



ILLINGWORTH MESSENGER

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



SEPTEMBER 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 Mass 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 SEPTEMBER

All services commence at 10.30 am unless otherwise stated

4th September Mrs Paula Prosser

11th September Ms Val Heward

*** 18th September No Service At Illingworth Moor ***

25th September Local Arrangement

*** 18th September at 2.30 pm at MOUNT ZION ***

**COMMUNION AND HARVEST FESTIVAL SERVICE
TAKEN BY REV. PAUL WELCH**

'WALKING THE WAY' which is a monthly
reflective walk around Calderdale which takes place
on the second Sunday of the month starting at 2pm.

For more information, here is the website link

<https://www.calderdalemethodistcircuit.org.uk/about-us/walking-way.html> or

Facebook <https://www.facebook.com/walkingthewaycalderdale>



The story behind ... ABIDE WITH ME

One of the most famous hymns in the world came out of Brixham, near Torbay, Devon, in 1847.

In those days it was a poor, obscure fishing village, and the vicar was the Rev Henry Francis Lyte. It was a discouraging place to be a pastor, but Henry felt that God wanted him there, and so he stayed, though it was lonely work, and he suffered constant ill health.

By the time he was 54, Henry had contracted tuberculosis and asthma, and he and his family knew he was dying. It would have been so easy for him to look back on his life and feel a complete failure. What had he ever much accomplished? And yet – and yet – Henry knew that in life it is not worldly success that matters, but how much we respond to Jesus Christ, and how much we follow Him.

In September of 1847 Henry was preparing to travel to the south of France, as was the custom for people with tuberculosis at that time. One day before he left, he read the story in the gospel of Luke about the two disciples on the road to Emmaus. They were met by Jesus on the day of His resurrection, and they invited Him to stay with them because it was getting late. “Abide with us”, they said “for it is towards evening.”

“Abide with us - for it is toward evening.” These words struck a chord with Henry, who knew that it was getting ‘towards evening’ in his life. So, he sat down and wrote this hymn as a prayer to God – (*the following are just some of the verses*)

Abide with me

*Abide with me; fast falls the eventide;
The darkness deepens; Lord, with me abide!
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.*

*Swift to its close ebbs out life's little day;
Earth's joys grow dim; its glories pass away;
Change and decay in all around I see;
O Thou who changest not, abide with me.*

*I fear no foe, with Thee at hand to bless;
Ills have no weight, and tears no bitterness.
Where is death's sting? Where, grave, thy victory?
I triumph still, if Thou abide with me.*

Shortly after Henry wrote that hymn, he preached his last sermon. He was so ill he practically crawled into the pulpit to do so. A few weeks later, in Nice, France, he died, and so of course he never knew that his hymn would go on to become greatly loved the world over.

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YOUR TODDLER AND YOUR SMARTPHONE



When parents of toddlers often browse social media, they risk damaging the development of their child.

A recent study has found that when mothers are on their smartphones, they talk to their toddlers only a quarter as much, give few opportunities for the child to practise conversation with them, provide a slower response to the child's explicit bids, and even sometimes ignore the child when the child really needs help.

As mother-child interactions determine the child's future linguistic development, vocabulary and self-confidence, the study concluded that the use of smartphones by mothers can have "an adverse impact on the foundation of child development," which in turn may have "far-reaching" consequences.



Live well, *your* way

with care in the comfort of
your own home

Your home is where you feel the most *comfortable* and the happiest.

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 attitude to care and to ageing with our distinctive approach to supporting people at home.

- ◆ Home help
- 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
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West Yorkshire
HX5 0BW

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DOES YOUR SOCIAL LIFE NEED A BOOST?

Are you looking to make new friends and enjoy different social activities? If your answer is 'yes', then you may like to hear about IVC, a national organisation which has a local group in Halifax.

Going out places on your own can be challenging. Perhaps you'd enjoy a meal out with friends, or you wish you'd someone to go with to a concert or other performance. IVC offers these things and more. Activities are organised by members themselves and circulated on-line in a monthly newsletter (or for a small charge you can opt to receive a paper copy by post). Recent activities have included 10-pin bowling, teashop visits, a canal trip, outdoor theatre and several live gigs – then there are the regular events such as lunchtime concerts, walks and the popular monthly Sunday lunch.

IVC has a mix of men and women, both working and retired, single and partnered, with new people joining all the time. So if it's company you're looking for, or you simply need to rev up your social life, get in touch to find out more. With minimum formalities, you can sign up to receive the programme for 3 months free of charge, so you can find out what IVC is about before joining. And hopefully you'll stay!

You can make contact by phone on 01422 358001 or 07879 442135, email hahuivc@gmail.com, or visit the website: www.halifaxhuddersfield.ivc.org.uk.

WHAT'S ON AT ILLINGWORTH MOOR

'GOOD AS NEW SHOP'

Open FRIDAYS ONLY 10 am till 2 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

LOCAL HISTORY

From Local Historian David Craven

Halifax Guardian - 14th June 1890 - Proposed New Street

The proposed new street between Crown Street and the Lancashire and Yorkshire Railway Station, and the following article, descriptive of the same, have been kindly furnished by Councillor Clayton.

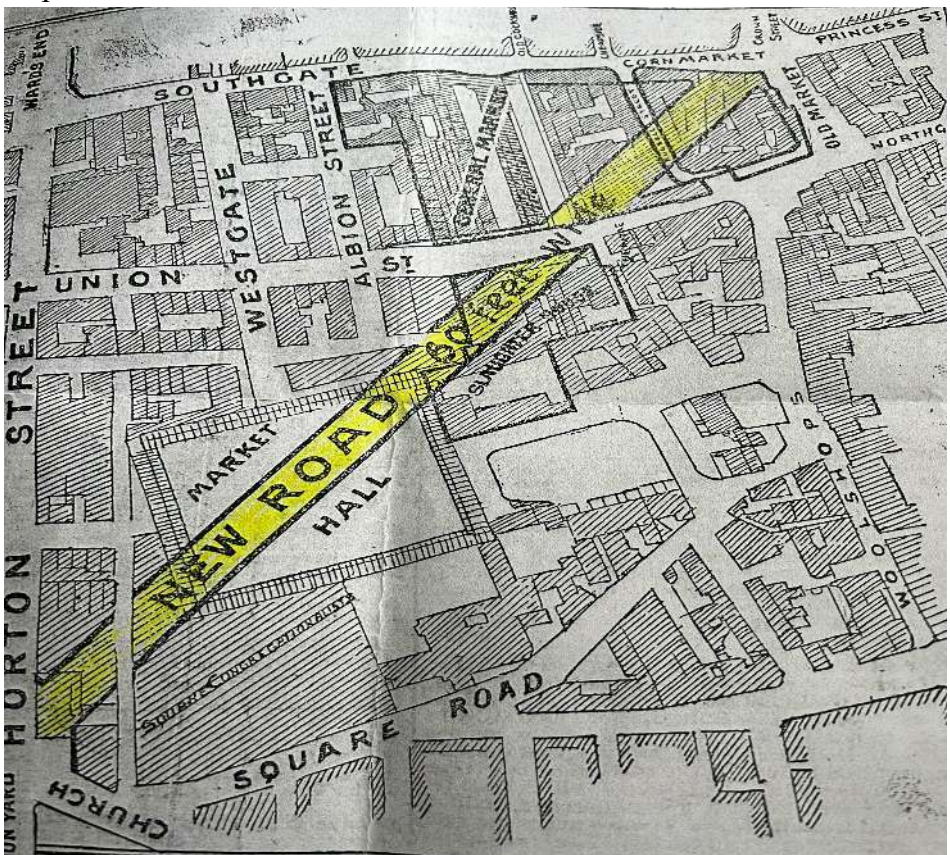
It is admitted on all hands that the streets leading from the railway station to the centre of the business quarters of our town are indirectly, harassing to man and beast, and shabby in the extreme. In less than twenty five years the population has doubled in number, and the travelling public to and from the railway station, has increased enormously in those years. The Lancashire & Yorkshire Railway Company have increased their accommodation at the railway station, by the expenditure, it is said, of more than £100,000. The Halifax Corporation have been lavish too in their outlay of public money to improve and widen the streets of the heart of the town, and are now about to make further improvements at great cost. Yet not a shilling has been expended in making a creditable entrance thoroughfare from the station into the town, or even in improving existing ones. Both man and beast have still to proceed up Woolshops, or to climb the steep ascent of Horton Street. As regards the latter route, it has been facetiously remarked that in going into Halifax, you are going from Halifax, and although this is not strictly true, yet is nearly so, for a traveller into the town is but little nearer the Town Hall, after toiling up Horton Street, to Wards End than he was at the Station Yard. Some time ago Councillor Clayton, suggested a remedy for these evils, and a remedy which he argues will confer a great boon upon the town, and ultimately become a profitable undertaking to the ratepayers. It is no less than an entirely new thoroughfare from the station at the bottom of Horton Street, in a north westerly direction, across the Market Hall, and straight to the front of Crown Street, as shown in the plan, which will enable all to understand what is proposed, and to see what streets the suggested thoroughfare intersects, and what buildings and other places it crosses. It is a bold scheme, no doubt, writes Mr Clayton, and one about which much nonsense has been written and said; but it calls for serious reflection, for it is the only really efficient and complete remedy proposed for the evils complained of. As I said in my earlier communication on this scheme the Corporation own the greater part of the property required for this street, yet it is argued by some that the street will be too costly. A suitable main thoroughfare to a growing town can hardly be too costly. If its cost falls heavily upon the generation which effects its construction, that generation are perfectly justified in my opinion, in carrying over a portion of the cost to another generation. Besides, inefficiency is false economy, and often, perhaps always, leads to greater expenditure in the long run than would have been sufficed had the right thing been done at the right time. But I am of opinion the making of

this street will prove profitable to the Corporation, and it certainly will prove a great time saving scheme to the people, and a benefit to owners of houses. Compare the distances from the junction of Crown Street, with Corn Market, to the Railway Station:

- via Woolshops and Square Road 565 yards
- via Southgate and Horton Street 627 yards
- via proposed new street 452 yards

Then take the gradients of the three routes:
Horton Street and Southgate 1 in 14
Woolshops 1 in 18.5
Proposed new street 1 in 21.85

It will thus be seen that the gradient is easier and the distance shorter by the proposed new route. The daily traffic will, therefore, benefit in both respects.



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.

BE SOCIAL

If you go to church and/or volunteer for local good causes, the good that you do to others will come back to you. A recent study has found that having a rich social life can help older people retain normal brain functions, and slow down any onset of dementia.

The research, done at the University of Utah, was recently presented to an Alzheimer's UK Research Conference in Brighton.

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www.holynativity.co.uk

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

Communion Meal every 2nd 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 3rd 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**

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



Illingworth Moor Methodist Church

every Friday, 12 o'clock start

Where can you get (for instance) home made Shepherd's Pie, Yorkshire Pudding, vegetables, a pudding and a cup of tea, together with good company for £4.50 ?

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

The older one gets the more one finds the present must be enjoyed; it is a precious gift, comparable to a state of grace.

Marie Curie

SUDOKU EASY

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SUDOKU MODERATE

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WORDSEARCH CLUES

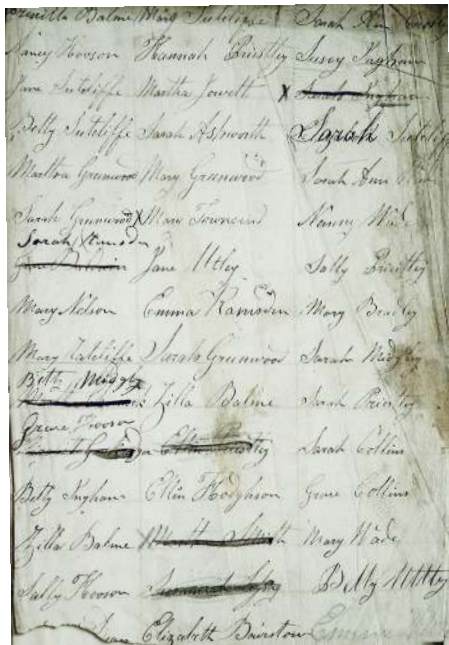
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Ever wonder why there is both *good* and evil allowed in this world? Jesus told a parable that touched on this subject – it is called the Parable of the Weeds. It runs like this: Consider the world as if it were a *field* where a Farmer has sown good *seed*. But then an *enemy* came and *sowed weeds* among the wheat. So, when the wheat came up, so did the weeds. What to do? Instead of destroying the weeds, and thereby risking the wheat, the Farmer tells his *reapers* to wait and *let* both wheat and weeds *grow together* until the harvest. At the *harvest* he will instruct the reapers to *gather* up the wheat, but to discard the weeds. So do not despair when evil seems to thrive in this world – there is a reckoning still to come, and justice will be done.

+ Kingdom Heaven Sleeping Grain Servants Master

Root Harvest Bundles Barn Burned

Researched by Sue Taylor following her work in tidying up the graveyard at Illingworth Moor Methodist Church.



The Illingworth Moor Singers' Book: A Snapshot of Methodist Music in the Early Nineteenth Century.

Possibly written in the late 1790's to replace the book left behind at Mount Zion. There are forty five names listed, all of which are female and many of the names appear in the burial records of Illingworth Moor.

The anthems are chiefly by seventeenth and eighteenth century composers, scored for soprano, alto, tenor and bass. This indicates the presence of a group of singers distinct from the larger congregation, as noted on the flyleaf: *This Book belongs to the Society of Illingworth Moor Methodist Church for the use of the Singers. Rebound by R. Sugden May 1st 1823 Cost 2/6d*

The manuscript contains 84 hymns drawn from a wide range of sources and representing several historical periods, and also includes some tunes by local composer Accepted Widdop. He was noted as an amateur musician and composer strongly associated with Methodism in the Halifax area, he is buried in St Mary's graveyard, Illingworth. On his grave, the words:

'Sacred to the memory of Accepted Widdop, of Ovenden, who departed this life the 9th day of March A.D. 1801, in the 52nd year of his age. He was a celebrated singer and the author of several volumes of anthems and many well-known Psalm Tunes'.

Music, the noblest science known to man,
Which angels honored long ere time began,
Was his delight.

His sweet seraphic lays
Will hand his memory down to future days,
And he, we hope, in sweeter strains above,
Now chants the praises of redeeming love.

Further reading: The Illingworth Moor Singers' Book: A Snapshot of Methodist Music in the Early Nineteenth Century Clarke, Martin V.

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Illingworth Moor Methodist Church



ILLINGWORTH ARLFC

PLAYERS WANTED

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Boys & Girls

HAVE FUN – GET FIT – CHALLENGE YOURSELF

Facebook Page: Illingworth ARLFC

Instagram: illygirlsrugby

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

SMILE LINES



Announcement in the church bulletin for a National PRAYER & FASTING Conference: The cost for attending the Prayer & Fasting conference includes meals.

Report in a church magazine: Miss Charlene Mason sang *I will not pass this way again*, giving obvious pleasure to the congregation.

From an announcement: Sadly, Barbara remains in the hospital. She is having trouble sleeping, and so has requested tapes of the minister's sermons.

Budget

I have enough money to last me the rest of my life, unless I buy something.

Some musings on everyday life....

I don't do drugs or alcohol, because I find I get the same effect just by standing up really fast.

I don't approve of political jokes... I've seen too many of them get elected.

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.

The email of the species is more deadly than the mail.

I don't know how I got over the hill without getting to the top.

Long ago when people cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

Probably nothing in the world arouses more false hopes than the first four hours of a diet.

Miscellaneous one-liners:

What is a smile? It's when you laugh in a whisper.

Never go to a doctor whose office plants have died.

Genealogy: Where you confuse the dead and irritate the living.

Where does seaweed go to look for a job in the summer? The 'kelp wanted' section.

Memory is what tells a man his wedding anniversary was yesterday.

Happiness is not having to set the alarm clock.

EVERYTHING IS WONDERFUL

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty, the cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

ANSWERS

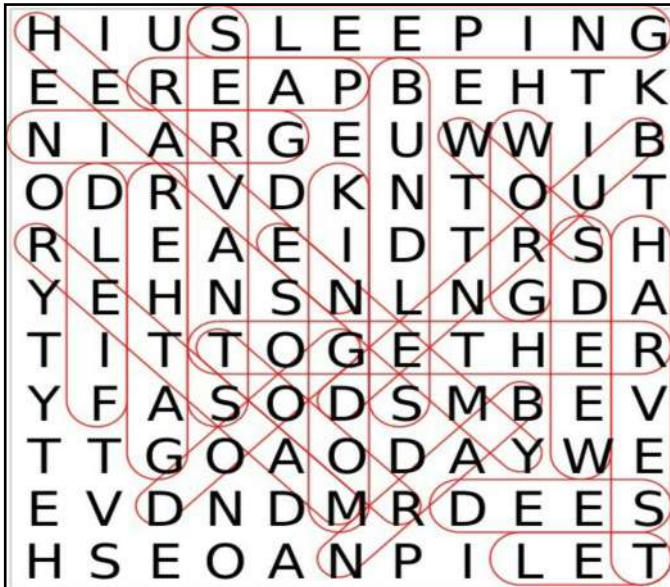
SUDOKU EASY

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SUDOKU MODERATE

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

WORDSEARCH



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at Forest Cottage, Cousin Lane, HX2 8AD

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£5.00
off

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(we are on the 521 bus route which runs every 10mins and is only about a 2min walk from the bus stop)

ALL IN THE MONTH OF SEPTEMBER

It was:

1900 years ago, from 13th September 122 to 128 that Hadrian's Wall was built in northern England. It ran for 80 miles from coast to coast and marked the northern limit of the Roman Empire. The Roman Emperor, Hadrian, wanted to separate the Romans from 'the barbarians.'

200 years ago, on 11th September 1822 that the Catholic Church admitted that the 16th century astronomer Galileo Galilei might have been right about the Earth orbiting the Sun. The College of Cardinals reversed the Church's condemnation of his ideas. Galileo had spent the last nine years of his life under house arrest for publishing his work on the subject. He died in 1642.

80 years ago, on 10th September 1942 that the British Royal Air Force launched a massive air raid over Dusseldorf Germany.

70 years ago, on 6th September 1952 that the Farnborough Air Show crash took place in Hampshire. A de Havilland fighter jet broke apart and fell into the crowd, killing 31 people. Stringent safety measures were introduced to ensure it could never happen again.

65 years ago, on 2nd September 1957 that the Everly Brothers best-known song 'Wake up Little Susie' was released.

50 years ago, on 5th September 1972 that Palestinian terrorists invaded the Olympic Village in Munich, West Germany during the 1972 Olympic Games and took 11 members of the Israeli team hostage. All the hostages were killed, as well as five of the eight terrorists and a German police officer, when a rescue attempt failed.

40 years ago, on 14th September 1982 that Princess Grace of Monaco, formerly the American film and TV actress Grace Kelly, died in a car crash, aged 52.

30 years ago, on 7th September 1992 that the radio station Classic FM began broadcasting in the UK.

Also 30 years ago, on 16th September 1992 that the Black Wednesday sterling crisis took place. The UK crashed out of the European Exchange Rate Mechanism (ERM), raised interest rates from 10% to 15% and spent billions of pounds buying up sterling that was being frantically disposed of on international markets.

25 years ago, on 5th September 1997 that Mother Teresa, Macedonian-born/Albanian India nun and humanitarian died. She founded the Missionaries of Charity and was winner of the 1979 Nobel Peace Prize. She was beatified in October 2003.



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0800 612 0011 (free from landlines)

0330 660 1166 (free from mobiles) <https://yorkshiresmokefree.nhs.uk/pages/callback-request>

BEECHWOOD ROAD LIBRARY

Following the recent refurbishment at Beechwood Road Library the staff are looking forward to welcoming old and new members to visit them during any of the following opening hours:

Monday 10 am - 5 pm

Thursday 10 am - 5 pm

Friday 10 am - 5 pm

Saturday 10 am - 1 pm



Another cricket season is drawing to a close and we live in hope that we will still have some good weather to come. As usual we have had a whole mixture of weather this season from every extreme and it would be nice to think there are a few more warm and dry weekends to finish the season.

The 1st XI have had a good season and are second in the Premier Division, just 12 points behind Copley with five matches to go. Anything can happen in sport and who knows whether we can overtake them with some crucial games to go. We have had good support throughout the season and if you haven't been down to see us do come along. The 2nd XI too are lying in second place in Division 1, eleven points behind Greetland but 31 points in front of Thornton who are in 3rd place. With the top two going up, promotion to the Premier Division of the 2nd XI Competition is still very much on and that would be a great achievement for the club. The 3rd XI are also in second place in Division 1 of the Halifax Sunday League. It will be a tough ask for them to catch Lightcliffe who are a massive 21 points in front but are just in front of Barkisland and second place would be a remarkable achievement.

On the junior front due to the great hard work of our volunteers we have had two new teams in action at U9 and U11 level and they have made huge progress and are the future of the club. There will be plenty to celebrate at our Junior Presentation night on Friday 16th September. We have again run the All Stars and Dynamos Cricket sessions and Junior training on Friday nights throughout the summer which have been very well received and we are looking to repeat something similar for 2023. We are always looking to encourage more cricket being played both at the club and in the local schools and would love to have a full set of junior teams next year. We will again be holding junior cricket training sessions over the winter starting in February. Any boy or girl who would like to have a try at cricket would be most welcome – just get in touch. We have also supported the Cricket Asylum Charitable Trust to run Cricket Summer Holiday Camps at the club over the school summer holidays and hopefully some of those taking part will become future members of the club.

The club is also available during winter for private functions. Do get in touch. Our web site address is www.illingworthcc.co.uk

Illingworth CC Home Fixtures for late Aug & September - 1.30 pm start

Sat 27 Aug - 1st XI v Copley

Sat 3 Sept – 2rd XI v Clayton

Sat 10 Sept – 1st XI v Triangle

Sat 17 Sept – 2nd XI v Oxenhope

Andrew Smith
Club President



Exterior Cleaning Specialists

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 Chemical Soft Wash Treatment



f Calder Valley Cleaning Solutions
 @ Caldervalleycleaningsolutions



CREW Heart
Support Group

CREW is a local registered charity

"Aiming to keep Calderdale fit and healthy"

We have an exercise class at Forest Cottage
everyhursday at 9.45 am

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

Monday 1 pm Beechwood Medical Centre
12th and 26th September

Monday 1 pm Keighley Road Medical Centre, Illingworth
5th and 19th September

Every Friday 10 am Illingworth Moor Methodist Church
Approx 4 miles

All of our information is on our website
www.crewheartsupport.co.uk
crewpartners.hsg@gmail.com



THE DAISY CHAIN CAFE
ON WEDNESDAY, 14TH SEPTEMBER
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 or 01422 252209

A THIRD OF REPORTS USING HAND CAR WASH APP INDICATE POTENTIAL LABOUR EXPLOITATION

One in three reports by motorists using a pioneering app to gather information on modern slavery in hand car washes have indicated potential labour exploitation, according to recent figures.

The Clewer Initiative's Safe Car Wash App, which allows drivers to respond to a check list of key factors that may suggest modern slavery or labour exploitation at hand car washes, has been downloaded 31,000 times since its launch in 2018.

Latest figures show 7,800 reports have been submitted using the app since the launch, with a third reaching a threshold of concern indicating potential labour exploitation.

Caroline Virgo, Director of The Clewer Initiative, said: "While many hand car wash businesses treat and pay their staff fairly, some are run by unscrupulous people, determined to make as much money as possible.

"It is therefore vital we educate consumers on the importance of choosing responsible car washes. The Safe Car Wash app is good news because it will help pinpoint and eliminate businesses that are exploiting workers.

"The Safe Car Wash app is easy to use – it asks a series of questions related to signs of modern slavery and if it reaches a threshold that suggests workers are not being treated appropriately, it will invite the user to send a report through to the Modern Slavery Helpline for further investigation.

The app was launched in 2018 by The Clewer Initiative, the Church of England's campaign against modern slavery, and the Santa Marta Group, the Catholic Church's anti-slavery project, with support from anti-slavery campaigners and other key agencies, including the police and councils.

GOING OFF TO UNI

This month thousands of young people will be preparing themselves for the exciting prospect of going off to what they all call ‘Uni’ in the autumn. Parents, grandparents and godparents will enjoy a mixture of pride and apprehension. This is a major step in life: leaving home, making new friends, study without compulsion and the heady gift of ‘freedom’. Amazingly, the vast majority of students survive it and love it.

As for parents, there are a few basic rules that it is well to adopt. Firstly, don’t get too involved in the choice of university. Modern students are a savvy bunch. They actually do talk to their teachers, and they know their way around the internet and social media. It’s highly likely that they will correctly identify the ‘right’ course and place for themselves.

Secondly, be available (on the end of a phone) but leave them space to make the odd silly mistake. Make sure they carry on their person the number of a reliable taxi service, for that occasion when they find themselves in the early hours and far from their digs. Thirdly, don’t worry about their being ‘lonely’. The average student makes a friend or two in the first ten minutes of arriving in their digs – and sometimes it’s for life!

Look forward to their coming home for the odd weekend, probably with some washing, but don’t regret it when they go back. In fact, enjoy the experience at second-hand. And lastly, there’s a lot to be said for a little daily prayer for them.

WHAT HOUSEPLANTS CAN DO FOR CARS

Common houseplants are your friend if your home or office is near a busy road.

A recent study has found that where houseplants are placed in a poorly ventilated room, they can suck up the nitrogen dioxide from traffic emissions by up to 20 per cent. The researchers at the University of Birmingham used peace lilies, corn plants and fern arums with good results.

Nitrogen dioxide is produced when fuel is burned, and so is present in car emissions. It can damage the respiratory system, making people more vulnerable to infections, lung disease, heart disease and asthma.

GARDENING COULD SAVE YOUR LIFE – BUT ONLY IF YOU REALLY GET STUCK IN

A recent study has found that just an hour a week of digging and shovelling could be enough to cut your risk of dying. Such ‘muscle strengthening exercises’ has been found linked to a 10 to 20 per cent lower risk of death from all causes.

The study, recently published in the *British Journal of Sports Medicine*, also found that if you combine that hour a week of strength-training with regular aerobic exercise, you may even reduce your overall risk of an early death by as much as 40 per cent.

So brisk walking and cycling are great – but add in a bit of muscle building, too. Sadly, the growth in online shopping means we are not even carrying our shopping bags home from the supermarket as much as we used to do.



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

In association with OSCA Foundation

Activities to be held in SEPTEMBER

Monday: 6-30 pm to 8 pm Taekwondo

Monday: 6.30 pm to 9 pm (except Bank Holidays) **ANDY'S MAN CLUB**

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 am Keep Fit

Thursday: 10.45 am to 11.45 am Keep Fit

Thursday: 2 pm to 4 pm Old Tyme/ Modern Sequence Dancing

Thursday: 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.

Halifax Panthers Rugby League Open Age Ladies Team are now based at OSCA FOUNDATION @ Forest Cottage. Fixtures will be held on Sunday afternoons at Four Fields on the OSCA Site.

Ovenden West Riding Junior football club u/9 Cougars are back in training every Thursday evening start time 6pm until 7pm, at OSCA FOUNDATION site, Forest Cottage, boys/girls must be under 9 by August 31st 2022. Please wear boots/shin pads, bring a cold drink.

Ovenden West Riding u/14 team are looking for players for next season, **PLAYERS MUST BE UNDER 14 BY AUGUST 31ST 2022.**

PUBLIC BAR OPENING HOURS

Friday 7pm - 10pm / Saturday 2pm - 8pm / Sunday 1pm - 9pm

LIVE MUSIC @ OSCA FOUNDATION

OSCA Foundation are continuing with their Live Music theme on **SUNDAY, September 4th**, "**ACROSS THE AGES**" a five piece band including two female singers will perform music from the 60s to present day. **Admission is FREE. NO TICKETS REQUIRED. BAR.**

They will be on stage at 5 pm. **DOORS OPEN FROM 3 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

HAIRY POPPINS

DOG WALKING & GARDENING

Regular, occasional and one off walks

Puppy visits to feed, play and toilet

Cats, rabbits, fish etc. cared for



Lawns mowed—regularly or occasional

General Gardening

Phone Andrea on 07886527537

Email: hairypoppins15@gmail.com

Find us on Facebook

Fully Insured



Car Boot SALE



OSCA FOUNDATION, Forest Cottage, Cousin Lane, HX2 8AD

ON SUNDAY, 11TH AND SUNDAY, 25TH SEPTEMBER

Gates gates open at 7 am

£5 PER CAR - £10 PER VAN

for further information ring Steven Smith on 07727860731

THE LOCAL ACTIVITIES GROUP

The Art Class which has met at Illingworth Moor Methodist Church on Thursdays is *not* taking place at the moment because they have been unable to find a suitable Tutor. Several of the class have chosen instead to attend an Art group which meets, with a Tutor, at Lee Mount Baptist Church on Wednesday mornings from 10 am until 12 noon.



The LA Art group will meet on **Thursday, 3rd November** from 10 am until 12 noon at Illingworth Moor Methodist Church to discuss the next steps and whether there is interest and support for restarting the Art Class. Please attend if you are interested.

WHEN THE CHURCH FIRST AGREED THAT THE EARTH WENT AROUND THE SUN

It was only 200 years ago, on 11th September 1822, that the Roman Catholic Church admitted that the 16th century astronomer Galileo Galilei might have been right about the Earth orbiting the Sun. The College of Cardinals reversed the Church's condemnation of his ideas. Galileo had spent the last nine years of his life under house arrest for publishing his work on the subject.

Galileo (1564 –1642) was a brilliant scientist and a pious Catholic. Albert Einstein called him the father of modern science, and he was one of the first to state that the laws of nature were mathematical. He was not infallible, however: his theories on tides were quite wrong: he described the idea that the moon influenced them as “childish” and “occult”.

His support for heliocentrism, a theory that had existed since the Ancient Greeks, however, was spot on, but the consensus at the time – political, scientific and religious – held that the Earth was the centre of the universe, and that any other view was “foolish, absurd and heretical”. That was the conclusion of the Inquisition in 1615.

Some 17 years later, Galileo published his theories, but unfortunately in a way that alienated the Pope, who until then had given him support as a scientist. He was tried by the Inquisition, who found him “vehemently suspect of heresy”, forced him to recant, and subjected him to house arrest. It could have been worse.

The Cardinals' decision in 1822 was a bit late to help Galileo, but it represented a big shift for the Roman Catholic Church – though it was not until 1835 that his work was removed from the Vatican's list of banned books. And it was only in 1992 that Pope John Paul II conceded officially that the Earth was not stationary in the heavens. Eight years after that he apologised to Galileo for the way he had been treated.



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:

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 1st April to 30th 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 £4.00

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 £3.50

WEDNESDAYS

CRAFTY CLUB from 10 am - 12. noon £2.00

Join the friendly group for knitting, sewing & card making .

Refreshments available from the Church Cafe

THURSDAYS

INTERMEDIATE PILATES CLASS from 9.45 am – 10.45 am £4.00

BEGINNERS PILATES CLASS from 11 am – 12 noon £4.00

To improve core stability and strength

THE FIRST SESSION AT EVERY CLASS IS FREE

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

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
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
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,
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Facebook: Illingworth Moor Church Good As New Shop
Centre Manager: immccentremanager@gmail.com
Children & Schools Worker: immctracy@gmail.com

*The last day for contributions to be included in the
OCTOBER edition is Friday, 16^h SEPTEMBER 2022*

Items can handed in to your Church representative or sent direct
to the Editor: Irene Mulhall at greenwoodtree7@gmail.com
Tel: 01422 249070