



Methodist Post

Boston Spa • Clifford • Bramham

December 2019

We wish all our
readers a very
Happy Christmas

May the season be
bright with joy, peace,
love, and hope.



Ideas and contributions
for future editions of
the Methodist Post
are always welcome.

For the January issue, please send
copy by 10th December to:
jovernon1@gmail.com
Jo Vernon, Editor (01937 360016)

Don't forget, the magazine is also
available to read on our website:
www.bostonspamethodistchurch.org.uk



Cover photograph: Jo Vernon
Advent wreath, with candles lit for the
second Sunday in Advent.



Methodist Women in Britain – Yorkshire North and East District

Friday 6th December: "Let there be light – in the Darkness"
10am-1pm – Advent creativity morning with lunch
Southlands Methodist Church, York

Tony Barker and Sons Funeral Directors in Boston Spa



*Independent Family Funeral Directors in
Boston Spa, Tadcaster and surrounding areas*

ESTABLISHED OVER 100 YEARS

**Private chapel of rest
Golden Charter prepaid funeral plans**

**Tel: 01937 842574 / 07773 226045
Email: nickbarker1@btconnect.com**

24 HOUR SERVICE

Golden Charter
Later Life Planning



Minister's Letter

Just before I sat down to write this letter, Sue and I had been talking about Messy Church, where we 'followed' the path to Bethlehem; one of the favourite parts of that story is the inspiring story of how the Angel Gabriel visited Mary.

This started me thinking about angels and what has the Bible to say about them. There are over 270 references to angels in the Bible, from Genesis to Revelation. We have accounts of God sending his messengers to share important news. The Bible takes angels seriously and so should we. God sends his angels to watch over us and protect us. It appears that angels are sent at vital times in Israel's history. When Moses had rescued the people from the cruelty of the Egyptians, and he was leading them through the desert, God said to Moses, "I will send an angel ahead of you to protect you as you travel and to bring you to the place which I have prepared" (Exodus 23 v20).

It's not surprising then that when the Son of God was to be born on earth, the Lord would want to send his special messenger, Gabriel, to announce his arrival. We are not told anything about what Gabriel looked like. We are only told that he came to give an important message and to bring peace and comfort to Mary.

What about now? Does God still send angels? Of course, he does! They come in all different shapes and sizes. God sends them to be messengers of peace and hope.

There are angels who come directly from the courts of heaven into our lives, like Clarence in the film *Wonderful Life*. But don't waste your time looking for the ones with wings and halos, because that's a medieval interpretation. We do not know what the heavenly angels look like, but the angels we might meet are more likely to be human beings, who step into our lives at important moments.

These angels are also sent by God; they are to be found in nurse's uniforms in hospitals. They are found in the homes for the elderly. They are found on the mission fields. They are in our children's classrooms. They are social workers, carers, and MacMillan and Marie Curie Nurses...

God's angels are everywhere, and they are doing his work. Perhaps you could be doing the work of an angel? If so, who are you encouraging this Christmas? Who have you blessed today? Have you brought a smile to the face of someone who has been sad? Perhaps you can cheer someone up with a letter or a phone call today?

The world needs angels, both heavenly and earthly, and God is looking to you and me this Christmas to be an angel to someone in need. There are many needs out there. Ask God to send you to someone in need and watch what happens!

He is looking for his messengers this Christmas. Can you be a 'messenger' angel to someone this Christmas? Can you say to someone, do not be afraid, I am with you! Or, even better, can you give someone in need a helping hand, a meal, some food, this Christmas?

For that is part of what Christmas is all about. That is why God sent his Son – to bring to us the Message of Hope and Peace for a needy world.

May your Christmas season be blessed with meeting many angels and may you get the opportunity to be blessed by being God's angel to someone in need. **Rev Steve**



Boston Spa Methodist Church

...where Church and Community meet



Diary Dates

1st Sunday in Advent – 1st December

- 10.30am Advent Offering Service
to include Holy Communion
led by Revd Steve Jakeman
6.00pm Reflections Service
led by Revd Steve Jakeman

Wednesday 4th to Sunday 8th December

CHRISTMAS TREE FESTIVAL (see p.13)

Friday 6th December

- 12 noon Light lunches served prior to...
1.00pm Lunchtime concert (see p.9)

2nd Sunday in Advent – 8th December

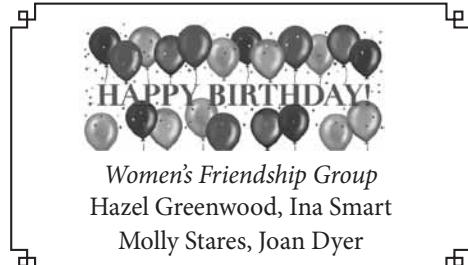
- 10.30am Christmas Tree Festival Service
a 'Messy Christmas' led by
Revd Steve Jakeman and Sue
6.00pm Festival Carol Service
led by Revd Steve Jakeman

Tuesday 10th December

- Women's Friendship Group
Christmas Lunch
2.30pm Carols at Orchard House

Wednesday 11th December

- 7.00pm Sacred Space – Reflective Worship
7.30pm Men's Group Christmas Dinner



3rd Sunday in Advent – 15th December

- 10.30am Morning Worship
led by Revd Ruth Parry
6.00pm United Holy Communion Service
at Wetherby

Wednesday 17th December

- 10.30am Evergreens Luncheon Club
Christmas celebrations

4th Sunday in Advent – 22nd December

- 10.30am Morning Worship
led by Revd Colin Cheeseman

Tuesday 24th December – Christmas Eve

- 11.30pm Christmas Eve Service
with Holy Communion
led by Mr Stephen Spain
and Revd Steve Jakeman

Wednesday 25th December – Christmas Day

- 11.00am All Age Worship led by
Revd Steve Jakeman and Sue

Sunday 29th December

- 10.30am United Service at Clifford
Café-style worship led by
Revd Steve Jakeman and Sue

Regular Weekly Events

Mondays

- 3.15pm Ping Pong Group
5.00pm Senior Table Tennis

Wednesdays

- 9.30-11am Busy Bees – for pre-school
children and their carers



Church Rotas

Church Stewards

- 1 K/J Grimditch
- 8 Pauline O'Melia, Arthur Faulkner
- 15 Val Woodhams, K/J Grimditch
- 22 Joan Dyer, Pauline O'Melia
- 24 Barbara Hudson, Heather Grant
- 25 Arthur Faulkner, Barbara Hudson
- 29 *United Service at Clifford*

Welcome Stewards

- 1 David & Anne Hovell
- 8 Val Woodhams, Julie Thompson
- 15 Angela Coleman, Pat Winstanley
- 22 Bob & Sheila Humphries
- 25 Les Kellet, Diane Burton
- 29 *United Service at Clifford*

Flowers

- 1 Joan Dyer
- 8 Angela Coleman
- 15 Angela Coleman
- 22 Angela Coleman
- 29 *United Service at Clifford*

Coffee

- 1 Dennis & Carmen Ashton
- 8 Roger & Christine Tunnicliffe
- 15 Julie Thompson, Val Woodhams
- 22 Graham & Kathleen McGuire
- 29 *United Service at Clifford*

Busy Bees

- 4 Judith Grimditch
- 11 Wendy Wade
- 18 Barbara Hudson
- Party – all helpers welcome

Cleaning

- To 8 Jo & Iain Vernon
- 9-22 Heather and Claire Grant
- 23 to 5 Jan Brian & Jackie Marsden



WELCOME ANNE & JIM



After four years of living in Boston Spa, Sunday 28th October was a very special one for Jim and me. We were received into membership of the Methodist Church.

For these four years, we have been turning up at your services from time to time, while for the rest of the time, travelling to York to the United Reformed Church there, where we had been members for over 20 years, and with which we were both very much involved. However, your lovely sanctuary and buildings, along with the style of worship, the friendship and welcome we experienced, all worked to pull us towards full communion and membership.

We would like to thank you all for that friendship and also Revd. Steve who has also been instrumental in helping us make the "move!" It was a lovely service, with both of us feeling quite "special" and the launch of the "Talking Jesus" programme gave us all a lot to think about I'm sure.

Anne Murison

CLIFFORD
METHODIST CHURCH



The church is a bit tucked away behind Church View Mews, but you can also reach us through a gate at the top of Nursery Way

Diary Dates

1st Sunday in Advent – 1st December

10.30am Morning Worship
led by Revd Colin Cheeseman

2nd Sunday in Advent – 8th December

10.30am Service of Holy Communion
led by Revd Ken Marshall

3rd Sunday in Advent – 15th December

10.30am Morning Worship
led by Revd Uell Kennedy

6.00pm Carol Service
led by Revd Steve Jakeman

4th Sunday in Advent – 22nd December

10.30am Advent Offering Service
led by Revd Steve Jakeman

Tuesday 24th December – Christmas Eve

3.00pm Crib Service
led by Revd Steve Jakeman

10.00pm Christmas Eve Service
with Holy Communion
led by Mr Stephen Spain
and Revd Steve Jakeman

Wednesday 25th December – Christmas Day

10.00am All Age Worship led by
Revd Steve Jakeman and Sue

Sunday 29th December

10.30am United café-style worship, led by
Revd Steve Jakeman and Sue

Church Rotas

Vestry 1 David Mountain
8 Alison Smith

10.30am 15 David Barrow

6pm 15 Michael Whaley
22 Jason Turner

10pm 24 David Mountain
10am 25 Michael Whaley

29 Alison Smith

Door 1 Alison Smith, Julie Norman
8 Hazel Greenwood

10.30am 15 Sheila & Katy Biercamp

6pm 15 Ros McCall, Hazel Greenwood
22 Ros McCall, Catherine Catton

10pm 24 Catherine Catton

10am 25 Catherine Catton
29 Carol Smith, Margaret Suggate

Flowers

1 Catherine Catton
8 Kathryn Whaley

15 Kathryn Whaley
22 Hazel Greenwood

29 Hazel Greenwood

Schoolroom Cleaning

Catherine Catton

Christmas Party and Carol Service

Our annual Christmas Party will be held on Sunday 15 December at 3pm. There will be music, a quiz and party games. Please bring along a plate/dish of food (savoury or sweet) to make up the usual Faith tea. The Carol Service, led by Rev Steve Jakeman, will then follow in chapel. Tea, coffee and mince pies will be served afterwards. Everyone is very welcome so please come along and enjoy yourselves.

THOUGHT FOR THE MONTH

Peace on earth will come to stay,
When we live Christmas every day.

Helen Steiner Rice

Happy Birthday

Jackie Turner, Silas Turner
Edward Barrow

SKELF FRAMES

Picture Framers

Unit 15a Station Estate

Tadcaster LS24 9SG

Tel: 01937 530623

www.skelfframes.co.uk



SKELF FRAMES

Also find us at Wetherby market every Thursday

PETER NORMAN Plumbing & Heating Limited

ESTABLISHED 1993



The Plumbers'
qualification



Mulberry Cottage, New Mill Lane, Clifford, LS23 6HN Tel: 01937 843935

A Way Forward

Whilst I write this we are still in the month of November, a month which seems dedicated to acts of remembrance, from the annual All Souls Service, and beyond Bonfire Night to Remembrance Sunday, we find opportunities to remember loss and sorrow both personally and corporately as communities and countries.

We are now, though, moving into December and for those who may be facing their first Christmas without a loved one, or indeed those who lost loved ones years ago, Christmas can be a very difficult time.

Christmas, with all the implications of happiness and joy, seems to be the one season that brings grief into a sharp focus and can leave you feeling so lost and alone; especially when, in the midst of others celebrating, you end up feeling guilty or frustrated about the way that you feel. But remember there is no time limit on grief; it's a natural process but is so often misunderstood.

By definition, grief is an immense sorrow, and is a natural response to a loved one's death. You don't want to ignore it, push it aside, bury it, or pretend that all is fine. It is confronting a painful change that you can do nothing about. For some, it's about regret, others, a loss of time, companionship or an inevitable change of lifestyle.

As it was described in our All Souls

Memorial Service, "it's as though a jigsaw puzzle has been thrown up into the air and all the pieces have been scattered far and wide. Then, as we remember, the pieces start to come together – only the picture isn't quite the same.

Paul's letter to those in Rome who were trying to follow in Christ's way is a remarkable message of the power of love in difficult times. "He asks what power there is, that can separate us from love", and answers it by saying "nothing..."

I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

It takes courage to remember, and at Christmas with all its expectations, its joy, its pressure on families and friends, and the pain of that person missing, can be immense. Take courage from Paul's words that absolutely nothing, not even our grief, can separate us from the love that we have shared with those we have lost – love is stronger than death, and love is of God. Memories don't just connect us with the past; memories are also what connect us with the future, with hope and new life.

At Messy Church, when we were talking about remembrance, we learnt that remember means to bring back together again so, as we remember, as the fragments

start to come together and we see new possibilities emerging, we may become ever more aware of the bond of love that cannot be broken.

Please don't ever believe that this is easy, there are no set stages and phases to grieving, there's no rule book about the correct way to grieve and no timescale. It takes time, and everyone is different, but we do have the ability to overcome grief so that we can move forward. Remember you are unique, be patient with yourself, allow yourself to shout, cry, beat your pillow and feel able to say no if it's something you can't do.

Find strength in others: If you haven't got family and friends around you, look for a support group. You can find help through the health centre, church, local groups and

online forums. Connecting with others who understand can provide comfort in the fact that you are not alone and that others do understand.

Honour and remember: Although the one you loved may no longer have a physical presence, don't be afraid to remember and honour their presence with the love you continue to hold in your heart and mind. Talk about them with others, share those special memories, remember the joy that they brought into your life, and allow yourself to smile and share in the joy and happiness of those around you.

May you find peace and contentment this Christmas and in remembering find new ways to share in the celebrations of Christ's Birth.

Sue J

LUNCHTIME CONCERTS AT BOSTON SPA



Friday, 6th December

The concert is at 1pm

Admission £5.

Light lunches
are served from 12 noon.

All are welcome.

Tadchorale is a very popular 4-part choir from Tadcaster. Under the leadership of Carole Cox (*accompanist and Director*) and Helen Wright (*conductor*) they will present a programme of songs and a reading for the Christmas Season. They donate their fees to charity. This year their chosen charity is St Leonard's Hospice in York.

Judith England

Our next lunchtime concert will be held on Friday 10th January
A piano recital with music both classical and popular – Adam Parrish

Check our website for details of all of our concerts:
www.bostonspamethodistchurch.org.uk



Following the success, on many levels, of the 'Flourish' District event, I would like to share, with his permission, an article written by Andrew Creamer about the experience of a group of Iranian refugees, whom he took to Flourish, from his Methodist church in Hull. Rev Steve

Can we Flourish?

Five Iranian asylum seekers gave testimony at a bible study in a small church in the centre of Hull. They were part of a group of 10 who went together to the District Gathering 'Flourish' (Hossein, Ameen, Yardi, Mohsen, Saeedeh, Sara, William, David, Andrew and Jane). They were excited to tell their nearly 40 friends at bible study of the joy of sharing together, worshipping together and journeying together with the Methodist people of Yorkshire North and East District.

One told of feeling the presence of God in a new and real way; another told of wanting to commit themselves to following Jesus.

The group on the beach at Scarborough (Andrew Creamer waving)



Another said that the Spa Theatre was full of older people, but that they did not act old; they worshiped with youthful enthusiasm, the God they believed in. The final speaker spoke of how he could not go on the weekend because he had an appointment on the Friday and the trip was fully booked. However, when Friday came, his appointment was unexpectedly cancelled, and a place on the weekend became available minutes before the group were due to leave – he ran all the way to the pickup point at church in order to be included without a change of clothes or a toothbrush!

On Saturday evening as Rev Prof David Wilkinson challenged a thousand strong congregation to be committed to flourish, 3 Iranians went forward to respond. Another wept uncontrollably as he received prayer in the name of Jesus.

I was the leader of the group and I was transformed by the weekend, not only by the speakers and the worship, but by the friendship, love and hospitality of my fellow travellers.

It is hard to see how those who have escaped persecution, torture, imprisonment, long journeys at high stakes full of danger, loss of family and friends (possibly for a lifetime) can flourish in a country that doesn't always welcome them,

Rev Steve with three of the refugees at Scarborough Spa



often doesn't believe them and undermines their self-worth in many ways. The love and joy, smiles and laughter belied their previous experiences as they truly began to flourish.

Can the church of Christ in this part of the North of England truly love, accept and support those who found a place with the people of God despite language and cultural issues. I hope and pray that we can and will. It is a challenge for the church, circuit and district personnel and bodies to believe in and put into action the promises of 'Flourish'. To truly make being 'missional' part of our DNA in all that we are and in all that we do for the love of Christ; so that we all may 'Flourish'!

Andrew Creamer



Hundreds of people turned out for the Remembrance Parade in Boston Spa on Sunday 10th November

The Harrogate Male Voice Choir entertained us at Boston Spa on 2nd November. The event, which raised £692, was to mark the launch of our Circuit Charity for 2019-2020 – Candlelighters.

The interesting and varied programme was in two parts, with mocktails and petit fours being served during the interval.

Proud to support **Candlelighters**
RCN 1045077
Together we can fight children's cancer

Harrogate Male Voice Choir



THE CENTRAL GARAGE

for service you can rely on

A family business established 1926

- ◆ Tyres, exhausts, batteries and brakes
- ◆ Servicing and repairs – all makes
- ◆ Courtesy cars available
- ◆ MOT testing 



153 High Street, Boston Spa, LS23 6BH
Tel: 01937 842283

YOUR LOCAL INDEPENDENT SERVICE CENTRE

WITH OVER
50 YEARS'
EXPERIENCE

Sandersons

... the first choice

- ❖ Residential removals
- ❖ Container storage
- ❖ Shipping
- ❖ Office removals
- ❖ Document storage
- ❖ Self store



British Association
of Removers

If you are moving,
look for the badge

Tockwith 01423 358934

www.sandersonsremovals.com

Boston Spa Methodist Church present our 6th Annual
Community

Christmas Tree Festival 2019

Wednesday 4th December: 3.00pm – 5.30pm
3pm: St Mary's School Choir open the Festival.

Thursday 5th December: 10.30am – 7.00pm

Friday 6th December: 10.30am – 5.30pm
12noon: Our renowned pre-Concert Lunches
1pm: Lunchtime Concert: "A Merry Christmas" with Tadchorale
Tickets £5 (available on the door)

3pm: John Townend entertains on our fabulous Harrison & Harrison organ

Saturday 7th December: 10am – 5.30pm

10.30am: Collingham Training Band
1pm: David Wilks entertains on our fabulous Harrison & Harrison organ
3pm: Wetherby Folk Chorale

Sunday 8th December: 12noon – 4.30pm

10.30am: A 'Messy Christmas' - a Christmas worship experience for all
6.00pm: Festival Carol Service

further attractions to be announced!

Refreshments available in the Wesley Room throughout the Festival.

Our "Put Yourself in the Picture" – Nativity photo-opportunity, returns!

ENTRY to the FESTIVAL is FREE (except for the Friday Lunchtime Concert - £5)



Please see our website for further details:
www.bostonspamethodistchurch.org.uk or



Boston Spa Methodist Church... where Church and Community meet

Amanda Buch M.C.S.P., BSc(Hons)
CHARTERED MUSCULOSKELETAL PHYSIOTHERAPIST

Registered with the Health Professions Council

Physiotherapy & Sports Injury Clinic

Now at TrainFX Health Club, Thorp Arch Estate, Wetherby LS23 7BJ

Tel: 07968 051012 Email: amandabuchphysio@me.com

Evening and weekend appointments available

Registered with BUPA, PPP and all major insurance companies



Gifted

Fine and exclusive gifts for all occasions

Free gift wrapping service

Open Monday–Saturday, 9am–5pm

182A High Street, Boston Spa, LS23 6BT Tel: 01937 541600

www.giftedbostonspa.co.uk info@giftedbostonspa.co.uk

also Little Gifted, 154 High Street, Boston Spa 01937 918300



Bobbins

Ladies & Gents
Specialist Alteration Service



166 High Street, Boston Spa Tel: 01937 844722



I've never heard that before...
lesser known stories from the Bible

Arthur Faulkner

Habakkuk – The man who argued with God

It was another of those times in Jewish history when relationships between the people and God were at a low ebb. Oppression! Violence! Tyranny! Injustice, and a breakdown of the law were rife and few people acknowledged God in a meaningful way. The following, expressed in my own words, is a resume of the prophet's dialogue with God as I see it.

Hab "Look at what's going on" says the prophet to God, "what are you going to do about it?" (Hab 1 v2)

This challenge to God is by no means unique. "Why do you not stop this, God?" is the age old cry in the face of tyranny, suffering and disaster. To this accusation God replies:

God "look around you because I'm going to do something which will shake you" (Hab 1 v 5)

God assures the prophet that he has not lost interest but is about to act and somewhat surprisingly, reveals his plan to the prophet.

God "I'm stirring up your enemies and will use them to sort things out" (Hab 1 v 6,7)

This shocks Habakkuk to the core, he can't believe that God would use the warlike strength of their neighbours and enemy, the Babylonians as a means to an end.

Hab "You just can't do that" exclaims the shocked Habakkuk (Hab1 v12,17)

However, the prophet is a true and faithful servant of God as is evident by his reply:

Hab "Nevertheless, I will be stay alert, trust in the Lord, and await His response" (Hab 2 v 1)

God assures Habakkuk with the oft quoted words;

God "The unfaithful will fail, but the upright will live by his faithfulness" (Hab 2 v 4)*

To which the man of God replies;

Hab "Your reputation O God, makes me fearful, I appeal to you for mercy", (Hab 3 v 2)

The prophet then concludes by saying that even though the very worst might happen, he will still rejoice in God, his Saviour. This is beautifully expressed in the words of the Hymn**

Though vine nor fig-tree neither
Their wanted fruit should bear,
Though all the field should wither,
Nor flocks, nor herds be there,
Yet, God the same abiding,
His praise shall tune my voice;
For while in Him confiding,
I cannot but rejoice.

* Rom 1v17, Gal 3v2, Heb 10v38

** 'Sometimes a light surprises, the Christian while he sings' Hymns & Psalms 571 v 4

Queripel and Kettlewell

Chartered Accountants, Chartered Tax Advisers
and Registered Auditors

Preparation of Accounts

Tax Returns ♦ Tax Advice ♦ Tax Planning

Phone Paul Queripel on 01937 541770
The Barn, Hall Mews, Boston Spa, LS23 6AA

Andrew Morgan OPTICIANS



170 High Street
Boston Spa, LS23 6BW
Tel: 01937 849933

A. J. Morgan, B.Sc., M.C.Optom.



DOUGLAS YEADON HARDWARE of BOSTON SPA

for all your DIY and household needs

169 High Street, Boston Spa
Tel: 01937 842338

www.douglasyeadonhardware.co.uk

Boston Spa & Wetherby Green Group

Want to do your bit to help save the planet? We now have a new and lively group in Boston Spa and Wetherby area that has been formed to explore how we can make our lifestyle greener, and feel better for it, contribute to greener communities, and even help to save the planet.

The inaugural meeting took place in the Village Hall on June 25th, 2019 and we found that there is much we can do individually and together.

Since then we have met twice, and subgroups have been formed to look at different aspects of different issues that affect us all and more information will be coming out in the New Year.

But to get you started here are some ideas you could adopt which, if you choose 5 of the 18 ideas below, will help you make a difference:

- ❖ Eat less red meat
- ❖ Turn off your car whilst waiting to collect someone, or your takeaway!
- ❖ Buy local
- ❖ Reuse/refill a water bottle
- ❖ Use an eco-egg for clothes washing
- ❖ Don't buy black plastic packaging, it can't currently be recycled
- ❖ Pizza Fridays – use up that leftover food from the week as pizza toppings!
- ❖ Switch to a truly green energy supplier (Tearfund's Big Clean Switch platform)
- ❖ Buy pasta and rice in bulk, reducing plastic packaging
- ❖ Use refill shops for detergent, washing up liquid, handwash *



- ❖ Switch to soap and shampoo bars instead of liquids in plastic bottles
- ❖ Switch to reusable cloths and stop using disposable wipes!
- ❖ Use a local milkman and reusable glass milk bottles
- ❖ Clean the plastic you put in the recycling, this prevents it going to landfill or incineration
- ❖ Buy used online, or at charity shops, not new
- ❖ Leave an area in your garden to grow and plant wildflowers
- ❖ Opt out of junk mail
- ❖ Don't accept receipts at checkouts, they are generally plastic and paper based, and, hence, not recyclable

Did you know that Bramham Primary School is a Community Recycling Point for a number of hard-to-recycle waste streams, such as crisp packets, biscuit wrappers, confectionery packaging, toothbrushes and toothpaste tubes, pens and felt tips?

Check out the Recycling Guide on the school website:

[https://www.bramhamprimary.co.uk/
parents/fobs-our-pta](https://www.bramhamprimary.co.uk/parents/fobs-our-pta)

then take in your items for recycling and place them in the collection box in the school entrance lobby. The waste is recycled to make new material used to manufacture items, such as outdoor benches, fence posts and watering cans; this recycling initiative raises funds for the school.

* Look out for some exciting news about a refill shop coming here in the New Year

KIRBY BUILDERS MERCHANTS

YOUR LOCAL INDEPENDENT MERCHANT

**Specialist supplier of natural landscaping materials
including natural stone paving, decorative aggregates,
hardwood sleepers and timber decking**

- ❖ Reclaimed Building Stone
- ❖ Logs and Kindling
- ❖ Bricks, Blocks, Sand and Cement
- ❖ Driveway Block Paving
- ❖ Timber, Plywood and Fencing
- ❖ Insulation, Plasterboard and Plaster
- ❖ Clothing, Tools, Fixings and Fasteners



Inglebank, High Street, Boston Spa

Tel: 01937 843493

www.kirbybuildersmerchants.co.uk

When I wander

When I wander, don't tell me to come and sit down. Wander with me. It may be because I'm hungry, thirsty, need the toilet. Or maybe I just need to stretch my legs. When I call for my mother (even though I'm ninety!) don't tell me she has died. Reassure me, cuddle me, ask me about her. It may be that I am looking for the security that my mother once gave me.

When I shout out, please don't ask me to be quiet... or walk by. I am trying to tell you something, but have difficulty in telling you what. Be patient. Try to find out. I may be in pain.

When I become agitated or appear angry, please don't reach for the drugs first. I am trying to tell you something. It may be too hot, too bright, too noisy. Or maybe it's because I miss my loved ones. Try to find out first.

When I don't eat my dinner or drink my tea, it may be because I've forgotten how to. Show me what to do; remind me. It may be that I just need to hold my knife and fork – I may know what to do then.

When I push you away while you're trying to help me wash or get dressed, maybe it's because I have forgotten what you have said. Keep telling me what you are doing over and over and over. (Maybe others will think you're the one who needs help!)

With all my thoughts and maybes, perhaps it will be you who reaches my thoughts, understands my fears, and will make me feel safe. Maybe it will be you who I need to thank.

If only I knew how.

Author unknown

Vanessa Jude Supershop

Newsagents and deliveries

Confectionery • Greetings cards • Stationery

Mobile phone top-ups

179b High Street, Boston Spa Tel: 01937 845779



CELEBRATING
39 YEARS
IN BUSINESS
IN 2019



KNOWLEDGE • EXPERIENCE • SERVICE • INSPIRATION

Spa Travel

185 HIGH STREET • BOSTON SPA
WETHERBY • LS23 6AA Tel: 01937 845678

www.spa-travel.com SpaTravelAgency

