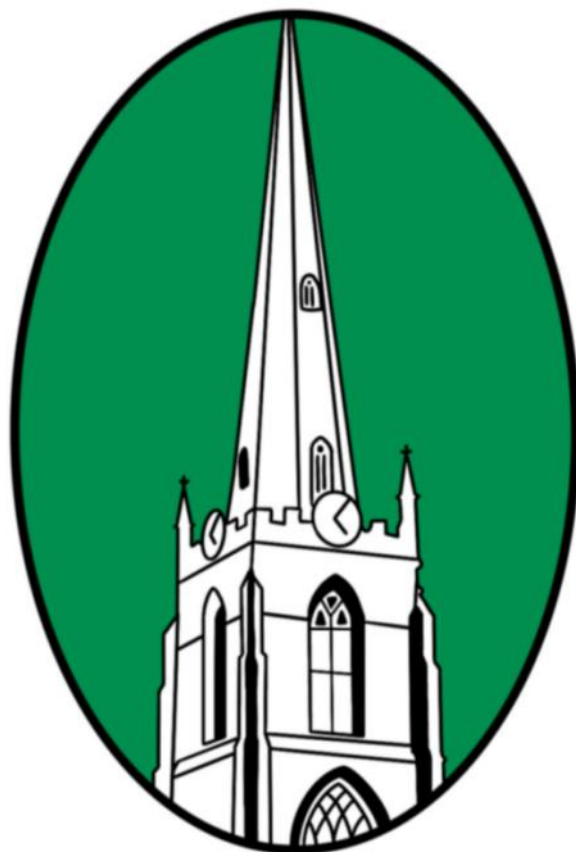


Issue 3

Winter 2023

Spotlight

St. Mary's with St. Francis



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Hello!

Welcome to the third 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 and information.

The centre page is designed for you to pull out for craft and colouring. This edition has a Christmas & Advent theme running through it as we run up to the busy Christmas season and Jesus' birth.

If there is more you would like to see please do get in touch via spotlightstmarys@gmail.com

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

Contacts ...

Church Website:	www.stmaryshinckley.co.uk
Church Facebook:	St Mary's with St Francis, Hinckley
Church Office:	01455 234241 office@stmaryshinckley.co.uk
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Church Organist:	
Peter Harris	As above
St Francis Community Centre:	
	01455 617185 adminsfcc@stfranciscom.co.uk
Spotlight Magazine:	spotlightstmarys@gmail.com

Sunday Services:

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

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

In church - See newsletter for more details

Crafty Chat -Thursdays 10.30am-12pm:

In church coffee bar - see newsletter for more details

Christmas Tree Festival - 30th November to 4th December:

Lots of trees and events in church. See flyer and church website!

Sunday 3rd December:

10.15am - All Age Christingle Service

6pm - Advent Carol Service

SMARTS Concert & Afternoon Tea 6th December 1-1.45pm:

In church - Concert Tickets: £4.50/£1 on door

Afternoon Tea: £8 booked in advance through church office

Thursday 7th December 7pm - Marie Curie Service

Saturday 9th December 7pm - ABBA Tribute Night:

Tickets available from church coffee bar or online - see church website

Lots of Christmas Services:

See separate flyer for information

27th January 2024 - Holocaust Memorial Day

Display in church commemorating this poignant day

10th February - Church History Tours

More information available nearer the time

24th February at 1.30pm - Social Stroll:

Walking around Bosworth Battlefield - Meet at Shenton Station

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

The Christmas Season is a time of hope, when Jesus came into the world to save us, but it can also be a period of darkness and despair for some. We have tried to reflect both the light and the darkness in this issue. It can also be a lonely time, so do remember that St Mary's is open Monday to Saturday 10-1pm where you'll find someone to talk to, as well as finding a warm welcome on a Sunday.

Getting To Know You: Elisabeth Emmett-Pace ...

Sarah Hill

Who are you and where are you from?

I'm Elisabeth & I'm originally from Middlesex, but grew up near Coalville from the age of 8 before making my home in Hinckley a few years ago.

What makes you 'you'?

There are different parts to my identity. I've learned from my past and while it has shaped my life so far, I hope that it will not always define it. I've been through things that people don't like to think about, let alone talk about, but the more we hide in the shadows, the more things will forever stay in the shadows. I guess the biggest factor that has shaped me is poor mental health and why should I hide that or the abuse that has contributed to it? Lots of people have poor mental health but feel they have to hide it. I want to put it out there that it is ok not to be ok.



Why did you decide to become involved in the music at St Mary's?

Being involved in the music gives me a positive focus and music is something that I enjoy. I love to sing and I find it very therapeutic.

What brought you to Hinckley?

The culture of inclusion and love at St Marys meant that I found my home in Hinckley. I found a place where I can be me, without judgement, without preconceptions and just be accepted for the weird uniqueness that I am! The people at St Mary's are now my family and my friends. I'm learning what it is like to be loved for me, not for who people think I should be.

What is your hope for St Mary's?

That we continue to be the wonderful and eclectic group of inclusive human beings that we are, welcoming everyone, and that we go from strength to strength helping everyone to understand that God loves them whoever they are! As I was told when I first thought about going back to church - 'We take anyone' - and they did! And I'm still there - more involved than ever!

What makes you angry?

The lack of understanding around mental health and the labelling of people that occurs in the mental health system. People being unable to access the help they so badly need when they need it and just not being understood makes me sad - we are working with a broken system while people fall through the cracks.

What's on your un-bucket list?

Losing my wonderful, loving and supportive friends who form my family. Or losing my WiFi Connection!!!

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

Most of my Amazon Music playlists! One piece of music wouldn't be enough - I have music on all the time! I have a playlist entitled 'Help' that is my go to when times are tougher than usual.

What TV programme have you seen every episode of?

There's a few! I like a lot of the old comedies - a lot from before my time. I've seen every episode of The Bill they ever made, a lot multiple times! But I've also always enjoyed watching Little House On The Prairie - it has some wonderful characters in it.

What hobbies do you have?

Music is my biggest hobby and my biggest therapy in life, while spending time with good friends is also a must. When the two combine - bingo! Oh, and technology - I'm a bit of a 'Techie Geek'!

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

The idea of being locked in anywhere freaks me out, but I'd love to chat to the actor Robin Williams, so he could see what an impact he had on people and how much his suicide affected people but also got people talking about mental health and maybe saved some lives in the process.

What is your motto in life?

That I don't want people to hurt like I do. Therefore, I will do anything to try and stop that from happening and help wherever I can, putting others before myself.

Who do you think we should interview next?

Sue Moore because she has been involved in St Mary's and the Guiding movement for many years.

It's that time of year when the temperature drops, the nights draw in, the leaves start to turn and the clocks go back. Some of us love the colours of autumn and the excitement of Christmas, but some of us can dread the season of *S.A.D.* Seasonal Affective Disorder is when we get symptoms of depression at a particular time of year, every year, for at least two years in a row. Symptoms include low mood, sleeping more, eating more, withdrawal from social interactions, loss of pleasure. I know my mood lifts on a bright 'blue sky' day, and drops on the dark, grey days.

So, why does this happen to some people? The theory is that reducing light levels affect the brain and increase melatonin production (a hormone that makes you sleepy) and reduce serotonin (a hormone that affects mood, appetite and sleep). It can also have an effect on your circadian rhythm (when you naturally wake up and go to sleep). There may also be a genetic element making you or your family more prone to *S.A.D.* The evidence is uncertain however, which makes treatment trickier too. Generally, as doctors, we would recommend speaking to your GP who may suggest antidepressants or talking therapy. However, there are things you can do to help yourself too.

Getting up and out of the house and being in the daylight (however grey and dim) in the morning will help you maximise your light exposure and get some beneficial exercise whilst you're there. Sit by a window if you have to be indoors. Meet up with a friend or two - even if you don't feel like it, try not to indulge your inner Hedgehog! There is also some limited evidence that use of a Light Box can help some people.

Light boxes need to emit at least 5-10,000 lux (5-10 times greater than ordinary domestic lights) and need to be used for 0.5-2hrs a day, ideally in the morning. You don't need to stare at them (they are very bright) but be within arms reach of them whilst you do something else, I've got mine on as I write this! My experience, as a sufferer and as a GP, is that they can be a really useful adjunct to other treatments. They can take the edge off 'The Blues' if you're sensitive to light levels, and for some can be a lifesaver through the winter months.

Importantly they are generally safe to use (unless you have very light reactive eyes or skin) and do not give off harmful UV rays, are essentially side effect free, are easy to get hold of although make sure you get a properly certified one, and are not overly expensive (you get what you pay for). They're also great for crafting or reading by! So, if you need a little extra light in your life this winter, consider trying one.

Church Musical Opportunities ... Peter Harris

Exciting new musical opportunities are arising at St Mary's! There is a desire to increase the number of people taking part in the musical part of our worshipping community - be that through contemporary music with our worship bands, or in more traditional music with our choir. We want to welcome new singers and instrumentalists alike – don't let age be a barrier! There are also some tuition opportunities available if this is helpful.

Music is an important part of worship and we have the privilege of enhancing the worship of others through our musical gifts. If this is something you may be interested in finding out more about, please email peter@stmaryshinckley.co.uk or speak to someone already involved with the music – you'll find us a friendly bunch who are always happy to welcome new faces!

CLCGB ... Cameron Wain



The Church Lads and Church Girls Brigade is a national uniformed group that provides youth groups and marching bands. Our local group meets on Friday nights in St Mary's Church hall, at 6:45 - 7:45 for the Youth Group, and 8:00 - 9:00 for the Band.

The Youth Group is for 7yrs upwards, costs £2 a session (first time free) and is open to anyone - there is no expectation of any faith and we are fully inclusive, reflecting St Mary's Church values. We play lots of sports and games, go exploring around Hinckley, enjoy movie nights, learn to cook, earn

badges and have themed parties. We also go camping, have BBQs and generally have a lot of fun!

If you want to stay on for Band you're very welcome to, but there is no obligation. No experience is necessary - we can teach you a variety of instruments. Just turn up and see us!

School Hymns Service ... Paul Gardner

A splendid afternoon was held in the church by Hinckley District Past & Present, on Sunday 24th of September. This was actually the second event of its kind, with the first held a week before the Covid lockdown in March 2020. Even then, the event was a huge success and this was no different!

Peter Harris co-ordinated the music for the afternoon and the church band and choir enjoyed themselves being part of the event too, whilst I, as the founder of HDPP, led the proceedings and between each hymn delivered a short story about the origins of the hymn we were about to sing or an amusing story from my school days many years ago!

Hymns of the afternoon included *Praise My Soul The King Of Heaven*, *Hills of the North Rejoice*, *O Jesus I have Promised*, *All Things Bright and Beautiful*, amongst many other favourites, concluding with *The Day Thou Gavest Lord is Ended*.

We had fun when the church was divided in half to sing a song called Hallelu. Peter got us all standing and sitting as we each took turns to sing our parts, much to everyone's amusement!

Everyone who came to the church that afternoon came to sing. You could see they wanted sing those old hymns and songs and recall the memories of singing them all those years ago.

Rev Ian Hill gave a short thank you and blessing and everybody then enjoyed tea, coffee & cake. Donations to the church roof were very forthcoming and generous which will go a long way to ensure the roof is watertight. In short, a good time was had by all and there are already plans to do another similar event in the not too distant future. Watch this space!

Focus On Domestic Abuse ... Elisabeth Emmett-Pace

Domestic abuse can affect anyone at anytime in their life. But everyone has a right to live safely and that means without fear or violence, no matter who they are.

As adults, everyone has the right to make their own choices and not be judged for making them or directed by someone else into making 'their choices'. Respect is often lacking in today's world, but differences between people should be valued and respected. We are all wonderful and unique humans!

Each one of us, not just the police, has a responsibility to try to do something about domestic abuse - it is everyone's responsibility. It might happen behind closed doors, but if we let it stay behind closed doors, it just gives the perpetrators more power and erodes the chances the victims have of transforming into survivors.

Domestic abuse IS a crime. And it is a crime where its victims are not dictated by age, sex, ethnicity, sexuality, wealth, religion, status, disability or anything else - it really can happen to anyone. It doesn't discriminate because sadly there are people around who want to hurt others. That is a very sad concept.

Domestic abuse involves the misuse of power. It is based on a whole catalogue of controlling behaviours. I'm going to list as many as I can here, because it is important that any survivors reading this don't think they've been forgotten because they're not listed - but trust me, I'm bound to have missed someone and I'm truly sorry for that.

So ... verbal, physical, emotional, sexual, psychological, financial, online or digital abuse, coercive control, gas-lighting, stalking, honour-based abuse and forced marriage.

Domestic abuse will be from someone who is known to their victim through an existing or past relationship and within family networks.

Domestic abuse has consequences that reach far further than you might imagine. The scars, whether physical, emotional or any other form, will last a lifetime. Time will be needed to begin to heal, along with help and a good support network if available. People often have to

move miles away to escape their abuser, leaving behind everyone and everything they know and that must be terrifying, but not as terrifying as staying and fearing for their life on a daily basis.

Any children will be affected, as can other family members. It is amazing what children see, no matter how well you think you've hidden 'it' from them.

Some scary facts:

- ◆ 1 in 4 women will experience domestic abuse in their lifetime.
- ◆ Every 30 seconds the police receive a call for help relating to domestic abuse.
- ◆ 2 women a week are killed by a current or former partner.

So, the question on everyone's lips when they find out someone has suffered domestic abuse ... 'Why didn't you just leave?' ... If only it was that simple or safe!

Where would you go? You may have been cut off from all your family and friends by the abuser - you're reliant on them (however much you don't want to be), have no money, no way out. You're caught in their trap.

Then, the fact that when you first leave can be the most dangerous time. 41% (37 of 91) of women killed by a male partner/former partner in England, Wales and Northern Ireland in 2018 had separated or taken steps to separate from them. Eleven of these 37 women were killed within the first month of separation and 24 were killed within the first year.

BUT ... Remember this ...

Violence is a choice an abuser makes - they alone are responsible.

Remember -

You did NOT ask for this to happen.

It is NOT fair. It is NOT your fault. You do NOT deserve it.

The only person who can stop the abuse is the perpetrator(s).

Some helpful websites if you need some need help/advice.

www.refuge.org.uk

www.lwa.org.uk

www.womensaid.org.uk

www.mensadvice.co.uk

Please get safe, stay safe, enjoy safe. It can be done.

Crafty Corner - Advent Wreath ... Sarah Hill

Pull out the centre page for the templates! See photo on page 27!

You will need 5 toilet roll inners, a paper plate (or 2), white paper, colouring pens, sticky tape, scissors and glue.

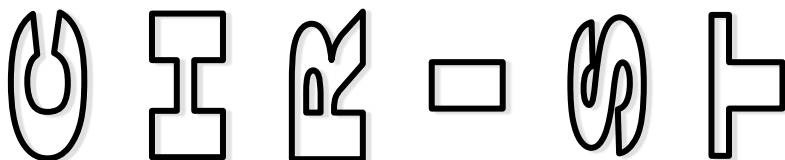
Trace and cut out 5 of the candle shapes on page 16 and colour the flames (and candles if you wish). Usually the four outer candles would be red and the centre candle white. Alternatively you can colour weeks 1, 2 & 4 violet and the week 3 candle pink, the colour of anticipation. Stick one around each of the toilet tube inners to form your 'candles'.

Cut out and stick onto each candle the word and bible verse for each week of advent. Make a note of which week each candle is for by writing 1-4 on the inside of the tube. (1-Hope, 2-Peace, 3-Joy, 4-Love, Christ is on Christmas Day).

Use sticky tape to secure each candle to the paper plate making sure the 'Christ' candle is in the centre. You may find it helps to cut a cross shape and push up the segments in the paper plate underneath each candle to help to tape it in place, you can also then glue another uncut paper plate underneath to strengthen the wreath.

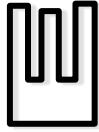
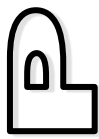
Copy, colour and cut out as many holly leaves and berries as you would like - or you could use coloured tissue paper or fabric, then decorate the plate with them.

Fold all the 'flames' down inside each candle and then each Sunday of Advent 'light' the appropriate candle in turn by folding the flame back up.



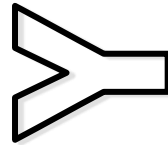
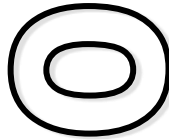
"For to you this day is born in the city of David a Saviour, who is Christ the Lord."

- Luke 2:11



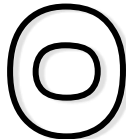
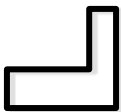
"Prepare the way of the Lord,
Make His paths straight."

- Mark 1:3



"There was a man sent from God, whose name
was John ... He was not the light, but came to
bear witness to the light."

- John 1: 6,8



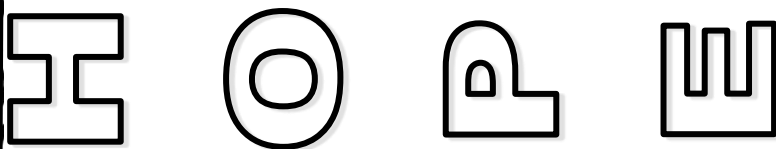
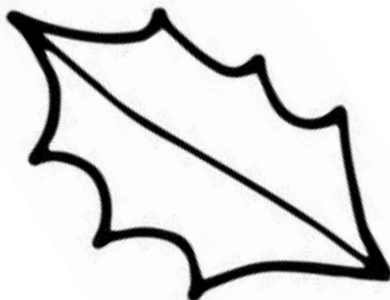
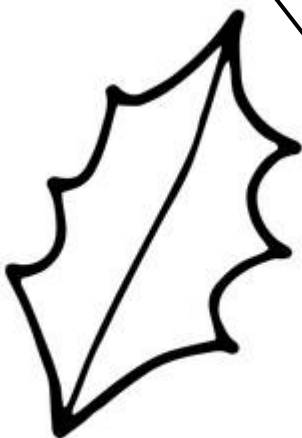
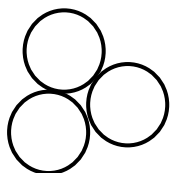
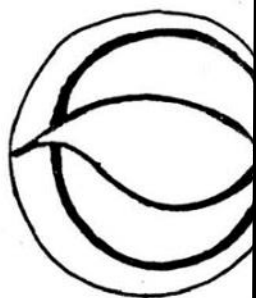
"Behold, you will conceive in your womb
and bear a son, and you shall call His
name Jesus." - Luke 1: 31



©Kai Rosalia-2023

* Christmas! *





"Take heed, watch, and pray; for you do
not know when the time will come."
- Mark 13:33

Wordsearch - Advent ... Ian Hill

Find all the words below.

Then use the remaining letters to spell out a phrase.

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

Baptist

Calling

Crowds

Exhorted

Fire

Flee

Forgiveness

Hair

Head

Heaven

Herod

Holy Spirit

Honey

Isaiah

Jesus

John

Jordan

Judea

Lamb

Locusts

Lord

Messenger

Messiah

Near

Path

Preaching

Prepare

Prison

Prophet

Repentance

Salvation

Share

Sins

Straight

Straps

Teacher

Vipers

Voice

Water

Wilderness

Wrath

Zechariah

Going Deeper - 'O Come All Ye Faithful' ... Ian Hill



Number 6 in the Classic FM Christmas Carol chart is “O Come All Ye Faithful”, and I guess for many of us it comes even higher in our own personal ratings.

But have you ever wondered what it means?

Originally it was a hymn (not just for Christmas) sung in this country by underground Roman Catholics.

The first verse brings us to the person of Jesus, born in Bethlehem to much celebration and then after His death, triumphant on Easter Sunday. It calls us to go with the shepherds and the magi to worship and adore the king of heaven and earth, born in such humility.

The second verse is however the most interesting, because it addresses where Jesus came from and how he came to be born in Bethlehem. It is densely packed, complex theology, which I will briefly try to explain:

Christians worship one God who is three distinct persons, all of whom are fully God. This is called The Trinity.

God of God; Light of Light. When Jesus walked this earth one person of God (Jesus) was sent by another (God the Father) to bring the Light of heaven to the earth.

Lo He abhors not the Virgin's womb. Very God, begotten not created. And yet, despite being completely God (very God), and having always existed (begotten, not created), Jesus was willing to be born as a baby, miraculously from a woman who was still a virgin (that is Mary).

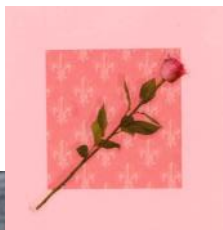
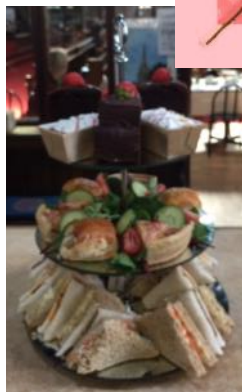
And because of this, because Jesus is God and chose to be born on earth, to walk about amongst us and to die on Good Friday for us (rising again on easter Sunday), he deserves the worship of earth and heaven and deserves our adulation. This is what the last two verses are about.

This carol is in fact a translation of a Latin hymn, which explains its

Roman Catholic origin. But the beliefs expressed are universal Christian beliefs, which is why it was fairly quickly adopted across the breadth of the church. With the references to the Nativity story, it quickly became associated with Christmas and also one of the nation's favourite carols.

SMARTS Concerts

To accompany the wonderful music at our SMARTs concerts we have been offering afternoon teas for people to enjoy. These have been thoroughly enjoyed as the card below shows, received after the first occasion, saying it was 'deliciously charming' and a 'delightful tea'. Why not give it a try at our next concert? See booking details below...



Afternoon Tea at the SMARTS Lunchtime Concerts



Experience Afternoon tea at the SMARTS Lunchtime concert, this most charming English afternoon tea is served in the spectacular surroundings of the oldest medieval building in Hinckley. The elegant ambience is complemented by a musical ensemble making these lunchtime concerts quite simply unforgettable.

The afternoon tea consists of dainty finger sandwiches, quiche or sausage roll, fruit or plain scone, jam and clotted cream, homemade cake, crisps and salad garnish served with tea or coffee. £8 per person.

Please book 48 hours in advance of the concert by calling Kerrie at St Mary's Church on 01455 234241.

The next
SMARTS
Concert is on
6th
December
1-1.45pm
at St. Mary's
Church.



Music will be from
The Dixie Grammar School.
Tickets are £4.50 adult
£1 child/student.

Christmas Tree Festival News ... Liz Seal

Warning - Glitter, tinsel and all things shiny due in church soon!!!



We are holding our annual Christmas Tree Festival from Thursday 30th November until Monday 4th December. It's a wonderful opportunity to join us at St Mary's for one of our many events or just to come and enjoy the wonder of the many Christmas trees on display. Every year we like to make it bigger and better than the year before!

The festival opens at 6.30pm on Thursday with music from the church band and the countdown to the grand 'switch on' with our Mayor at 7pm followed by more music from the band and the church choir! We all love a good Christmas sing-a-long! The doors finally shut on the event at 1pm on Monday.

Entry is free (though donations are always welcome). There will be programmes available listing the trees, voting and a children's trail. We love to welcome young and old alike!

There are a lot of events happening throughout the festival, some open to all and others requiring tickets to be purchased.

On Friday the church will be open from 10-4 'Coffee, Cake and Carols' in the morning.

On Saturday we will again be open from 10-4 with lots of musical entertainment throughout the day. At 11.30am we will be welcoming back 'Sing Loud Be Proud Community Choir' for an hour of music. And from 2pm there will be music from Hinckley Choral Union and Ukuladies.

On Sunday the church is open as normal for services, which we would love you to join us for - a lovely Christingle Service at 10.15am for all the family and an Advent Carol Service at 6pm. We will also be open from 12-4pm with music at 2pm from Sally-Ann and Simon Veasey.

So many people work really hard during this event and a big thank you goes out to all of them, including everyone who displays a tree. Please do continue your Christmas celebrations with us by celebrating the birth of Jesus with us this Christmas.

Hinckley Pride ... Mathew Hulbert

The first ever Hinckley Pride took place in the Summer and St Mary's Church was well represented.

The celebration of the town and wider area's LGBT+ community was a wonderful, colourful, diverse, fun, family occasion and we were one of two churches represented (the other being our friends at the Unitarian Chapel).

Pride is always both a party and a protest; a celebration of what's been achieved in the fight for full equality and a protest about what remains to do.

The event saw a march through the town and then a host of performances, stalls, and activities on Hollycroft Park. One of the stalls was our own, as our Vicar Ian Hill and a group of us from St Mary's gathered to celebrate this important milestone in the life of our community. We spoke with LGBT+ people who can often feel alienated from organised religion because of the way the church nationally/ globally has been, to put it at its mildest, less than welcoming down the years to LGBT+ people. Being able to say sorry and to talk to people about our church being fully inclusive and that we welcome all, was a very powerful and moving experience.

For me personally, as a gay man and a Christian, this was such a delightful occasion.

Finally our town was saying, in a loud and proud way, that LGBT+ people are an important part of our community; that we add to its diversity and, though there's work still to do to achieve full equality, we are not alone in that fight.

A big thank you and well done to the organisers for the not inconsiderable effort it took to put on such an event. I'm already looking forward to next year's!



Remember, none are equal until all are equal.

Never Give Up On God ... Esther Bray

The Book of Lamentations chapter 3, verses 1 to 33: "I am the man who has seen affliction by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; ... I remembering my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him."

The person in this passage is experiencing great distress in his life for his livelihood is crumbling all around him. In his anguish and despair, he questions why all this has come to pass. He feels that the God who is his protector has left him and caused him to suffer. In his initial response, he blames God for all his affliction and suffering for why He did not show up to save him.

However, while he is downcast, he recalls the salvation of God bestowed on them in the past. Like being resurrected, his reproach about God changes from blaming him to saluting Him. His distress turns to joy when he remembers God's great love and compassion shown before towards his people. Despite the harsh condition he still endures, his perspective turns from anguish to full of hope. Thus, he now revives himself and puts his trust totally in God; the God whom he knew before; the God of love and the God who would always save them from their enemies. In this moment of awakening, he humbles himself, makes peace with God, and even claims he is willing to wait for God's help for however long it takes as it is good and right for a person to bear his burden when he is still young. What a turnaround! Every so often, when we are in despair and feel that the whole world is against us, and no one cares whether we live or die, we could jeopardise ourselves even more. In this passage, we see that this person picks himself up by remembering what God did for him and his people in the past, and that encourages him to choose to be patient and persevere in waiting for God's timing of rescue that is to come.



Bible Cake ... Matilde De Sousa Fernandes

This recipe is written as a riddle - find the ingredients in the Bible!
(Use a King James Version - www.biblegateway.com).
This is a fruitcake, similar to a spicy German Koenigskuchen.

PART 1: 170g Psalms 55:21a

200g Jeremiah 6:20

3 Jeremiah 17:11

60ml Judges 4:19b

1 tbsp. 1 Samuel 14:25

PART 2: 290g Leviticus 6:15a

1/4 tsp. Leviticus 2:13

1 tsp. Amos 4:5 (not literally - think laterally)

1 tsp. 2 Chronicles 9:9

(see answers for possible blend, or create your own)

PART 3: 140g 1 Samuel 30:12

140g Numbers 13:23b (chopped, dried)

30g Numbers 17:8 (chopped, toasted)

Instructions:

Preheat oven to 170C. Grease and flour 4 mini loaf tins, or 1 large loaf tin.

PART 1: In a large bowl, beat Psalms 55:21a until light and creamy. Add Jeremiah 6:20 and beat until fluffy, about 2 minutes. Add Jeremiah 17:11, one at a time, beating well after each. Mix in Judges 4:19b and 1 Samuel 14:25.

PART 2: In a separate bowl, sift together all ingredients listed in PART 2. Mix together and set aside 40g of the mixture. Add half of remaining mixture to first bowl and blend thoroughly. Add remaining half of mixture and mix until well blended to make batter.

PART 3: In separate bowl, combine ingredients listed in PART 3 plus the 40g of PART 2 that was set aside. Toss to mix. Gently fold this into batter. Fill loaf pans about 3/4 full and bake for about 35 - 40 minutes or until toothpick inserted in centre comes out clean. Cool on rack for 15 minutes and remove from tins. Cool completely before serving. Dust with powdered sugar if desired. Enjoy this fun novelty cake. It feeds the spirit and the body!

Children's Work ... Bev Frettsome



**Sunday 3rd December
@ 10.15am**

A lively interactive service filling the church with candle light from the Christingles made during the service. Raising Money for the Children's Society. All Welcome!

**St Mary's Crib
Service
Christmas Eve
@ 5pm**



Any children who would like to join in please come dressed as Mary, Joseph, shepherds, wise persons, stars, angels or stable animals. Lets see how many children we can get in our Nativity this year!!! No acting or learning words needed. Come along and celebrate the birth of Jesus on this special night.

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
bevfrettsome@hotmail.com 07973830668

All Welcome!

St Mary's, Hinckley
everybody welcome

**Monthly Family Drop-In
for Children, Parents/Carers and
Grandparents Welcome**

Tuesday 12th December
3.30pm-4.45pm

**St Mary's Church,
Hinckley**

Drop in for drinks & biscuits
children's craft activities
Toys for younger children
Donations welcome



When we had our Harvest Festival Services, we collected donations for Hinckley Foodbank. A fantastic amount was collected - 157kg at church and 150.2kg by school - enough for around 700 meals in total ... a big thank you to everyone for their generous donations to help people in need of food.



School Harvest Gifts



Church Harvest Gifts

St Mary's School



These are some of the pictures that we enjoyed making for our display about God.

We discussed things like how God created everything, how Christians show they love God and what we thought God was like.



St Francis Centre News



Christmas is coming and
the St Francis Centre is
ready to celebrate with you!

Our regular activities are still happening over the festive season!

Free Café on Tuesdays (10-12 midday) - provides free food, hot drinks and Wi-Fi in the side room (accessible from St Francis Close).

Wednesday Lunch Club & Social - around 40 members, we meet 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. Pin pals also meet to learn or work on a hobby/project with like minded crafters.

The Centre has a fully functioning kitchen so catering for Christmas and birthday parties is not a problem. Dates and spaces are available for one off or regular groups at competitive prices.

Lunch club continued over the summer with a variety of activities including a visit from local ice cream van Yvonne. There was also a day trip to the Peak District. We are very grateful to a small team of volunteers - Vicky, Jo and David for keeping the gardens maintained.

St. Francis Community Centre, Tudor Road,
Hinckley, LE10 0EQ
Tel: 01455 617185 Centre Mobile: 07789743846
adminsfcc@stfranciscom.co.uk
Office Hours: Mon, Tue, Wed & Thurs 9am - 1pm

Our future events include:

Saturday 2nd December - 12-3pm
Christmas Fair

Tuesday 5th December - 11am
Cream Tea & Bingo (Ticket event)

Sunday 10th December - 4-6pm
Wreath Making afternoon

Our popular annual event still at £25 a ticket fully inclusive of guidance, materials and a hot drink and mince pie.

Come on your own or with a group - we will look after you.
Under 16's must be accompanied. Limited tickets ... Don't delay!

All details from Lisa or see our Facebook posts.

Bible Cake (Answers) ... Matilde De Sousa Fernandes

PART 1:

Psalms 55:21 = butter
Jeremiah 6:20 = sugar
Jeremiah 17:11 = eggs
Judges 4:19 = milk
1 Samuel 14:25 = honey

PART 3:

1 Samuel 30:12 = raisins
Numbers 13:23 = chopped dried figs
Numbers 17:8 = chopped,
toasted almonds

PART 2:

Leviticus 6:15 = flour
Amos 4:5 = baking powder
(or use 1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/4 tsp allspice)

Leviticus 2:13 = salt

2 Chronicles 9:9 = baking spice blend

Hope you enjoyed your cake!

Crafty Photos!



Kid's Advent
Wreath

Bible
Cake



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*For God so loved the world that he
gave his one and only Son,
that whoever believes in him
shall not perish but have eternal life.*

John 3: 16

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