednesday 1.30-2.45pm - Allsorts Baby & Toddler Group :

In the church hall, term time only, £1 Donation - contact Bev Frettsome

## Dates For Your Diary ...

### **St Mary's Choir Practice - Fridays 7.30-8.30pm:**

In church, new members always welcome - contact Peter Harris

We begin learning for Christmas on 6th October - come and join us!

### **Lego Swap & HDPP Photo Scanning - 3rd Sat Monthly 10-12pm:**

In church - See newsletter for more details

### **Crafty Chat -Thursdays 10.30-12pm:**

In church coffee bar - see newsletter for more details

### **Sunday 3rd September - Harvest Festival**

Bring & Share lunch after 10.15am service

### **SMARTS Concert & Afternoon Tea - 1st Wed Monthly 1-1.45pm**

**beginning 6th September:** In church

Concert Tickets: £4.50/£1 on door

Afternoon Tea: £8 booked in advance through church office

### **Sunday 17th September - Classic Car Rally BBQ**

### **Sunday 24th September 3pm - HDPP Old School Hymns & Songs:**

In church - Including refreshments - All welcome - Donations for roof!

### **Sunday 8th October - Social Stroll:**

Details will be available nearer the time - see Facebook & Newsletter

### **Saturday 21st October 7pm - Fundraising Concert:**

Sing Loud Be Proud Community Choir & Ionian - In Church

Tickets: £8 (£7 in advance) - Refreshments & Raffle

### **Saturday 28th October 10am-2pm - Charity Fair:**

In church - In aid of various charities

### **Sunday 5th November 3pm - Thanks For The Memory Service**

### **Saturday 11th November 2-5pm - Time For Reflection:**

In church - Reflection & Meditation afternoon

### **Thursday 30th November - Monday 4th December**

**Christmas Tree Festival** - Various events (see page 18)

### **Thursday 7th December 7pm - Marie Curie Service**

### **Saturday 9th December 7pm - ABBA Tribute Night:**

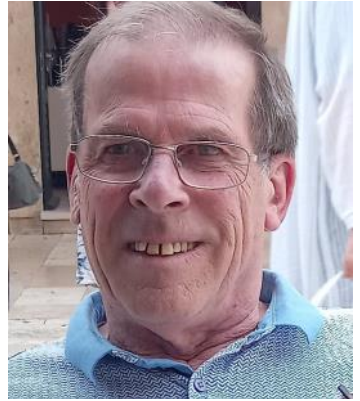
In church - More details nearer the time!

**See weekly church newsletter, church website and church Facebook page for more information on 'What's Going on'!**

## Getting To Know You: Peter Harris ... Elisabeth Emmett-Pace

### **Who are you and where are you from?**

I'm Peter. I'm organist and churchwarden here at St. Mary's. I'm originally from Bournemouth and have lived in varying places before living in Hinckley and then later marrying Jenni!



### **What did you do before you retired?**

I worked in IT, managing business computer systems, with an expertise in data and applications. I used to work away a lot, so it's nice being in one place now!

### **Why did you decide to become an organist?**

I was very fortunate that the church where I attended Sunday school had a brilliant organist. I heard him play a piece after a service and was enthralled and wanted to copy him. I asked him for lessons, but I wasn't tall enough to reach the pedals – so he told me to wait a year! Later I was lucky enough to be able to take lessons from top class cathedral organists.

### **How old were you when you first led a choir?**

I was 13. I was the youngest organist and choirmaster in the UK and appeared on national television, my claim to fame! I'm still going strong now with the choir here at St. Mary's, so do come and join us - new members always welcome!

### **What makes you 'you'?**

I like to think that I have confidence in my own abilities. I enjoy the security I have in my relationships with my family and friends. I always try to view everything positively and not negatively and try to deal with things seriously but with humour. I'm passionate about what I believe in and will always fight for what I believe is right. I have compassion for other human beings and always try to have empathy. Above all, I try to treat everyone as equals and try to always be inclusive.

### **What makes you happy?**

I enjoy family time. Knowing that I've contributed to someone else's happiness is a special thing to me. Knowing I've got a good circle of

solid friends around me who I can rely on when needed brings happiness through security.

**What makes you angry?**

I hate to see injustice, racism and discrimination in all forms. People trying to take advantage of others is something that I really dislike.

**What's on your bucket list?**

I would love to go and play the rebuilt Notre Dame organ in France, along with the rebuilt organs in Winchester and Salisbury cathedrals.

**What's on your un-bucket list?**

Anything involving heights.

Swimming in the sea because it's too cold! Even abroad it doesn't pass the 'toe test'!

**What hobbies do you have other than music?**

I enjoy gardening and take pride in keeping my garden looking nice. I also enjoy woodwork and keeping fish.

**What film makes you cry?**

The Sound Of Music - though I do enjoy watching it!

**What piece of music and book would you take to a desert island?**

Unsurprisingly classical music – but there's too much music I like to choose from. But anything by Bach, Fauré, Tchaikovsky, Elgar, I could just keep going!

When it comes to books, I love a good romcom!

**Who would you like to be locked in a church with?**

Geoffrey Tristram – He was the Director of Music at Christ Church Priory and my music teacher at school. He was an outstanding organist and crowd pleaser with a huge stage presence. I could learn so much from him and I didn't have the opportunity to take advantage of all his gifts before he died.

**Who are your bible heroes?**

I admire David because he conquered Goliath and Peter because he was such a strong disciple.

**Who do you think we should interview next?**

Elisabeth Emmett-Pace - because she interviewed me!

## Peregrines ... Steve Townson

Peregrines on our tower!

Following the interest shown in our tower over the last couple of years we put a scrape up there to encourage nesting and by mid April we saw our first egg.



On the 31st of May we spotted the chick on the screen for the first time and the following day mum was busy feeding the small bundle of white feathers.

On the 12th of June the licenced bird handlers arrived to ring our chick. From that day it has sported a bright orange ring with X3F on it allowing progress to be logged when the bird fledges.

It has been very interesting watching the chick developing and proper feathers emerging along with a sense of adventure. I will long remember the expression on the chick's face having been brave and hopped off the scrape onto the platform below. It then turned around wondering how on earth it would get back up! In early July, as the chick gained confidence, it moved up the tower until it was next to the clock and hid just out of shot of the camera.



So, fast forward until the middle of July and we have this beauty high on the church tower shouting loudly for food.

The bird fully fledged on the 15th or 16th of July and is now a bird about town. On Sunday the 23rd of July it was seen being fed on a flat roof above the Bounty then roosted on the dome above the holiday lounge.

On Monday the 24th of July, it was shouting loudly at dad above Lidl on Coventry Road and food was delivered to the lower reaches of the cadent tower.

So ... Listen for the loud screeching then look up!

## Hinckley District Past & Present ... Paul Gardner

Maybe you have been in the church on a Saturday morning and seen HDPP sitting behind a table at the front of the church at one of our monthly scanning sessions?

We started the group back in 2015 to help promote the local heritage of the town. Little did we know how fantastic the response would be! Today we have over 12,500 members on our Facebook group. (HDPP).



We always wanted to take our heritage message out into the community rather than just stay online. Lots of people still do not have access to the internet so we started visiting local residential homes, schools and groups.

The aspect we didn't see coming, but that has become a big part of who we are, is the fundraising. Quite by chance one night, following one of our regular social nights, someone passed the hat around. We decided any monies raised would be put in a kitty and donated to nominated local good causes on the group's birthday month of February. Amazingly, to date, we have donated over £25,000 to local good causes in the town. The local Foodbank, The Salvation Army, Lawrence House and St Mary's Bell Ringers, along with many more, have benefitted from our good causes fund.

We have had the pleasure of presenting old pictures and cine film of bygone times in the town at St Mary's, the proceeds going to the church. These events have proven to be very popular.

We are passionate about the heritage of our local area, from its characters, to its industry and folklore. We want to preserve all these



for future generations to enjoy.

Paul has recently had the honour of being awarded a British Empire Medal in the King's Birthday honours in recognition to his services to the Hinckley community.

So why don't you dig out those old pictures and stories and pop them along on any third Saturday of the month to our scanning session at St Mary's Church between 10am and 12pm? We would love to see you!

## Favourite Churches ... Pamela Huckle

When we go on holiday we like to visit churches.

Once, we were in America on a visit to the Deep South and the whole of that trip was very moving.

In Atlanta we visited the Martin Luther King church/museum/memorial. Inside the Ebenezer Baptist Church we were told that MLK was baptised there and at 19 he gave a trial sermon. He was then ordained as a minister and was co-pastor with his father. He remained in that position till he died and his funeral was also held there.

We went and sat in the pews and they started to play one of his sermons. It was so real that on closing our eyes it was as though he was standing there in the pulpit. That moving and wonderful memory will stay with us forever.

When we were in Memphis we were taken to 'The Lorraine Motel' and there are always fresh flowers on the balcony where he died.

It was pointed out to us the window from where the shot was fired, which always remains open.

On his grave in Atlanta it says:

**Free at last**

**Free at last**

**Thank God Almighty I'm free at last.**



## Foodbank ... Margaret Townson

Hinckley Area Foodbank has been working in the Hinckley Borough since 2012.

We provide emergency food parcels, designed to include food for 3 days, to people who are experiencing financial crisis. Over the past 11 years we have grown to having 9 centres across the Borough.

In the last financial year 2022-23 we gave out 7177 emergency food parcels, that's 64,593 meals.

One third of those parcels went to children under the age of 16.

The cost-of-living crisis, which has affected all of us, has led to a 32% increase in people using our local Foodbank. We regularly give out over a tonne of food in a week. Donations make up the majority of this, but recently we have needed to buy increasing amounts of stock to ensure we can give out the food to the people who need it.

Our work is more than just giving food though. Each centre (of which St Mary's is one) is run by dedicated volunteers who listen and signpost Foodbank users to agencies that can advise how to get help other than just food. We also work with referral agencies, who issue vouchers for people to use the Foodbank. By working with these agencies, we can be sure that the people who use the Foodbank are getting as much support as possible.

Donations are always welcome and can be left in the collection point in St Mary's church or in each of the major supermarkets in Hinckley.

### **Currently our most needed items are:**

Tinned meat - cold meats such as ham, spam, corned beef etc.

Tinned meat - meat meals such as mince and onion, stewing steak, hot dog sausages, chicken in sauce

Tinned fish - tuna, sardines, mackerel

Tinned rice pudding; Tinned or Instant custard

UHT or dried milk

Tinned vegetables - all sizes; Tinned fruit - all sizes

Tinned tomatoes; Baked beans

Tinned or instant mashed potatoes

**Please donate if you can, just one item will make a difference.  
Thank you.**

**Other ways to help:**

The Trussell Trust constantly question the need for Foodbanks, and campaign for a society that no longer needs them. You can find out more about this on the Trussell Trust website.

<https://www.trusselltrust.org/get-involved/>

**A Single Person, 3 Day Food Parcel consists of:**

Cereal - 1 small pack (up to 12 portions)  
Soup - 2 medium tins  
Beans/Spaghetti in sauce - 2 small tins  
Tomatoes or Pasta sauce - 2 small or 1 medium tin/jar  
Vegetables - 2 small tins  
Meat (or Vegetarian) - 2 small or 1 medium tin  
Fish - 1 small tin  
Fruit - 2 small or 1 medium tin  
Rice pudding or Custard - 1 medium tin/packet  
Biscuits - 1 small packet  
Pasta or Rice or Noodles - 500g  
Tea or Coffee (Hot Choc) - 40 bags or 100g jar  
Long-life juice - 1 litre  
UHT milk - 1 litre



Extra items when available:

Sugar (if requested) - 500g  
Snacks (Tin or Noodles or Pasta) - 1 tin or 1 packet  
Chocolate - 1 small bar

When requested and available we may also give:

Tin opener, Pet food, Washing up liquid, Washing powder, Toilet rolls, Baby food, Nappies and Personal hygiene items such as Deodorant, Shampoo, Shower gel, Razors, Shaving foam, Sanitary towels, Tampons, Toothbrushes and Toothpaste.

**On the next page you will find some recipe ideas for meals that can be made using the items in a food parcel - why not give them a go!**

## Recipe

**Some ideas of what you could cook using the contents of a Foodbank parcel - makes you think?**

### **Corned beef (or tinned meat) and pasta, with tomatoes:**

Empty 1 tin of tomatoes into a pan and heat through.

Cut the corned beef (or meat) into chunks and add to the tomatoes.

Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes.

Add to the tomatoes and meat mixture.

### **Tuna Pasta with vegetables:**

Mash up the tuna from the can with a fork.

Add a tin of vegetables.

Heat this through.

Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes.

Mix together.

### **Soup with Pasta:**

Cook 75g of dry pasta (approximately two handfuls) in a pan of boiling water for 10-12 minutes, drain the water off.

Empty 1 tin of soup into a pan and heat through.

If you only have one pan, heat the soup after you have finished cooking the pasta.

Then add the pasta to the hot soup.

### **Meat Curry:**

Cook 75g of dry pasta (approximately two handfuls) in a pan of boiling water for 10-12 minutes, drain the water off.

You can also use a packet of rice as an alternative.

Heat one tin of vegetable soup in a saucepan.

Shred your tinned meat with a fork and add to the soup.

Add half a tin of mixed vegetables.

Add curry powder, if provided.

Mix together and serve.

# Wordsearch - Harvest ... Ian Hill

Find all the words below.

Then use the remaining letters to spell out a phrase.

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

Abundance

Animals

Apples

Barley

Bread

Celebration

Creator

Crop

Drink

Earth

Farmer

Festival

Field

Food

Fruit

Generous

Gift

Good

Grapes

Grow

Harvest

Hedgerow

Honey

Labourer

Life

Lord

Love

Milk

Peas

Plants

Plenty

Produce

Provision

Rain

Reap

Seed

Soil

Soya

Sustainer

Thanksgiving

Water

Wheat

Wine

Worker

Kai Rosalia-2023





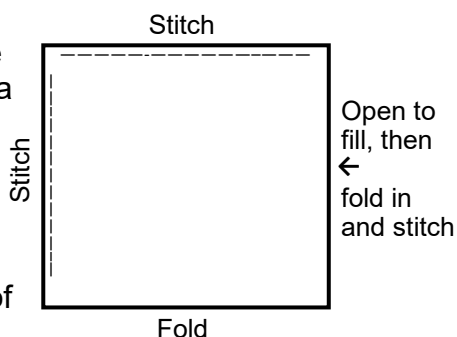
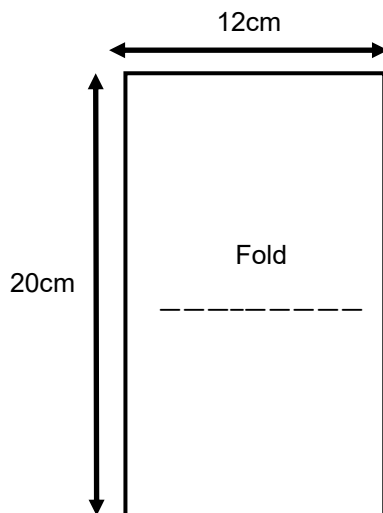
Harvest!

## Crafty Corner - Lavender Bag ... Liz Seal

This year seems to have been great for Lavender plants, mine has gone a bit bonkers! So, I will be harvesting the flowers as they dry out on the plant (around late summer is best) and using at least some them to bring some calm and restful sleep into my house.

One way to use the flowers is to follow our grandparents' example and make lavender bags.

- \* Cut a rectangle of lightweight cotton-like fabric - around 20x12cm works well.
- \* Fold the fabric so that the right sides are together and you end up with a square.
- \* Sew (either with a sewing machine or fairly small secure hand stitches) from the fold around 2 sides of the square.
- \* Make the stitches around 1cm in from the edge of the fabric.
- \* If you'd like a neat corner, trim diagonally, but be careful not to cut your stitches.
- \* Turn right side out and you can iron to give neat crisp edges if you'd like.
- \* About half fill with lavender flowers (a few stalks won't be an issue). Then you need to fold in and stitch the open edge, I fiddle and fold the edges in and pin carefully so I get a neat seam.
- \* If you want a loop to hang your lavender bag up, fold a length of ribbon and stitch it into the seam along this edge.
- \* Then you could press with the tip of the iron to get a really professional finish.
- \* And enjoy!

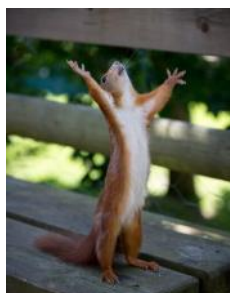




## Caption Competition!

Send your answers to [spotlightstmarys@gmail.com](mailto:spotlightstmarys@gmail.com)

We will publish the best ideas in the next issue!



### Last issue's caption competition!

There were some interesting captions in our inbox ...

I've got the whole wide world in my hands!

That's not fair they have moved my bird feeder  
out of reach!

Oi! Who pinched my Easter egg?!

Oh no! Not me again!

## St Mary's Social News ... Liz Seal



Looking ahead to another fantastic Christmas Tree Festival!

I'm not sure how many people will be happy with me talking about Christmas already, it feels as if we've barely enjoyed summer yet!

However, planning for this year's Christmas Tree Festival has already begun. We start

early so that we can have our ducks in a row (or at least on the same pond?) ready to send out the application forms for individuals, groups, charities and businesses to apply to have a tree.

For those who haven't been before, we fill every inch of our beautiful church with trees, large and small, decorated in various themes and colours. They range from the subtle and sweet to the loud and proud, some representing local businesses or charities, others are done by individuals who just love to decorate a tree! We ask visitors to vote for their favourite child and adult trees - last year St Mary's school won the children's competition with an amazingly decorated vision of the nativity done by all the various years in the school. The adult's tree was won by Hinckley Pride with their colourful celebration of Christmas and all things 'Out and Proud'. We were really happy for them to win on their first year displaying a tree with us. Good luck to all this year!

This year's festival will be open to the public from Thursday 30<sup>th</sup> November when the doors open at 6.30pm with music from the band and choir. Hopefully the Mayor will be able to count us down to our official light switch-on at 7pm. Various events and entertainment will take place throughout Friday and Saturday, with very special worship happening amongst the trees on Sunday. The doors will close at 1pm on Monday 4<sup>th</sup> December.

Some events are ticketed, while other offerings are free and open to all. Please keep an eye on our Facebook page and website for more information closer to the time.



We would love to welcome as many visitors as possible to see our beautiful church decorated and lit to welcome the Christmas season. All we ask is for a donation to help us keep the doors open and give a warm welcome to everyone.

If you would like to display a tree, please contact Liz Seal ([liz@stmaryshinckley.co.uk](mailto:liz@stmaryshinckley.co.uk)) for more information. Looking forward to another amazing Festival!



On Tuesday 15th August we celebrated our Patronal Festival - our church's birthday.

We had a wonderful service of celebration in which a large number of people from our church family and the wider community played a part. A great example of everyone working together in true St Mary's style and a big thank you to everyone involved.

We had over 100 people in church and were very lucky to be able to welcome Bishop Saju, the Bishop of Loughborough, along with Civic Dignitaries. Bishop Saju gave a very interesting and humorous sermon and presided at communion. There was a feast of music, parades at the beginning and end of the service and there was, of course, the obligatory tradition of St Mary's - refreshments after the service including wonderful homemade cake!



The evening was a great success which we hope to repeat next year on an even bigger scale.



## Going Deeper - Black Theology ... Mike Cattell

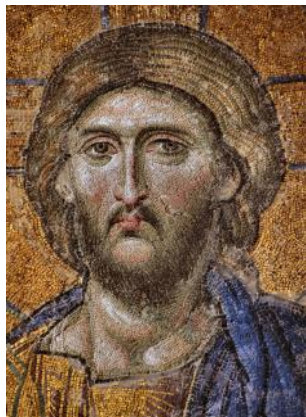


When one hears the name 'Theological College' one pre-supposes that they would teach theology. This is true, but when I was accepted to study at Queen's Foundation in Birmingham I was completely surprised by the number of 'different' theologies they actually teach. I am attached to the Centre for Black Theology, (which also includes womanist theology). So, what is this exactly? It is difficult to define in the few words, but basically it is the theology of Black people, mainly African and Afro-Caribbean heritage, before the white western theology 'corrupted' it.

Jesus was a Jew, born in Bethlehem and lived the early part of His life in Nazareth. As an example of Black theology, when we look at the occasion recorded of Jesus himself overturning the money changer's tables, we tend to think of it as Jesus himself being angry with the money changer for defiling His Father's temple. When looked at through the lens of Black theology, the following appears: Judea was an occupied country and the Roman Empire was the oppressor. In order to worship in the temple, the poor of Jerusalem had to change their currency for temple money at an extortionate rate. The temples were tolerated by the Romans so it is seen as the poor and Jews in general being oppressed by their own priests who were in collusion or paying lip service to the occupying force. Similarly, you only have to look at Western paintings of Jesus, portrayed as a western white man rather than middle-eastern, to see how we often view the Bible through our own lens.

This form of study, at this level can be very challenging particularly for me as a white, elderly man, looking at the subject through white eyes. However, there are some advantages. Most of the students of the CBT are Black African or Afro-Caribbean, descendants of the Windrush generation, and from many different denominations. The friendship and welcome I have received, from the staff and students alike at Queen's is tremendous. One way in which this welcome is manifest is through sharing food together. Breaking bread together is a fundamental of our Christian heritage, and the college certainly celebrates that to the full. All eight cohorts of the CBT had a weekend together when we met together for the first time. The first thing we did

together was gather for the evening meal followed by worship. The friendship and fellowship was something I have never before witnessed, especially as only one of two white people attending.



**Middle Eastern depiction  
of Jesus -**

Christ Pantocrator Mosaic  
from Hagia Sophia

**White Western depiction  
of Jesus and Mary -**

Madonna and Child  
in Valletta Art Gallery,  
Malta



## 1st St Mary's Brownies

We have had some wonderful events over the summer.

Pictured are some of our Leaders and Young Leaders from our Brownie holiday in June wearing our bespoke St Mary's camp uniform!

We are proud of our unit's name and flying the flag for St Mary's.

Do come and join us, or our other age groups for Rainbows and Guides, if you would like to join in the fun.





### OppenBarbie:

*How two very different movies pose important moral questions.*

It was the biggest, most exciting opening weekend at the cinema since before the pandemic. Social media was abuzz about 'OppenBarbie,' as it was dubbed, for days leading up to it. I was very excited to see both films on the same day: friends had said I needed to see Oppenheimer first, followed up by the much 'lighter' Barbie. So I did just that!

**Oppenheimer** was certainly the much heftier, darker film but both pose important moral questions to their audience. One about how man built a weapon that caused immeasurable harm to the lives of thousands the few times it's been used but also, it's argued, would ensure at least some level of peace by guaranteeing mutually assured destruction if used by different geopolitical power blocks. So is it ultimately a bad thing because of the pain it's already caused, or a good one because its existence helps ensure some level of peace among nations?

The other film, **Barbie**, has its own moral questions - how man (in this case specifically men) have built power structures which benefit themselves, at the expense of women and minority genders. Using the famous childhood doll, the film turns patriarchy on its head, beginning with a world in which women rule and it's the men who are rather sidelined.

At least, that is, until Barbie and Ken go on a trip to the 'real world' and Ken learns that, there, the men rule, or at least think they do! He takes that attitude back to Barbie World (or Ken World, as he attempts to dub it) and thus ensues a moral and literal tussle about how we build a society (be it Barbie World or the real world) where all have an equal stake and role to play - somewhere we can be different, but that difference is not seen as a weakness.

In truth I think both films could have easily been 20 minutes shorter without losing anything, but that is a minor quibble. From me **Oppenheimer** gets a 9/10 and **Barbie** a 7/10. Get along to the flicks and give them both a watch!



### Life might need a little sweetness – but how safe are sweeteners?

Recent headlines about artificial sweeteners also known as non-nutritive sweeteners, might have concerned, or confused you? One sweetener in particular - aspartame, which is used in many 'diet' soft drinks, low sugar yoghurts and even chewing gum and toothpaste was labelled as a *possible carcinogen* by the World Health Organisation. This might sound scary, but they also said there was no need to reduce how much of this we consume, which could be confusing!

Like many things in life, there are hazards and risks. Some are bigger than others and some are more likely to result in harm than others. Remember getting out of bed in the morning is not without its potential issues! So, what is meant by a *possible carcinogen*? It means that we are unsure, as the pieces of the science do not quite link together. How might it cause cancer? In rats and mice it can be seen to cause cancer but in humans what evidence do we have? Over 1000 things in our environment, including foods, have been assessed with respect to their risk. These have been classified either as *can cause cancer* (eg smoking, alcohol), *probably cause cancer* (eg too much red meat) and *possibly cause cancer* (aloe vera and a natural compound found in vegetables and coffee called caffeic acid - even though both coffee (up to about 3 cups a day) and vegetables are thought to reduce our risk of ill health, and coffee itself being classified as *not being associated with risk of cancer*!)

So, although there might be a hazard, there is very little risk from aspartame with respect to cancer. The WHO has also concluded that non-nutritive sweeteners, which can be several hundred times sweeter than sugar, although safe are not effective in helping us to manage our weight or control diabetes. This means we should not rely on using them to replace sugar in our diets to improve our health.

Dietitians recommend using them as a food 'stepping-stone' to reduce sugar intake, but rather try to reduce intake of sweetened foods, as often these are not high in healthy nutrients like protein, fibre, vitamins and minerals. Also, we recognise that sometimes we just need something sweet! So, although it is said to be safe for an adult to have 9-14 cans of diet drink a day - perhaps 1-2 and maybe not every day is sensible.

## Children's Work ... Bev Frettsome

### Fun Summer Activities With Bev ...

During the summer holidays we held seven activity events with our **"Noah's Ark theme"**.

We worked together to create a display for the church. We made rainbows and doves, animals out of clay and our older ones made some waves to create a storm and painted the ark.



During our time together we made bagel butterflies and fruit pancake faces.

Our younger children enjoyed the sheep headbands, making fish and the rainbow clouds.

We were very fortunate with the weather and we managed to have outside play each day alongside our indoor activities. All enjoyed water and ice, sand, pasta and jelly play. Lots of mess, but it was good to have different textures to play with!

Near the end of each session we all sat down together to chat and eat our lunch, which was a lovely time to catch up and to share news.



**We love to see  
families having  
fun together!**

During the snapdragon festival we had our annual children's trail around the church. It was great to welcome some new families who had not visited St. Mary's before. The theme this year was celebrations.





*For more information  
please see our Facebook  
page & Website*

We offer different events throughout the year, such as celebrating our Christian festivals together and other community events.

We have different groups, activities and events that help us to learn about each other and build friendships.

We are more likely to visit somewhere again if we can be ourselves and feel comfortable.

We are then happier to invite our friends.

**St Mary's, Hinckley**  
everybody welcome

### Other Childrens Activities

Tuesdays - Once a month  
After school group  
and family cooking

Children's Area in Church  
Open 10am-1pm Mon-Sat  
when coffee bar is open  
and during Sunday Services

### Half Term Activities

All Welcome ...

**Contact Bev!**

**St Mary's, Hinckley**  
everybody welcome

**allsorts**  
BABY & TODDLER GROUP

A group for babies & under 4's their parents & carers

**Wednesday's Weekly**  
(term time only)

**St. Mary's Church Hall**  
**1.30pm until 2.45pm**

Toys, activities, messy play,  
refreshments and a chat.

Come along and make new friends in a  
warm space  
£1 donation

Book via email or text Bev at  
[bevfreetsome@hotmail.com](mailto:bevfreetsome@hotmail.com) 07973830668

All Welcome!

## St Francis Centre News

The St Francis is, as ever, a thriving hub of activity! With food, particularly cake, being a regular occurrence! We have:

**Free Café** on Tuesdays (10-12 midday) - provides food and hot drinks.

**Wednesday Lunch Club & Social** - around 40 members, meets from 10am for coffee and activities followed by a 2 course home cooked lunch at midday. All for £6. This does need to be pre-booked and spaces are available.

**Friendship Café** seeing around 40+ guests every Thursday (10-12 midday) - provides cake, crumpets, toast and drinks for a small charge with a variety of activities taking place.

**Due to a newly updated front garden (thank you G Seller - it looks so good) and outdoor seating, we are hoping to have the café outside when the weather is good.**

We have been busy over the summer with parties and celebrations and a local dance school is now using the main hall regularly.

Dates and spaces are available for one off or regular groups at competitive prices. The Centre also has a fully equipped kitchen, so catering facilities are available for use.

We have our free Gentle Pilates classes, which started on 3<sup>rd</sup> August, with the lovely Lisa Perry from LP Fitness as our well established instructor. This will run until the end of September. Please contact Lisa Wheatley at the centre to book a place.



We are very grateful to volunteers from  
Vodafone and some of our regulars  
who have painted the hall and side  
rooms over the summer.  
Thank you!

## Our future events include:

**Tuesday 12th September - 11am**

Cream Tea & Bingo 11am (Ticket event)

**Saturday 7th October - 12-3pm**

Lions Charity Craft Fair

**Friday 10th November - 7-9pm**

Blue Sky Fashion Show (Only £5 a ticket inc. refreshments)

**Saturday 2nd December - 12-3pm**

Christmas Fair

**Tuesday 5th December - 11am**

Festive Cream Tea & Bingo (Ticket event)

**Sunday 10th December**

Wreath Making afternoon

Our popular annual event (Bookings will commence in October)

**All details from Lisa or see our Facebook posts.**

***Fundraising efforts by  
the Friendship Café***

***have  
a  
bench  
the***



***secured  
lovely  
for  
inside***

***garden.***

***Thank you!***

***Lunch club  
members  
enjoying the***



***King's  
Coronation  
Celebrations!***

St. Francis Community Centre, Tudor Road,  
Hinckley, LE10 0EQ

Tel: 01455 617185

Centre Mobile: 07789743846

[adminsfcc@stfranciscom.co.uk](mailto:adminsfcc@stfranciscom.co.uk)

Office Hours: Mon, Tue, Wed & Thurs 9am – 1pm

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*Eat honey, my son, for it is good;  
honey from the comb is sweet to your taste.  
Know also that wisdom is like honey for you:  
if you find it, there is a future hope for you,  
and your hope will not be cut off.*

*Proverbs 24: 13-14*

**Thank you for reading this edition!**  
**We hope you've enjoyed it.**