



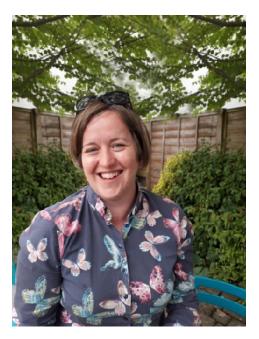
Spring 2025

From our Vicar, Revd Hannah Smith

Dear all,

I hope you are all well and are encouraging the gradual coming of Spring – the snowdrops look lovely in the churchyard at the moment.

You may have noticed the recent headlines in the press about the Church of England and safeguarding. I am deeply saddened by some of the ways that those representing the Church have misused power and hurt those in their care. Our first thoughts and prayers are with the survivors who suffered at the hands of trusted individuals.



The Church of England, alongside many other institutions in our national life, is on a journey towards safer practices and procedures. This has changed immensely in just the 13 years I have been ordained with a greater focus on keeping people safe and training those in the Church to do this at every level. But we recognise that we still have a long way to go and much to learn.

As we hear the headlines in the press, can I urge you to pray for these situations – firstly and most importantly for survivors of abuse, but also for those with decisions to make about procedures and structures, and for all those who work for the Church in any capacity – as Bishops, Vicars, volunteers and more – that we would make wise decisions about keeping people as safe as we are able.

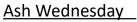
With love and prayers,

Hannah





A look ahead to Lent and Holy Week



Our Ash Wednesday service marks the start of Lent. All are welcome for a Communion Service with Ashing. St. Paul's 7pm on Wednesday 5th March.

Spaces for Lent

Hannah will again be hosting Spaces for Lent. 6:45-7:15pm at St. Paul's on Wednesdays in Lent (starting 12th March ending 9th April). These will be led silences, an opportunity for reflection and meditation.

Holy Week

We will again be having services throughout Holy Week to help us journey with Jesus to the Cross and through to his resurrection. These are the services confirmed so far:

Tuesday 15th April 7pm: Tenebrae Service at St. Helen's Wednesday 16th April 7pm: Taize Service at St. Paul's Thursday 17th April 6:30pm: Passover Meal at the Spring – need to book directly with the Spring. Good Friday 18th April: 2pm Reflections at the Cross at St. Paul's Good Friday 18th April: 4:30pm Service at Sandal Castle

Details of the processions to Sandal Castle to follow.

A few people have mentioned to Hannah about having a Maundy Thursday service in the parish during the daytime before the Passover. She is happy to do this if there is enough interest. Please speak to her or the office if you would like this.

Area Quiet Day for Eastertide - Diocesan wide

Saturday 24th May 2025 10.00am-3.00pm. College of the Resurrection, Mirfield, WF14 0BW **'Risen Indeed'** led by Canon Philip Hobday







Count me in! - New Electoral Roll for 2025

What is the Electoral Roll, and should I be on it? The Electoral Roll is a register of the non-clergy members of our churches. By joining, you are entitled to be on the PCC and vote at the Annual Church Meeting. Even though most members of our fellowship don't want to be on the PCC, or vote at the Annual Meeting, it is still important.

Joining the Electoral Roll is a way of saying "Count me in!" A way of confirming that you belong , want to be part of the family of God in this parish and that you support what is going on. It does not commit you to actually doing anything but it could be seen as an act of commitment or step along the road of discipleship.

What is special about 2025? Once every six years, all churches must renew their Electoral Roll, and 2025 is one such year. We must remove all names from the roll and start again. Everyone has to re-join. This may be a nuisance, but it is sensible. People move away, join or leave the church, or pass on and the roll gets out of date.

There are now forms at the back of both churches for joining the Electoral Roll, plus an optional form, to tell us more about yourself, if you wish. Please complete a form and give it to the Parish Office (or Margaret Walker if you worship at St Paul's). Many thanks. *Ruth McCallum - Electoral Roll Officer*

Women's Fellowship

Are you tired of all these grey and overcast winter days? Perhaps we can brighten you up for a couple of hours and help get your week (or month) off to a cheery start! Come along to our 'meeting' held on the first Monday of the month at 10am in the Emmaus rooms at the rear of the church. We often have a speaker and always have time for a chat & a laugh, cuppa & cake!

Our March meeting will have a speaker from the Citizens Advice Bureau. and coming up we have;

APRIL; Traditional Lenten Service (led by Revd Hannah Smith) MAY; Living After a Stroke (Norman Stowe) JUNE; 'Speaker' tbc JULY; Writing on 'Crime & Policing Today' (Colin Dixon)

Do come & see what you are missing! A warm welcome awaits you! *Gill Heap*



Quiet Day – 15th March at St. Paul's

Starts at 10am and ends at 12:30pm with lunch. Please let Hannah know if you are attending so that we can make sure we have enough lunch! hannah@sandalmagna.com

Kathryn is a retired priest in the Diocese of Leeds. From June- September2024 she lived in the West Bank on a World Council of Churches programme known as the Ecumenical

Accompaniment Programme in Palestine - Israel. Her role was to stand in solidarity with Palestinian Christians living under Occupation, monitor human rights violations in the Occupied West Bank and return to share stories of life on the West Bank with people in the UK. She will be leading our Quiet Day with stories of Non-Violent Resistance to the Occupation in the West Bank by both Israelis and Palestinians. There will be time for



questions and personal reflection on peace in the Land of the Holy One, in our world, and in our own lives.

File photo, view of the village of An Nabi Samwil. Photo: WCC

Children's Society

Since she started collecting the Children's Society Boxes 18 months ago. Liz Parker reports that donations from the people who have boxes and the boxes at The Spring come to a total of £947.77 collected. She wishes to thank everyone who has donated.

'Follow Me' 2025

Thursday 15th May 2025 Wakefield Cathedral WF1 1HG 6.30pm Optional Evensong 7.15pm Optional light supper 7.45-9.00pm Teaching Session led by Professor Jane Williams on 'The Holy Spirit'



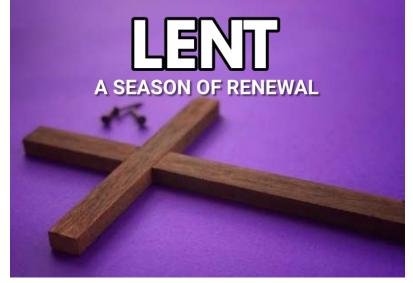




Lent - Countdown to Easter: 70, 60, 50, 40

A hymn is like a friend. We have friends with whom we have grown up since childhood, those we meet on our journey of life and hopefully, we also like to make new friends.

In the same way, we have hymns we sang when we were young, others as time moves on and new hymns written recently which we enjoy like a new friend.



Many hymns we sing are like a musical 'starting pistol' marking a season in the church calendar.

The final verse of hymn 'O come, all ye faithful' reads 'Yea, Lord, we greet thee; born this happy morning' which heralds the start of the Christmas season.

The season of Easter is announced with the well known hymn which reads 'Jesus Christ is risen today'.

The countdown to Easter was signalled in older editions of the Book of Common Prayer with 'Tables and Rules for Movable Feasts' which lists:

- Septuagesima nine weeks before Easter (70 days)
- Sexagesima eight weeks before Easter (60 days)
- Quinquagesima seven weeks before Easter (50 days)
- Quadragesima six weeks before Easter (40 days)

with Ash Wednesday between the latter two Sundays

Keen readers will have noted that the mathematics is not quite right. Ash Wednesday to Easter Day is a period of 46 days. We should note that the 'forty days' we normally refer to is the time Jesus spent fasting in the wilderness.

So back to where we started - this is reflected in the hymn 'Forty days and forty nights thou was fasting in the wild', concluding in verse six 'that with thee we may appear at the eternal Eastertide'. So who wrote this hymn? (continued on next page)

Lent - Countdown to Easter: continued

The pairing of words and music also tells a story.

Sometimes one was written for the other; sometimes the author and composer are one and the same person; often they never met, lived at different times or even in different countries!

Hymn: Forty days and forty nights (Ancient and Modern - No.121) Words: George Hunt Smyttan (1822-1870) and Francis Pott (1832-1909) Music: Attributed to Martin Herbst (1654-1681)

I hope the hymns we sing during Lent which includes Mothering Sunday, Passiontide and Palm Sunday are appropriate to the build-up to the major festival of Easter.

John Arnold, Organist

News from Angela and Richard Elphick

Remember us??

It's now been three years since Richard and I left Wakefield and the Parish of Sandal Magna to enable a less stressful life than that of the NHS and corporate employment. It has been an exciting time for us as we have explored the plan God has for us and our ministry within the church setting.

God has opened doors that we never expected. For the past two winters we have been supporting a church in Spain, predominantly made up of British expats, multidenominational and multi-cultural. God has blessed us in our ministry and in finding a

church we feel is now our new home.

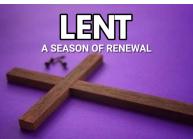
Due to visa requirements and work commitments we are not yet full time in Spain but we believe that in his time, God will open these doors too.



I have therefore decided that it is now the right time to put my license as Lay Minister into abeyance.

The time we spent with you in the Parish was amazing and has prepared us well for the season ahead. We have missed you all but know that God is constantly moving and challenging us to take new steps of faith as we walk with him.

We will be popping in from time to time. The parish will always be our spiritual home in the UK. Much love and blessings to you all *Angie & Richard*







'All the flowers of all the tomorrows are in the seeds of today.'

What struck me most when I first read this proverb was a reminder that my actions and choices made today will shape the future, my tomorrow. Just as a seed holds the potential to grow into a beautiful flower, my present actions plant the seeds for the future. It also reminds me to be mindful that in the present moment, what I do now may have an impact on what will bloom later in my life.

I'm Natalie and I am the Children's Team Leader for the parish of Sandal Magna. I have many years experience of working with children and families and I am excited to help plant the 'seeds' of today's church, ready for the future 'flowers' to bloom.

As a parish, our contribution to children's ministry is vital as for some, this will be the foundation for a lifelong relationship with God. I am delighted and privileged to be able to work with our team across the parish to continue to develop and nurture the future

of faith and help encourage families as they support their children to build the foundations for lifelong discipleship. Just like the seeds that are planted, I too am ready to follow God's new direction for me, to see what he planted, and to see how it will bloom. A chance to step into the unknown with encouragement, excitement and faith to see God's plan for me in this role. I am ready to 'bloom' and to see our churches alive with children and families flourishing in their faith. *Natalie*





Kids' Church Update

Another lovely 'All Together' 11am service with the children - I love seeing them at the front playing mini guitars and dancing in looking at pictures in books and wondering... plus bracelet making in Thank you Phil for a great message. Also a huge thank you to anyone who has donated food to Sandal Castle school, it makes a huge difference and they're very appreciative of the

help 🥰 cereal and uht milk 🥛



Laura Truter, Children's Worker





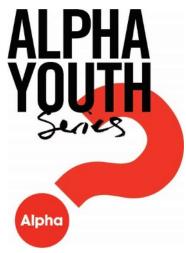
Youth Update - Every Good Work

aul's Nako Hot Chocolate is one year old. Yay! There are around 15 young people who regularly attend and play lots of different games and activities. We even recently did archery and had a (beer-less) beer pong tournament (pictured). There has been bracelet making, pool, table tennis, Jenga, giant connect four, mini connect four, plate spinning, diablo, devil sticks, chess, Uno, and even some colouring in going on over the course of the year. I don't even want to think about the number of pizzas and packets of biscuits consumed, but I do believe some French bloke once said that a youth group marches on its stomach.

This February, we are starting the first Acorn course; a discipleship course created by us to introduce young people to both elements of faith and also community action. There are (at the time of writing) eight young people signed up from the Eastmoor part of Wakefield and we will be zipping around from CAP, to Refugee Action, to St Swithun's Food Pantry, to the Allotments showing the young people how God is working in the city and how they too can be a part of this. We want the young people to really experience what it is to be a Christian as well as learning more about Jesus and to form their own worshipping community. Without the after-school drop-ins and youth clubs like Hot Chocolate, we wouldn't have the relationships built up to take the young people on this journey with us. So although it might sound a bit frivolous, these things are the backbone of evangelism and mission amongst the youth.

Youth Update - SHIELD

We are getting ready for Youth Alpha! A time for young people to question and get to grips with elements of faith, getting into the nitty-gritty of what they believe, why and what they are going to do about it. Bob Hoskins in the old BT adverts used to tell us it's good to talk and Youth Alpha helps the young people do exactly that – talk. If you know anyone in the 11-18 age range interested in discussing the big questions of life, do get in touch either with me. (Phil Asquith) or Rachel Chapman. Phil Asquith



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Youth Alpha

will start on Sunday March 2nd. Young people from year 6 to year 13 are welcome to join us at SHIELD. Please get in touch with Rachel if you're interested: SHIELD dates: March 2nd, March 16th, March 30th Rachel and Andy Chapman



ST HELEN'S HEATING AND LIGHTING

Most of you who attend St Helen's regularly, particularly the 9.30am service, will be aware of the issue we are currently having with our heating system. Or at least I'm sure you will have noticed that it isn't very warm and that is despite our gas heating bills being scarily high.

The PCC is addressing our heating and energy issues as follows:

Heating: Our current gas system's control mechanism is failing. We're working with engineers for a solution.

Energy: We have switched to Octopus for ethical electricity. We are investigating installing solar panels and batteries to generate our own power, requiring diocesan approval and planning permission. Grant applications are underway.

Future Heating: We are researching eco-friendly, cost-effective heating options. Timeline: Solutions will take several months. We'll provide regular updates.

The PCC has put together a group to investigate what might be done about the whole issue of energy usage at St Helen's and as a group we wanted to let you have an update on what we are doing.

Our current gas heating system has been in operation for some years. The Drugasar heaters are regularly serviced and repaired and are replaced when necessary. The problem we have is that the low voltage control mechanism on these heaters is no longer supported, this is compounded by the fact that both commercial gas engineers and parts are becoming scarce. We are of course attempting to resolve this issue (it's a specialist matter and we are awaiting a visit from our heating engineer).

Regarding all our energy usage we want to have a solution which is eco-friendly, keeps us warm and lowers our bills.

We have recently moved our electricity supply to Octopus as a first step in reducing our electricity bills and relying on a more ethical provider.

The next step in our move to green energy is to self-generate our electricity supply. We hope to have solar panels on the roof along with batteries to store the power generated. This will significantly lower our electricity costs.

To have solar panels we will need a faculty from the Diocese and planning permission. To apply for these, we need solutions and quotes from suppliers.

We intend to apply for grants to assist with the cost of the solar panels & batteries. The second stage will be to look at heating options for St Helen's. There are various possibilities, and we are gathering information on them all.

Unfortunately, this does mean that it could be some months before we resolve all the issues so will ask that you bear with us on this. We will keep you updated as to how we are getting on.

Andrea North, Craig Orr, Julian Finn, Sarah Cutts, Neale Clark

Eco Church

As some of you may be aware, Margaret Walker and myself formed an 'Eco Church' group back in October last year and we have just been awarded a Bronze award. Thanks to the hard work of our group who are representing each of the five assessed areas (Worship, Lifestyle, Buildings, Land and Community Engagement) we have now submitted our first application for St Helen's and look forward to hearing the results.

What does this mean?

'Eco Church' is a movement set up by charity 'A Rocha' to help churches think proactively about how we can better care for God's Earth and encourage others to do the same. Churches are invited to fill out a survey of the five areas listed above exploring how environmentally friendly our buildings and pastoral practices are, and what steps we can take to encourage each other and our local community to improve. Each church can earn a Bronze, Silver or Gold award, which we can use to raise awareness of the importance of protecting our world, and also may give us the opportunity to apply for funding or resources to help us improve our church's environmental impact even more in the future.



Next Steps

Now we have submitted our first application, we will look into submitting further surveys for each of our premises in the parish - St Paul's, The Spring Cafe and Portobello Community Centre. In the coming months you will hopefully start to see regular updates in our newsletters, social channels and info in the Sunday services as we hope to encourage everyone to live as green a lifestyle as we can and keep you updated with ways in which you can help.

If you would like any more information please feel free to send me an email at abbystanleyjones@gmail.com. You can also read more about Eco Church at https:// ecochurch.arocha.org.uk/. *Abby Stanley-Jones*



ecochurch.arocha.org.

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Report of the Deanery Synod Meeting 30th Jan 2025.

The meeting was at St Catherine's Church Belle Vue. There were 37 people in attendance (29 laity and 8 clergy-including Mike Keeton from Sandal Magna) Revd David Gerrard welcomed everyone to the meeting. Opening worship was led by a Worship Song with Revd Matthew Brothwood, and another, on guitars. The words were projected onto a screen and everyone was invited to join in. Revd Hannah Hobday was inducted as Assistant Area Dean by Archdeacon Catherine Thatcher. Revd Gerrard is going on a Sabbatical for three months from 10th Feb. so during that time please contact Revd Hannah Hobday.

Revd Gerrard introduced the speaker; Revd Henriette Howarth, Prayer and Spirituality Co-ordinator for the Diocese of Leeds. Henriette, originally from the Netherlands, is the wife of the Bishop of Bradford Very Revd Toby Howarth. The couple have had a cosmopolitan experience during their careers; spending five years in India in a Christian Ashram, some years in Rotterdam which has a large Muslim community,

some time in Peckham (East London) and Birmingham which have large populations of

Caribbean descent and now in Bradford. They have absorbed something of eastern spirituality and the exuberance of West Indian Christianity. Henriette asked: What is Prayer? What is Spirituality? What is your Spiritual Journey? Most people would agree that prayer takes place in the heart. Henriette recommended a book by Barbara Brown Taylor - title 'An Altar in the World' on spiritual practice. God is in the here and now. God is amongst us, rather than far away. How do we reach out to the unchurched? Resources: The prayer Course on the Diocesan website, Rhythm of Life-Diocese.

The meeting was asked for their ideas and suggestions: Quiet Days, Pilgrimage, Church WhatsApp Group, Prayer Chain, e-mail list to share prayer on request and the Book Of Common Prayer. Henriette suggested 'Spiritual Direction' - go with another person on a Spiritual Journey. The Leeds Diocese has a Prayer and Spirituality Team, and each area has a co-ordinator-it is Revd Ruth Harris for Wakefield who has a team including Revd Philip Hobday at the Cathedral.

After thanking Henriette, Revd David Gerrard followed with the ordinary business of the Deanery Synod: Minutes of the last Meeting; Election for Laity Members of the Diocesan Synod - papers will be sent out; Revd Glen Coggins of the North Wakefield Benefice is retiring - leaving a vacancy. There is still a vacancy at St Michael's. Next Deanery Synod meeting will be a joint meeting of the Deanery Synods of the Wakefield Episcopal Area (Wakefield, Pontefract and Barnsley) at the Cathedral on 4th June 2025. The meeting closed with Compline.

Mike Keeton - Deanery Synod Rep







Letter from the Bishop about Parish Share



Rt Revd Nicholas Baines Bishop of Leeds

> Jonathan Wood Chief Executive (Diocesan Secretary)

Church House 17-19 York Place Tel: 0113 200 0540 www.leeds.anglican.org

28th January 2025

Dear Friends,

We are writing to say thank you for your giving and support in 2024, the year the Diocese of Leeds turned ten years old. We are very thankful to everyone who helped establish the Diocese and has contributed to its development. As we move into our second decade, we do so with confidence.

In 2024 parishes across the Diocese contributed £11,702,737 in Parish Share. Sandal St Helen contributed £85,461, towards a request of £85,461.

Given the difficult financial circumstances of the last few years, we are very thankful for your contribution. Ministry in this Diocese is done by remarkable people in all settings, from urban to rural, cities to dales to small market towns, and villages. The figures above are not numbers for numbers' sake. Parish Share is all about the church being able to engage in the real stuff of people's lives. This is the Church of England at work on the ground, and to do this, we must be able to resource it.

Parish Share is our largest source of funding by far. All the money received through Share is spent directly on supporting clergy in our parishes. Still bearing the cost of COVID-19 and in tough economic times, the Diocese has a rolling deficit of around £1.0 million.

Currently, we balance the books by selling properties, using reserves, and constantly reducing operating costs. This is obviously not sustainable, and so we want to encourage everyone to be generous in order that we can shape parish ministry positively into the future.

For a decade we have encouraged confident Christians because they will grow churches and help transform society. In a complicated world, that is the simple dynamic - confident Christians, growing churches, transforming communities.

Our missional strategy, Barnabas: Encouraging Confidence, is not a tick-box exercise to make us feel better. It is about asking, "What do you need to grow in confidence so that your church can grow, so that we can achieve more in our parishes?" Every parish is unique, and Barnabas, underpinned by funding from the national church, wants to meet missional needs with real help and advice.

We know the challenges, but above all, we are hugely confident of the opportunities for the gospel of Jesus Christ in our special part of the world.

Thank you for your generosity and your giving. Thank you for all the mission and service in the Diocese of Leeds. We pray that God will bless you as we work together for the sake of the kingdom of God in this place.

With our gratitude,

Rt Revd Nick Baines, Bishop of Leeds

Inother what

Jonathan Wood, Diocesan Secretary

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News from The Spring continued





Spring Newsletter – March 2025



Spring has finally sprung as we see the lighter nights coming and daffodils on the tables in the Café. I so often think how lovely it would be to have the daffodils all year round, but then I remind myself that they would then no longer be a sign of the changing seasons and the hope that comes with that.

What's On

Lent Lunches @ The Spring Café, in support of Christian Aid

From Ash Wednesday, 5th March until Maundy Thursday, 17th April we will be supporting the work of Christian Aid and donating to them all the monies raised from our Soup and Sandwich Lent Lunches. The lunches will cost just £6 each, of which all will go to the charity and in return you get to enjoy a bowl of our homemade soup and a choice of sandwich from Egg Mayo, Cheese, Tuna Mayo or Ham – we look forward to welcoming you and helping our friends @ Christian Aid.



Passover/Sedeh Supper @ The Spring Café

On Maundy Thursday 17th April from 6.30pm @ The Spring, we will be hosting a Passover/Sedeh Supper led by Reverend Hannah. Now a regular feature in our Holy Week Journey, our Passover promises to be an enlightening evening as we journey together through the Ceremony and rituals of this ancient custom. There will be a 3 Course Supper provided on the night, on a "pay as you are able" basis with all surplus funds being donated to a local Charity in Wakefield.

Please note: that part of the Ceremony does involve drinking Red Wine so please do bring your own bottle or an alternative.

To book – you can call in person or call us on **01924 242593**. We do expect this event to sell out so please don't leave it until the last minute – and to ensure as many as possible can take part you will be sharing tables.

News from The Spring continued



Knit & Knatter – an opportunity to meet up with like minded folk around a communal table and chat, whilst creating something amazing. The group meets every Thursday @ The Spring Café from 2pm -4pm and ALL are welcome.

Christmas 2025

Is it too early to talk about this ??? – well apparently not as we had enquiries back in November 2024 to book for 2025 – you will be pleased and reassured I hope that we very politely declined the bookings. It did however prompt the conversation as to when it is ok to take bookings – so with that in mind I can confirm that we will be accepting bookings from Tuesday 1st July 2025. All bookings will need to be confirmed with a nonrefundable deposit of £5 per person and are available from 1st – 19th December

Christmas Day 2025 – we are very much hoping this year to be able to host a Christmas Day Lunch at The Spring for anyone who needs to be there – however achieving this is totally dependent on having help – so whilst it seems a long way off – if our dream is to become a reality we need to know if we have enough help – so I am asking if you would like to join us in various capacities on the day – we will need help setting up, prepping and cooking the lunch, serving the lunch, clearing down at the end and of course sharing in the lunch together – so if you feel called to help in whatever capacity and would like to talk it through I would love to share our vision with you – grab me in church, or swing by The Spring and let's talk.

Our Spring Vision

In January 2024 – The Spring Staff Team, including the Spring Directors, led by Reverend Hannah, met to spend some time together thinking about our next season at The Spring and what it should look like. We spent the day focusing on all the things we believe we do well and that we feel our customers appreciate and then most importantly those areas that we could improve upon. Its fair to say that most of these comments related to our buildings and in particular, our Entrance area. With that in mind we are now looking at developing some architect's drawings, along with some structural surveys, to submit with our application for a substantial grant to fund the project. Our challenge is to fund the drawings, as since paying for 2 new roof sections and upgrading the kitchen in the last 18 months, along with spiralling energy bills, we have very limited cash flow and therefore we are looking for donations to help us raise the £5000 we need to get the Architects drawings done. I realise that we are asking once again for your support, but we have to start somewhere so if you would like to find out any more information then I would love to share our vision with you - catch up with me at The Spring or in Church or via our email address **spring@sandalmagna.com**

News from The Spring continued <u>Community Notices</u>



Yoga Classes with Margaret Clegg

Wednesday 7.30 – 9pm

If you are interested in joining this class, please call Margaret on 01924 370673 & Mobile 07787175432 and she will be happy to talk you through any questions you may have – all levels catered for from beginners to the more advanced.

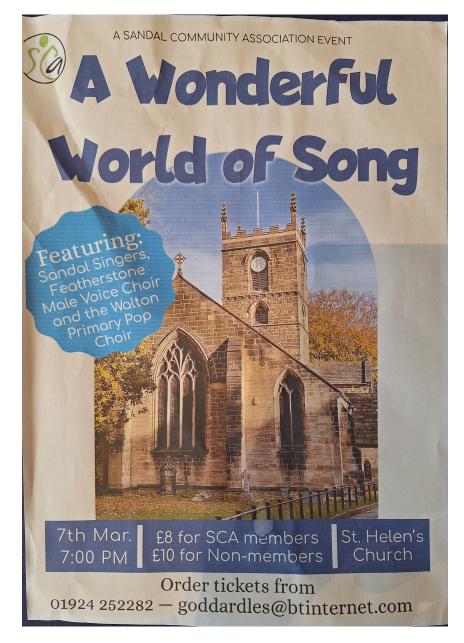




Slimming World with Vicky

Every Tuesday 5pm and 6.30pm – a warm welcome extended to all whether you're new, existing or returning – contact Vicky on 07966 202826 if you want any further information

Concert at St Helen's





Local Events

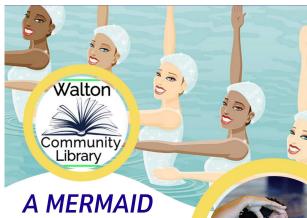
A Walton Community Library Event



MY JOURNEY THROUGH THE STARS' Thurs MARCH 6th at 7pm

only £3, payable at the door

A presentation by our local expert Graham Bate about how he became involved in astronomy from a young age, and how the important events during his lifetime shaped his interest. WCL IS AT CHARLES WATERTON HOUSE, ALMOND AVENUE, WF2 6UA



IN MOTION AND MORE ..!

THURSDAY MARCH 20TH @7PM ONLY £3 AT THE DOOR

Jeanne Ansley, Walton's synchronized swimming champion, will talk about her life.....from the BBC via the Circus in Berlin to World Artistic Champion Doha 2024 and everything in between!

CHARLES WATERTON HOUSE, 6 ALMOND AVENUE (off The Grove) WF2 6UA



Join us for a free Community Liver Health Check

The Liver Buddies Team at Leeds Teaching Hospitals NHS Trust are encouraging all members of public to get their liver head the checked our screening event. The screening will take place on our mobile clinic vehicle 'O-liver' which will be parked on site at Manygates Education Centre, Wakefield.

The event will give individuals the opportunity to have their liver screened, talk to healthcare professionals about their liver health, receive information about variou types of liver disease, advice about healthy living and how individuals can improve their liver health.

The service is free, confidential, and open to members of the site. The event will take place on

Date: Wednesday 12 March 2025 Venue: Manygates Education Centre, Manygates, Wakefield WF2 7DW Timing: 9:30am to 3:30pm Location: We will be parked in the car park at Manygates Education Centre.

Appointments are on a first come first served basis

For more information email: leedsth-tr.wylivercareodn@nhs.net Visit our website at: https://www.westyorkshirelivercareodn.nhs.uk/





Events at Portobello Community Centre





PORTOBELLO COMMUNITY CENTRE

WHAT'S ON IN MARCH

MONDAY

Sewcial Crafting Group 10am to 1pm | £4

Hot Chocolate Youth Club 6.30pm to 7.30pm 11 to 16 year olds FREE Pizza and hot chocolate Run by members of St Helen's Church

TUESDAY

Portobello Craft & Photography Group 12.30pm to 2.30pm | £2

> AA 7.30pm to 8.30pm Donations

THURSDAY

Portobello Drop In 11am to 1pm | £3 Run by volunteers from local churches

Falls Prevention with Chair Exercises 1.30 pm to 2.30 pm | £3

Kung Fu 7pm to 8pm - Beginners 8pm to 9pm - Advanced Beginner subs: £3 adult/£2 child First session free

FRIDAY

Sewcial Crafting Group 10am to 1pm | £4

WEDNESDAY

Portobello Baby & Toddler Group 9.15am to 11am £1 adults / 50p baby or toddler Run by volunteers from St Helen's Church

MONTHLY

Trinity Model Making Group Saturday, 8 March 10am to 1pm | £4

If you are on a low income and need support with subs please contact the office or group leader (in confidence)



portobellocommunitycentre

infopcfwakefield@gmail.com
07388 356008
www.portobellocommunitycentre.org

Regular Events at St Helen's and St Paul's



Church Groups or Activities	
1 st Monday of each month	Women's Fellowship. Emmaus Room.
10.00 -12.00	Contact Gill Heap. 07773 307155
3 rd Monday of each month	Mother's Union. Barnabas Room, St Paul's
7.30pm – 9.30pm	
Wednesday 9.00am -12.00	Gardening Team.
	Contact Julian Gill. 07769 225771
Church Cleaners 9.00am –	Contact Vickie Lord. 01924 255938 or
12.00 midday	May Winterbottom 01924 219787
Wednesday 7.00pm	Bellringers practice for Sunday Services. St Helen's.
	Contact Margot Cutt. 01924 255918
Thursday 7.00pm	Choir Practice. Usually, the Thursday before the 2 nd
	and 4 th Sundays. St Helen's Church.
	Contact John Arnold. 01924 372597
2 nd Thursday of each month	Contemplative Prayer Group. Barnabas Room, St
2.00pm – 3.00pm	Paul's. Contact Sue Davies. 07749 592858
Every 1st and 3rd Sunday.	Shield Youth Group.
6.00pm - 7.30pm in the Emmaus	Contact Rachel Chapman
Rooms.	
Other Activities (charges may apply)	
Monday in term time	U3A Recorder Group. Emmaus Room, St Helen's.
1.30 – 3.30pm	Contact David Johnson: 07484 230520
Monday in term time	Wind Band.
7.00pm to 9.15pm	Contact Adele Jones: 07850 483727
First Wednesday of the month	Cllr Katrina Law surgery for local residents
at 5.00pm	katrinalaw@wakefield.gov.uk
Last Friday of the month at	Cllr Shaman Saleem surgery for local residents
5.30pm	mailto:shabaansaleem@wakefield.gov.uk
Thursday eve, twice monthly	Soroptimists, Barnabas Room, St Paul's.
	Contact Linda Phillips 07709 282403
Various days and times	Pilates, Barnabas Room, St Paul's.
	Contact Gill Carr: 07968199169







Sunday Worship at St Helen's & St Paul's March/April

Sunday	9.30am St Helen's (Morning Prayer)
2nd March	11.00am St Helen's (Morning Prayer, with Kids' Church)
	11.00am St Paul's (Holy Communion)
Sunday	9.30am St Helen's (Morning Prayer) 11.00am St Helen's (Morning Prayer, All Together)
9th March Lent 1	11.00am St Paul's (Morning Prayer)
	9.30am St Helen's (Holy Communion)
Sunday 16th March	11.00am St Helen's (Holy Communion, with Kids' Church)
Lent 2	11.00am St Paul's (Holy Communion)
Sunday	9.30am St Helen's (Holy Communion)
23rd March	11.00am St Helen's (Morning Prayer, with Kids' Church)
Lent 3	11.00am St Paul's (Morning Prayer)
Sunday	9.30am St Helen's (Morning Prayer)
30th March	11.00am St Helen's (Holy Communion, Mothering Sunday)
Mothering Sunday	11.00am St Paul's (Morning Prayer)
Sunday	11.00am St Paul's Joint Service
6th April	No services at St Helen's
Sunday	9.30am St Helen's (Holy Communion)
13th April	11.00am St Helen's (Morning Prayer, All Together)
Palm Sunday	11.00am St Paul's (Morning Prayer)
Sunday	9.30am St Helen's (Holy Communion)
20th April	11.00am St Helen's (Holy Communion, with Kids' Church)
Easter Sunday	11.00am St Paul's (Holy Communion)
Sunday 27th April	9.30am St Helen's (Morning Prayer)
Low Sunday	11.00am St Helen's (Morning Prayer, with Kids' Church) 11.00am St Paul's (Morning Prayer)
The Parish of Sandal Magna, Sandal, Walton and Portobello	

The Parish of Sandal Magna Sandal, Walton and Portobello Contact Details:

The Parish Office, St. Helen's Church, Barnsley Rd, Sandal, Wakefield WF2 6EJ. 01924 259966

office@sandalmagna.com

The office is normally open Monday to Thursday in the mornings. Website: <u>http://sandalmagna.com</u>