

## CHURCH CONTACTS

### Holy Nativity Church, the Church of England Parish of Mixenden and Illingworth

Minister: Rev Robb Sutherland  
Tel: 01422 353929  
Address: Holy Nativity Church, Sunnybank Road,  
Mixenden, HX2 8RX  
Web: [www.holynativity.co.uk](http://www.holynativity.co.uk)  
Facebook: [holynativitymix](https://www.facebook.com/holynativitymix)  
Twitter: [@holynativitymix](https://twitter.com/holynativitymix)

### St Malachy's

Parish Priest: Mgr Michael McQuinn  
Tel: 01422 361682  
Email: [office.stmalachy@dioceseofleeds.org.uk](mailto:office.stmalachy@dioceseofleeds.org.uk)  
Pastoral Assistant: Sister Anne C.P.  
Address: St Columba's Presbytery, Highroad Well  
Lane, Halifax, HX2 0QF

### Illingworth Moor Methodist Church, Keighley Road, Illingworth, Halifax, HX2 9LL

Minister: Rev Paul Welch  
Tel: 01422 244418  
Address: The Manse, "St Ives", 160 Whitehill Road,  
Illingworth, Halifax, HX2 9UH  
Web: [www.illingworthmoor.org.uk](http://www.illingworthmoor.org.uk)  
Facebook: Illingworth Moor Methodist Church  
Facebook: Illingworth Moor Church Good As New Shop  
Centre Manager: [immccentremanager@gmail.com](mailto:immccentremanager@gmail.com)  
Children & Schools Worker: [immctracy@gmail.com](mailto:immctracy@gmail.com)


*The last day for contributions to be included in the MARCH  
edition is Thursday, 17<sup>th</sup> February 2022*

Items can handed in to your Church representative or sent direct  
to the Editor: Irene Mulhall at [irene.mu@blueyonder.co.uk](mailto:irene.mu@blueyonder.co.uk)  
Tel: 01422 249070



## ILLINGWORTH MESSENGER

Where Church and Community meet together:  
Illingworth Moor. the former St Mary's & St Malachy's



## February 2022

Printed & Distributed free by the Illingworth Messenger Trust  
for the Churches and People in Illingworth

**JOIN US ON OUR JOURNEY OF FAITH AT ANY OF THE SERVICES**

**EVERYONE IS WELCOME**

**ST. MALACHY'S CHURCH**

**Times of Sunday Masses at St. Malachy's:**

Saturday (Vigil Mass) at 5 pm and

Sunday Mass at 9 am

**Holy Nativity Church, the Church of England Parish of Mixenden and Illingworth**

**Sundays at 10.00 am**

All Age Eucharist, everyone welcome

**PREACHERS AT ILLINGWORTH MOOR IN FEBRUARY**

**All services commence at 10.30 am unless otherwise stated**

6th February	Mrs Linda Guy	
13th February	Mr Jonathan Whitaker	
20th February	Rev Paul Welch	Communion
27th February	Mr John Wilson	Church Anniversary

'**WALKING THE WAY**' which is a monthly reflective walk around Calderdale which takes place on the second Sunday of the month starting at 2pm. The February walk will be on 13th and will be around Scammonden Dam.



For more information, here is the website link <https://www.calderdalemethodistcircuit.org.uk/about-us/walking-way.html> or facebook page: <https://www.facebook.com/walkingthewaycalderdale>



The Local Activities (LA) Group in Illingworth and Bradshaw was formed specifically to improve the health and wellbeing of **people over 50 in this area of Halifax**. If you are interested in meeting new friends and doing new activities please get in touch:

[www.illingworthandbradshaw.enablecomcloud.co.uk](http://www.illingworthandbradshaw.enablecomcloud.co.uk) / email us at [lagroup50@hotmail.co.uk](mailto:lagroup50@hotmail.co.uk) /  
Join us on Facebook: **Illingworth & Bradshaw Local Activities Group** /  
Ring the Secretary on 01422 249070 / attend one of the activities

**The Bowling Section of the LA Group meet every Monday at 10 am at Holmfield Bowling Club, Holmfield 1<sup>st</sup> April to 30<sup>th</sup> Sept.**

**THE FOLLOWING ACTIVITIES RUN EACH WEEK AND TAKE PLACE AT ILLINGWORTH MOOR METHODIST CHURCH, HX2 9LL**

**TUESDAYS**

**KEEP FIT** from 10 am to 11 am £3.00

*Not too hard, but not too easy!*

*This is a fun aerobic exercise class to get you fit and keep you healthy*

**NEW AGE KURLING** from 11.15 am – 12.15 pm £2.00

*Both the above activities are suitable for a range of abilities*

**SITTING DOWN PILATES** from 11.15 am – 12 noon £3.00

**WEDNESDAYS**

**CRAFTY CLUB** from 10 am - 12. noon £2.00

Join the friendly group for knitting, card making and other crafts (*some materials provided*) plus hand massage or just a brew and a natter.

**THURSDAYS**

**INTERMEDIATE PILATES CLASS** from 9.45 am – 10.45 am £3.00

**BEGINNERS PILATES CLASS** from 11 am – 12 noon £3.00

*To improve core stability and strength*

**ART GROUP** from 10.00 am – 12 noon £2

Suitable for all levels – beginners are welcome. Some materials provided.

**THE FIRST SESSION AT EVERY CLASS IS FREE**

**\*\*\*NEW MEMBERS ALWAYS WELCOME AT ANY OF THE ACTIVITIES\*\*\***



## ILLINGWORTH ARLFC

### PLAYERS WANTED

**All abilities welcome, be part of the best sport in the world and join the rugby league family.**

### Boys & Girls

**HAVE FUN – GET FIT – CHALLENGE YOURSELF**

**Facebook Page: Illingworth ARLFC**

**Instagram: illygirlsrugby**

**Illingworth Sports and Social, Mason Green,  
Halifax, HX2 8HG**

## YORKSHIRE SMOKEFREE CALDERDALE

### THINKING ABOUT STOPPING SMOKING?

Our team are still working remotely to support **YOU** through your quit smoking journey.  
To get started you can give our team a call on the below numbers or request a callback and someone will give you a call

01422 262373 (local number)  
0800 612 0011 (free from landlines)  
0330 660 1166 (free from mobiles)

<https://yorkshiresmokefree.nhs.uk/pages/callback-request>

## MESSAGE FOR FEBRUARY

I hope you have had a good Christmas and a good New Year so far. A new year brings new things, new events, new activities, new places, new adventures and new people to meet.

One of the new things that I have begun is helping to lead a monthly reflective walk. The first one took place (as always) on the 2<sup>nd</sup> Sunday of the month beginning at 2pm. It took place at Shibden Park and went up to the beacon at Southowram and back round stopping off along the way to take in the beautiful scenery and reflect. Thinking about the things we could see and thinking about our journey through life we were asked simple questions to think about. Some of those thoughts were verbalized while some were for self reflection and the 14 people on the walk talked and shared along the way. They talked about everyday life, the views we could see, interest points along the route or prompted by the reflective questions.

The walks came about through being in lockdown when we could go for our hour long exercise. I got to know new places around where I live that I never knew existed. As I walked, I thought about things, it gave me space and time to think. This led me to do 6 walks over 6 weeks with reflections along the canal starting at Brighouse and going all the way to Todmorden. I also did a more local one around Beechwood Park, one around Mount Zion Chapel on Per Lane and another for Good Friday that began at Mount Zion and went up to and around Ogden. You can watch some of these on the Calderdale Methodist Church in Calderdale Youtube Channel under 'Walking The WAY' along with other interesting videos. I know that walking has helped many people in many different kinds of ways either through exercising their bodies or their minds and perhaps even their spirituality. It is good to get out most days for a small walk or even get out of the house and see a different perspective or see different people along the way. This all helps with an holistic approach to our well-being.

I hope that throughout the rest of 2022 you will be able to do something new, that will give you a different experience, will give you a bit of purpose and motivation. One thing that inspires me is some words of Jesus which says, 'I have come that you may have life in all its fullness'. Life is for living and we need to make the most of it while we can, for our time on earth is short but eternity is so long.

God Bless,

*Rev Paul Welch*





# Live well, your way



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Your home is where you feel the most  
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It's the place you know the best. If you want to  
stay living comfortably at home, we can help you  
make that choice an informed one.

**We are Home Instead.** We are changing the UK's  
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- Personal care
- Companionship
- ◆ Dementia care

"The time we spend with mum now is fun time. It's really taken the pressure off all of us. Now we just enjoy our time together."

Flo Watkins, Client Daughter



**Home Instead Calderdale**  
14-16 Southgate, Elland,  
West Yorkshire  
HX5 0BW

01422 476882  
calderdale@homeinstead.co.uk  
www.homeinstead.co.uk/calderdale

## HOW FULL IS YOUR 'LOVE TANK'?

Everyone has times when, if we are in a relationship, we feel really loved by our partner, there's a close connection and lots of fun and laughter. The relationship is flourishing.

There are also times when we feel distant, frustrated, angry perhaps, and all the love seems to have leaked out of the relationship.

Imagine we have an inner emotional 'love tank', and how full or empty the tank is represents how loved we feel. What's the 'fuel gauge' showing, how full is your love tank right now?

The question is not designed to be an opportunity to start thinking negatively about our partner, for criticising or demanding things, because we know that love is about giving, not getting.

The thing is that we all experience love in different ways. For one person hearing the words: 'I love you' makes them feel on top of the world. Words alone might feel quite hollow for someone else; regular cuddles and kissing may be what makes them feel loved.

Gary Chapman, author of *The Five Love Languages*, describes ways in which we can GIVE LOVE in the way our partner can receive it, when we know their 'love language.'

### The five love languages are:

Words of affirmation, Quality time, Physical touch, Acts of service, and Thoughtful gifts.

It comes naturally for each of us is to show love in OUR particular love language. I tend to do practical things, like making a nice meal or organising time together. There's nothing wrong with either of those things, it's just that my husband's top love languages are: 'words of affirmation' and 'physical touch'. So the candles on the table do very little for him. If I want to express love in the way he's going to receive it, I need to tell him how special he is and whisk him off to the bedroom! In short, if I want my husband to feel loved I need to be thinking of HIS needs.

The Five Love Languages are a great tool to help people understand different ways they feel or experience love. You and your partner can explore these in Toucan Together's Loving Module. Toucan can help you start some really great conversations. It's really worth learning how to fill each other's 'love tanks', and then get filling!

*Christine Daniel is a speaker and blogger for FamilyLife UK, developer of the Toucan Together resource. Toucan Together is a relationship wellness app for couples that covers friendship, intimacy, resolving conflict, love language, and money management. Visit it at [www.toucantogogether.com](http://www.toucantogogether.com)*





**OSCA FOUNDATION (based at  
Forest Cottage, Cousin Lane,  
Halifax, HX2 8DA)**

In association with OSCA Foundation

**Activities to be held in February**

Monday: 6-30 pm to 8 pm Taekwondo  
Tuesday: 12 noon Walking Football (outside)  
Tuesday: 2 pm to 4 pm Old Tyme / Modern Sequence Dancing  
Tuesday: 6.30 pm to 8 pm. Taekwondo  
Wednesday: 6.30 pm to 8 pm Taekwondo  
Thursday: 9.45 am to 10.45 pm Keep Fit  
Thursday: 2 pm to 4 pm Old Tyme/ Modern Sequence Dancing  
Friday: 4 pm to 6 pm Soccer Pups aged 3 years to 10 years indoors  
Friday: 6 pm to 9 pm Youth Club 13 years -19 years  
Saturday: 9.15 am to 10.30 am Rugger ratz. (learn to play rugby league aged 3 to 10 years of age)  
Sunday 9 am through till 3 pm Ovenden West Riding Juniors football matches.

**ZUMBA CLASSES** have commenced on Tuesday & Thursday evenings 6.30 pm –7.30 pm Contact Mandy on 07488235941.

**Halifax Panthers Rugby League Open Age Ladies Team** are now based at OSCA FOUNDATION @ Forest Cottage, training has already commenced for the coming season which is expected to start the first week in March, fixtures will be held on Sunday afternoons at Four Fields on the OSCA Site.

**FEBRUARY HALF TERM HOLIDAY CLUB** will also be on site over the 23rd, 24th & 25th. Contact John Elliott on 07554422331 for more details.

**PUBLIC BAR OPENING HOURS**

Friday 7 pm to 10 pm  
Saturday 2 pm to 8 pm  
Sunday 1 pm to 9 pm

Function rooms along with various rooms are available for hire at very competitive prices.  
Receptions, Funerals, Parties, any form of event can be catered for at very competitive prices.  
For further information on all activities give Steve a call on 07727860731.

**LOCAL HISTORY**

*From Local Historian David Craven*

**Halifax Guardian – Saturday, 16<sup>th</sup> October 1841**

**Robbery at Illingworth Parsonage**

On Monday night or early Tuesday morning some villain or villains broke into the Parsonage House at Illingworth, the residence of the Rev William Gillmor, the incumbent, and secured the following articles with which they got clear off, viz. three dozen of Port and Sherry Wine, a quantity of homemade wines, bottles of Rum, Brandy and Whisky, two German silver dessert and three teaspoons, a silver egg spoon, one Coffee and two Britannia metal teapots, two brass articles belonging to the kitchen, two shirts, a black silk shawl, a large market handkerchief, a blue Mackintosh topcoat and all the bread, meat and cheese in the house. The thieves came in at the yard gates and is not a little surprising that a large dog which is kept in the yard did not bark. The Rev, Gentleman heard some persons in the house during the night but as it was the washing morning, on which the servants rose very early, he imagined it to be them. The depredators have not as yet been discovered but four suspicious characters broke into the Beershop at Illingworth, kept by a person named Butterworth, between one and two on Tuesday morning, demanding drink and broke a window because they could not obtain what they wanted. The men were well known to Butterworth, but he has allowed them to make the matter up with him. We would have our friends in the outskirts to be well provided with locks, bolts and bars, during the ensuing winter, as the above mentioned robbery is only one of a series of a similar description which have been perpetrated during the last three months.

The Rev. W. Willmor preached a sermon on Sunday last at Illingworth Church, after which a collection was made in aid of the five principal Church Societies.

**Halifax Courier – Saturday, 7<sup>th</sup> January 1854**

Thomas Dean, Woolcomber, Ovenden, was fined 12 shillings including costs or three hours confinement in the Stocks, for being drunk and incapable in Westgate, the previous night.

George Farnley, Woolcomber, Ovenden, was charged on the 4<sup>th</sup> inst. with being drunk. The Constable said about a quarter past one o'clock he met with the defendant asleep in Stannary and it required the assistance of another Officer and a cart to bring him to the Police Office. Fined including costs 12 shillings, or in default of payment to be confined in the stocks for three hours.

**Halifax Courier – Saturday, 5<sup>th</sup> December 1863**

On Wednesday, during a pelting rain storm, one of the Ovenden roughs sat in the stocks three hours for Sunday Gambling and yesterday, Friday, a second paid a similar penalty for a like offence. A much heavier penalty is necessary to put a stop to this practice, which is very prevalent in this district on Sundays. When they are taken in the act by an Officer, they often jocosely remark "Oh three hours in the Stocks will settle it".

## SIMPLE REFLECTIONS COMMUNITY PHOTO GROUP

### *Do you enjoy taking photographs?*

If you would like to join a group of photographic enthusiasts who gather together once a month to share a picture or group of pictures on a monthly given theme, then this be the group for you.



The aim of the group is to share our creativity, learn together and journey alongside each other but most importantly, of course, to have fun. For more information contact Paul Welch email: [revpwelch@gmail.com](mailto:revpwelch@gmail.com). Meetings held monthly at 9.30 am on Tuesday mornings at Mount Zion Cottage, Per Lane, Upper Brockholes, HX2 8XG.

Also you can see the group on Facebook 'Simple Reflections Community Photo Group'.

*Don't ever save anything for a special occasion.  
Being alive is a special occasion.*

### *Sequence Dancing and Ballroom*

**at Forest Cottage, Cousin Lane,**

**Illingworth, HX2 8AD**

**Everyone Welcome  
Singles & Couples**

**Tuesdays & Thursdays 1.45 pm - 4 pm**

£2 per person includes tea and biscuits

For more information ring 01422 248080



## HAIRY POPPINS

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Email: [hairypoppins15@gmail.com](mailto:hairypoppins15@gmail.com)

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**\*Fully Insured\***



### 60 YEARS SINCE WE FIRST ORBITED EARTH

It was 60 years ago, on 20<sup>th</sup> February 1962, that John Glenn became the first American astronaut to orbit the Earth. He made three orbits in the space capsule Friendship 7, which he named himself.



The three circles of the globe – which lasted just under five hours – made the Presbyterian Christian a hero and a household name – but he was not the first man in space. He was preceded by two Russians, Yuri Gagarin and Gherman Titov, in April and August 1961.

The American launch was postponed four times because of mechanical issues and uncertain weather, and the flight was not without its frightening moments. An apparent problem with the heat shield necessitated a change in plans during the flight, but this turned out to be a relatively insignificant sensor problem.

Glenn was one of the first US astronauts – the Mercury Seven – who were immortalised in Thomas Wolfe's 1979 book, *The Right Stuff*, which became a film and more recently a TV series.


Glenn, who represented Ohio as a Democratic senator for 25 years from 1974, returned to space in 1998 aboard the space shuttle Discovery, making him the oldest person to fly in space. That mission's main aim was to study the effects of space flight on older people. He died in 2016, aged 95.

Glenn said that seeing the Earth from orbit stirred in him a tremendous sense of wonder that strengthened his faith, adding: "To look out at this kind of creation out here and not believe in God is to me impossible."

**THE DAISY CHAIN CAFE**  
**ON WEDNESDAY, 2ND FEBRUARY**  
**AT BLACKBURN HOUSE, NURSERY LANE**  
**FROM 1 PM TO 3 PM**

Working towards a Dementia Friendly North Halifax.  
 For more information contact Karen Scanlon on 03005550266



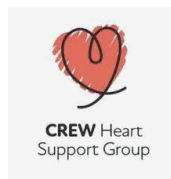
**WALKING FOOTBALL**

At Forest Cottage, Cousin Lane, HX2 8AD

**Tuesdays at 12 noon**

**All welcome**

For further information contact revpwelch@gmail.com



**CREW is a local registered charity**

**"Aiming to keep Calderdale fit and healthy"**

We have an exercise class at Forest Cottage every  
 Thursday at 9.45 am

We have walk-it health walks of 60-150 minutes

**Monday 1 pm Beechwood Medical Centre**  
**14<sup>th</sup> & 28<sup>th</sup> February**

**Monday 1 pm Keighley Road Medical Centre, Illingworth**  
**7<sup>th</sup> & 21<sup>st</sup> February**

**Every Friday 10 am Illingworth Moor Methodist Church**  
 Approx 4 miles

All of our information is on our website  
[www.crewheartsupport.co.uk](http://www.crewheartsupport.co.uk)  
[crewpartners.hsg@gmail.com](mailto:crewpartners.hsg@gmail.com)

**WHAT'S ON AT ILLINGWORTH MOOR**

**'GOOD AS NEW SHOP'**

**Open FRIDAYS ONLY 11 am till 3.30 pm**

Why not drop into our **"Cosy Corner"**?

No need to buy! Just sit and watch the world go by in warm and pleasant surroundings. Enjoy a cuppa, from the Cafe, or read a magazine, or just relax.



**CAFE AT THE MOOR**

Our Chef, Sarah, makes a range of meals on four days a week, Tuesday, Wednesday, Thursday & Friday from 9 am to 1 pm.

Why not pop in for a coffee, a piece of home made cake, a bowl of home made soup, a sandwich (*either to eat in or take away*). Or have a full meal from Sarah's tempting menu?

**BOYS' BRIGADE - MONDAYS**

**Anchor Boys:** 5 - 7 years (arrive 6.15 pm to start at 6.30 pm until 7.30 pm)

**Junior Section:** 8 - 10 years (arrive 6.15 pm to start at 6.30 pm until 8.15 pm)

**Company Section:** 11 - 18 years (arrive no earlier than 7 pm for a 7.15 pm start - ending at 8.45 pm)

***If anyone can help out, even if only occasionally, please get in touch with Captain Andy on 07833910698.***



**GIRLS' BRIGADE - WEDNESDAYS**

Explorers: 4 - 7 years (5.30 pm - 7.15 pm) waiting

list at the moment

Juniors, Seniors & Brigaders: 8-18 years  
 (6.45 pm - 8.30 pm)

***For more information contact Janice Crowther on 07745529385***



**SUNDAYS**

Sunday Worship & Sunday School at 10.30 am

**EVERYONE IS WELCOME TO JOIN US AT ANY  
 OR ALL OF THE ADVERTISED EVENTS**



## A LITTLE INTRODUCTION ...

My name is Tracy Brennan and I was appointed as the Children and Schools Worker at Illingworth Moor Methodist Church in October 2021. As I get to know the schools and the children and families, I thought I'd let you know a bit about me.

I was born in Scarborough and started going to church in my late 20's. I had lots of different roles within my Church; Sunday School teacher, worship leader, steward and community worker, all of which I thoroughly enjoyed. I worked as a deputy leader of a pre-school for 13 years which I loved. In my spare time I enjoy reading, walking and spending time with my family.

In 2014 I moved to Salford and got a job as a Development Worker for a Methodist Church in Stockport. It's a great privilege to work in a Church community and when I moved to Keighley last year, I saw the post for Children and Schools worker, and was thrilled to be appointed.

One of my roles is to work in the local schools, bringing Bible stories to life using 'Open the Book'. 'Open the Book' offers primary school children an opportunity to hear key Bible stories told by a team of Christians from local churches, who present the stories during assemblies or acts of collective worship. Each presentation takes around 10-15 minutes. In November I met Elizabeth from the 'Open the Book' team at St. John's Church, Bradshaw, and we decided to become one team which has worked out brilliantly. It was good to get into schools before Christmas to share the story of the first Christmas.

I have been into our Boys' Brigade and Girls' Brigade meetings regularly. It's a lovely opportunity to get to know both the children and the staff. We have lots of fun doing crafts and playing games. I look forward to doing God's work in this area.

*Tracy Brennan*

Children and Schools Worker

Email: [immctracy@gmail.com](mailto:immctracy@gmail.com)

Phone/text/Whatsapp: 07748271570

On a club front @IllingworthCC Twitter account's video post of Asif's massive 6 into his own car windscreen has gained further recognition and another award. This time it was voted "@That'sSoVillage" cricket platform's "Best Cricket Video of 2021" ! What a smashing achievement! Despite the result being posted on New Year's Eve, the Tweet by @ That'sSoVillage, has received thousands of views, taking the total number of ICC's post of Asif's 6 to @750,000+ views and the Worldwide viewing of the clip way in excess of 15 million!!

Who would have thought it for a small sporting event in Illingworth.

If you want any more details our web site address is [www.illingworthcc.co.uk](http://www.illingworthcc.co.uk) or ring Andrew Smith on 07979-645379 or email [pasmith19@hotmail.com](mailto:pasmith19@hotmail.com)

*Andrew Smith*

Club President.

## BEWARE BIRD FLU THIS WINTER



If you are feeding the birds, please make sure that you keep their feeders very clean this winter. The UK is facing its worst ever outbreak of avian flu, and already there have been more than 40 cases around the country. The disease is thought to have been spread by migratory wild birds from Russia and Eastern Europe.

The Royal Society for the Protection of Birds said: "Everyone should take care to maintain good hygiene when feeding garden birds, regularly cleaning feeders outside with mild disinfectant, removing old bird food, spacing out feeders as much as possible and washing your hands."

Humans can catch the disease by touching infected birds or their droppings. So, the advice is to NOT approach any dead or dying birds, and to wash your hands every time you touch anything to do with your bird table.

Fortunately, avian flu mainly affects larger species than our much-loved garden birds.

Christine Middlemiss, Britain's chief vet, recently told the BBC that the disease was at a 'phenomenal level' in the UK, which in turn has 'huge human, animal and trade implications'. Meanwhile, the migratory period for birds does not end until March.



The Spenser Wilson Halifax Cricket League has not yet published the fixture list for the 2022 season but we are looking forward to the 1<sup>st</sup> team again playing in the Premier League, the 2<sup>nd</sup> XI promoted into the 1<sup>st</sup> Division after finishing as 2<sup>nd</sup> Division champions and the 3<sup>rd</sup> XI playing in their 1<sup>st</sup> Division after also finishing as Champions in 2021. It should be an interesting and challenging year for all our players. We are particularly excited that Gary Fellows is coming back to play for us after his exploits at Yorkshire County Cricket Club and many years playing in the Bradford League. It will be a great delight to see him playing back at his first club and as a local lad will be an inspiration to our younger players.

Our Senior winter nets for cricket training start at Halifax Academy (formerly Halifax High), Gibbet Street, HX2 0BA, on Monday evenings from Monday 7 February between 7.00-8.30pm and we invite all interested players to come along and give it a go. We can accommodate players of all abilities so whether you are a regular player or haven't played for a while but fancy taking up some very worthwhile exercise do come along. We are hoping to arrange Junior cricket coaching and training sessions at a later date so watch our website for details.

As always, we want to get more youngsters, girls and boys, playing cricket and we shall be running our usual Friday night Junior activities from mid April right through the summer.

We are looking to run a full quota of junior teams in 2020 as well as three senior teams so there is plenty of opportunity for everyone.

Meanwhile there is still a lot happening round the club getting everything ready for the forthcoming season. We have ambitious plans to upgrade the interior of the clubhouse after dealing with the repair of the outside. Club volunteer work parties are planned to kick start the project and do all the usual pre-season maintenance jobs so as always volunteers are warmly welcomed.

On a personal front we were delighted to see one of our popular Junior coaches Nathan Mulhall getting a call up for the England Wheelchair Rugby League team to play against France and Wales at the end of 2021 as well as becoming Head Coach of Halifax Panthers Wheelchair Rugby League side.

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## WHY YOU SHOULD DO HOUSEWORK

Now here is a great reason to do some housework: older people who regularly do household chores have better memory and attention spans than those who avoid domestic duties.

Not only that, but housework is linked to superior leg strength in people over 65. That means their risk of a fall is reduced.

The study, published in *BMJ Open* (*British Medical Journal*), found that a combination of light housework, such as washing up, dusting, making the bed, hanging out laundry, ironing and cooking - and heavy housework, such as window cleaning, changing bedding, vacuuming, washing the floor, and chores involving sawing, repairing or painting, "was associated with higher cognitive function" among older people, who showed up to 14 per cent higher attention span scores than older people who did not do housework.



## ST. MALACHY'S NEWS

Our Parish Priest is Mgr Michael McQuinn

### ST. MALACHY'S NURSERY

St. Malachy's School, Cousin Lane.

There is a place for your child so why not give your child the best start? Apply for a place now and come and see what we have to offer. Contact St. Malachy's School on 01422 244628.

### ST. MALACHY'S WALKS



If you would like to join us you will be made most welcome. Walking boots and suitable clothing are essential. For more information please contact Philip or Pat at 01422 259761

or e-mail us at p29.moran@gmail.com

### FUND RAISING GROUP

We are collecting old gold. Have you any broken chains? Odd earrings? Rings without stones? Please donate your old jewellery for Church funds. Items can be left in the box on the Paper Stall.



Where can you get (for instance) Chicken and Leek Pie, two veg and potatoes, a pudding and a cup of tea, together with good company for £4.50

**Illingworth Moor Methodist Church,  
every Friday, 12 o'clock start.**

The Access Bus picks up some of our regulars so if you need transport just ring 0113 3481902 to register with Metro.



# H. BATES

## FUNERAL DIRECTORS

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## YOU AND CHRIS WITTY

Prof Chris Witty, England's Chief Medical Officer, wants you to use the stairs more.



At the recent Confederation of British Industry's annual conference, he told employers that they should tell their staff to take the stairs because it could mean the difference between entering old age 'healthy or not'.

He said: "in the medium to longer term, a lot of it is about trying to make sure people can be as active as possible. And in doing small things that help, for example, ...take the stairs rather than the lift, can really help. It sounds trivial, but day in, day out over an entire work lifetime, it can be absolutely the difference between someone entering older age healthy or not healthy."



## **SAVING THE PLANET VIA KITCHEN AND BATHROOM IN 2022**

As world leaders wake up to the crisis of global warming and plan emergency measures before it is too late, each of us can make a difference right now, beginning in our own homes.

### ***Start in the KITCHEN***

25% of the world's food is thrown away. One supermarket discovered British households waste seven million tonnes of food waste every year, partly because most of our fridges aren't cold enough. Keeping the fridge temperature at a maximum of 4 degrees will help food last longer and save waste.

Vast quantities of greenhouse gases are released by animals reared to supply us with red meat and dairy products. Cutting down on quantities and conserving leftovers would help.

Conserving electricity by washing clothes at 30 degrees and replacing power-hungry tumble driers with a clothes line or old-fashioned clothes-horse would have the added advantage of reducing soaring power bills.

According to the Good Housekeeping Institute, "many mainstream detergents are brimming with synthetic chemicals like phosphates, chlorine and bleach that pollute our waterways, damaging delicate ecosystems, and may irritate sensitive skin." Plant-based and eco-friendly alternatives are now readily available and work well in the washing machine and dishwasher.

### ***Don't forget the BATHROOM***

Annual increases in UK water consumption would be curbed, if we were to shower rather than bath. Exchanging the shower head for a water-saving type, which regulates or aerates the flow, would save both water and cash.

Spending less time in the shower needn't be a hardship. Daily shampooing may actually be counter-productive - it's best to let some oils remain in the hair, so they can act as moisturisers. Biodegradable body wash is available in bulk, from which re-usable containers can be filled.

Eco-friendly toothpaste is now on the market, some of it in plastic-free containers. More water can be saved by turning the tap off as we brush. Beware wet-wipes which may be 'flushable', but aren't biodegradable, because they are part-plastic. Eco-friendly alternatives are now available.

Saving the planet needn't cost the earth.

## **HOLY NATIVITY CHURCH, THE CHURCH OF ENGLAND PARISH OF MIXENDEN AND ILLINGWORTH**

**Sunny Bank Road, Mixenden, HX2 8RX.**

**[www.holynativity.co.uk](http://www.holynativity.co.uk)**

**Family Communion** every Sunday at **10 am.**

**Communion Meal** every 2<sup>nd</sup> Sunday of the month at **6 pm.**

The communion meal is an opportunity to worship whilst gathered around the dinner table. Food is provided.

**Rock Mass** every 3<sup>rd</sup> Sunday of the month at **6 pm.** The Rock Mass is a service for people who like to worship **LOUD!**

**Vicar:** Revd Robb Sutherland, 01422 353929 email [robb@priest.com](mailto:robb@priest.com)

**Church Wardens:** Mrs Margaret Henderson 01422 243596

**Church Pantry:** Mondays 2 - 3.30 pm. Providing food and essentials to people from the Parish in need.

**Church Youth Group:** Tuesdays 7 pm -8.30 pm

**For baptisms, weddings & funerals** contact the Vicar or Church Warden

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## SUDOKU EASY

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

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## SUDOKU MODERATE

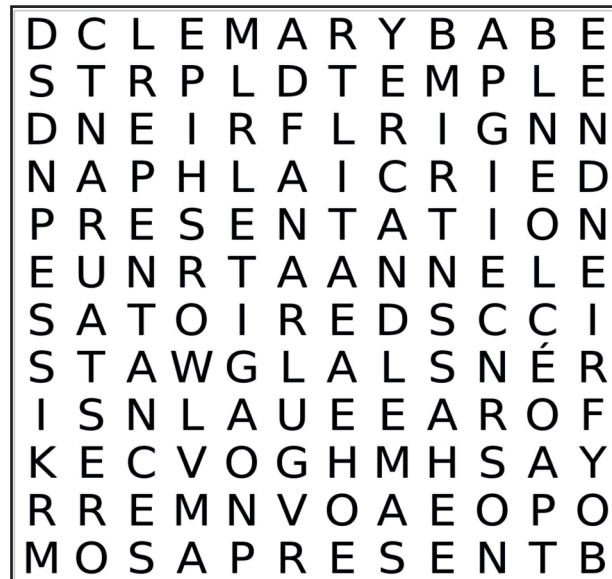
		5			7	3		
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7				1	5			6
	5	9			6			
			3			4	2	
6			5	4				7
		1					8	
		8	2			6		

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## WORDSEARCH

February is the month of romance. Millions of Valentine cards will be sent in the next week or two, as we celebrate our romantic love for that special person in our lives. But there are other kinds of love to celebrate, and on Candlemas we remember Mary and Joseph taking their baby son to the temple to present Him to God. Jesus' whole life was a loving present to us from God. Through His death for us on the cross, and His resurrection, His love can now transform anyone's life. Romance can die, but God's love for us is always there. But it won't do us much good – unless we accept it!

VALENTINE  
ROSE  
ROMANCE  
LOVE  
PRESENT  
RESTAURANT  
HEARTS  
KISS  
HUG  
GIRLFRIEND  
BOYFRIEND  
FIANCÉ  
WORSHIP  
REPENTANCE  
ANGELS  
BABY  
TEMPLE  
MARY  
CANDLEMAS  
PRESENTATION

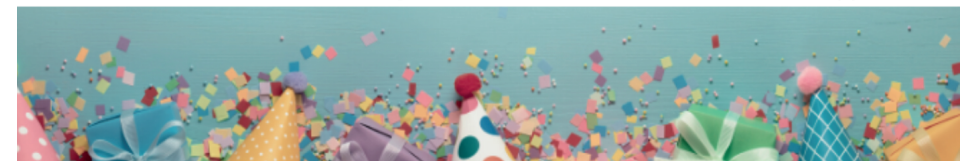


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## ANSWERS

### SUDOKU EASY

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

### SUDOKU MODERATE

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

## WORDSEARCH



## ALL IN THE MONTH OF FEBRUARY

*It was:*

**175 years ago**, on 11<sup>th</sup> Feb 1847 that Thomas Edison, American inventor and businessman was born. Best known for inventing the first practical incandescent light bulb, phonograph, movie camera and projector, and many more.

**100 years ago**, on 8<sup>th</sup> Feb 1922 that the first radio was installed in the White House.

**90 years ago**, on 27<sup>th</sup> Feb 1932 that British physicist James Chadwick announced his discovery of the neutron subatomic particle in the journal Nature. He was awarded the 1935 Nobel Prize for Physics for his discovery.

**80 years ago**, on 8<sup>th</sup> Feb 1942 that the Battle of Singapore took place. The Japanese then occupied Singapore until September 1945. This is regarded as the worst disaster in British military history, with about 80,000 British, Indian and Australian troops captured.

**75 years ago**, on 7<sup>th</sup> Feb 1947 that the first of the Dead Sea Scrolls were found in caves in Khirbat Qumran (now in the West Bank, Palestine).

**70 years ago**, on 6<sup>th</sup> Feb 1952 that Princess Elizabeth ascended the throne following the death of her father, King George VI. She was in Kenya at the time and became the first Sovereign in over 200 years to accede while abroad.

**65 years ago**, on 16<sup>th</sup> Feb 1957 that the Toddlers' Truce was abolished in Britain. During the Truce, television admissions closed down for an hour so that young children could be put to bed. Children's programming ended at 6pm and adult programming began at 7pm.

**50 years ago**, on 9<sup>th</sup> Feb 1972 that the British Government declared a state of emergency over the miners' strike which began in January. From 16<sup>th</sup> February, electricity supplies to homes and businesses were cut off for up to nine hours a day. The strike ended on 25<sup>th</sup> February.

Also **50 years ago**, on 18<sup>th</sup> Feb 1972 that the House of Commons voted narrowly in favour (by eight votes) of joining the Common Market (now the European Union).

**30 years ago**, on 20<sup>th</sup> Feb 1992 that the English Premier League was founded, superseding the first division of the Football League.

**25 years ago**, on 22<sup>nd</sup> Feb 1997 that scientists at the Roslin Institute in Edinburgh announced that they had successfully cloned a mammal for the first time: a sheep named Dolly.

**20 years ago**, on 4<sup>th</sup> Feb 2002 that Cancer Research UK was founded. It is the world's largest independent cancer research and awareness charity.

Also **20 years ago**, on 19<sup>th</sup> Feb 2002 that NASA's Mars Odyssey space probe began mapping the surface of Mars using a variety of imaging systems. It later discovered huge reservoirs of underground ice.

**10 years ago**, on 11<sup>th</sup> Feb 2012 that Whitney Houston, one of the best selling music artists of all time, died. She drowned in her hotel bathtub because of coronary artery disease and drug intoxication, aged 48.



## SMILE LINES

*With Valentine's Day in mind...*

### **The Rules of Marriage**

*Here are the real-life answers from a group of children:*

#### **How do you decide who to marry?**

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. - Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. -

Kirsten, age 10

#### **What is the right age to get married?**

23 is the best age because you'll have known the person FOREVER by then. -

Camille, age 10

No age is good to get married at. You got to be a fool to get married. - Freddie, age 6

#### **How can a stranger tell if two people are married?**

You might have to guess, based on whether they seem to be yelling at the same kids. - Derrick, age 8

#### **What do you think your Mum and Dad have in common?**

Both don't want any more kids. - Lori, age 8

#### **What do most people do on a date?**

Dates are for having fun, and people should use them to get to know each other.

Even boys have something to say if you listen long enough. - Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them

interested enough to go for a second date. - Martin, age 10

#### **What would you do on a first date that was turning sour?**

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. - Craig, age 9

#### **When is it okay to kiss someone?**

When they're rich. - Pam, age 7

If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. - Howard, age 8

#### **Is it better to be single or married?**

It's better for girls to be single but not for boys. Boys need someone to clean up after them. - Anita, age 9

And the favourite is.....

#### **How would you make a marriage work?**

Tell your wife that she looks pretty, even if she looks like a lorry. - Ricky, age 10



## 14th FEBRUARY - VALENTINE'S DAY

There are two confusing things about this day of romance and anonymous love-cards strewn with lace, cupids and ribbon: firstly, there seems to have been two different Valentines in the 4th century - one a priest martyred on the Flaminian Way, under the emperor Claudius, the other a bishop of Terni martyred at Rome. And neither seems to have had any clear connection with lovers or courting couples.

So why has Valentine become the patron saint of romantic love? By Chaucer's time the link was assumed to be because on these saints' day -14<sup>th</sup> February - the birds are supposed to pair. Or perhaps the custom of seeking a partner on St Valentine's Day is a surviving scrap of the old Roman Lupercalia festival, which took place in the middle of February. One of the



Roman gods honoured during this Festival was Pan, the god of nature. Another was Juno, the goddess of women and marriage. During the Lupercalia it was a popular custom for young men to draw the name of a young unmarried woman from a name-box. The two would then be partners or 'sweethearts' during the time of the celebrations. Even modern Valentine decorations bear an ancient symbol of love - Roman cupids with their bows and love-arrows.

## WHAT A TREE CAN DO FOR YOU

Trees can help prevent you getting depressed. At least, you are less likely to be on antidepressants if you live on a tree-lined street.

That is the finding of a survey by the Forestry Commission, which looked for the first time at the mental health value of our forests and woodlands. Apparently, they save the NHS something like £185 million in antidepressants each year.

A spokesman at Mind, the mental health charity, said: "Although many of us feel like hibernating in winter, getting outside in green spaces and making the most of the little daylight we get can really benefit both your physical and mental health."