

# Volunteers Needed.

Male or female volunteers are welcome to join the

**POSTPONED UNTIL  
FURTHER NOTICE  
- CORONAVIRUS**



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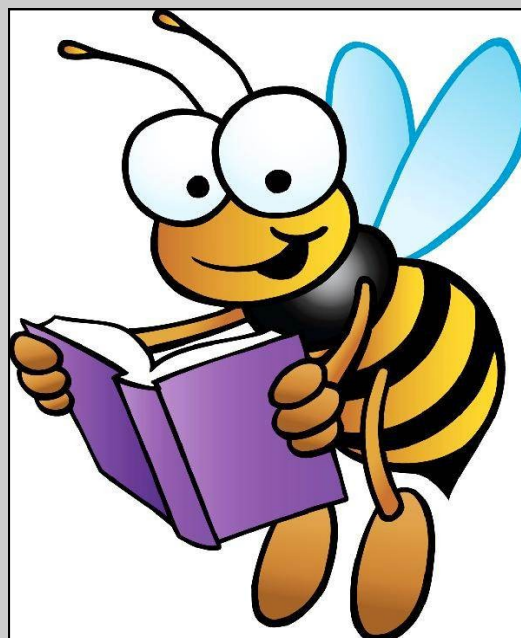
LEAF SNAP app    Take photo, Identifies  
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### ALTERNATIVE SEARCH ENGINE

*Use ECOSIA to plant TREES — Not only abroad but  
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# Where in the World Week 2

Please click on the link below for more lovely photos of people's places with special memories. Maybe not so long now until we are all able to start visiting some of them again or maybe these will give us some ideas for new places to visit to continue making memories

Thanks again to Ken for putting together this week's slideshow and for finding such lovely music to accompany it.

<https://youtu.be/g3pf4oj4j-s>      *Alison*



## FREE ALL-IN-ONE PRINTER/SCANNER/COPIER

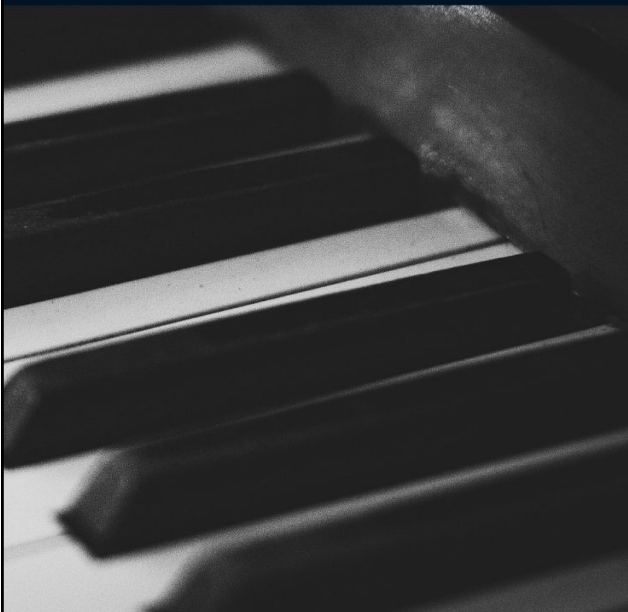
Anyone who wants a printer EPSON SX435 should contact the Editor via Email 'colinwest9@gmail.com'. It can print via the supplied cable, scan or copy in colour or B/W. If desired, a donation to charity may be made, if wished.



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BASED IN HALEWOOD

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OR SCAN THE QR CODE**

# The 400-year-old social distancing manual

Social distancing has become a buzzword in pandemic times. Coronavirus came into our lives and changed EVERYTHING. We had to adopt new ways and behaviours in our daily lives we did not think would become compulsory just a year ago. We may have all of modern medicine and knowledge at our disposal and quickly devise out rules to tackle pandemic, but few of us know that rules of social distancing and pandemic control were formally set up by a man 432 years ago.

The doctor, was Quinto Tiberio Angelerio. During his stay in Italian port town of Alghero, he noticed early signs of the bubonic plague in 1852 and decided to take quick action. 50-year-old Dr Angelerio had recently come from Sicily, which had seen an epidemic in 1575. Angelerio wrote a book based on his knowledge and experience and prescribed 57 rules for public to follow. The rules are strikingly familiar to those we are following today to combat COVID-19 pandemic

The first rule was social distancing. He prescribed that each citizen should carry a measured stick and keep a six-foot distance from other people.

The doctor advised people to stay inside their homes. He said that only one person from a household should head out to run essential errands. He asked people to thoroughly wash and disinfect their homes. He advised against handshakes, holding meetings, organising entertainment programs. He insisted that food shops erect railings so that customers can maintain distance from one another.

Dr Angelerio hounded local authorities to establish a cordon around the city so that infection doesn't spread to neighbouring districts.

These measures appear normal to us today, but 400 years ago, this was markedly a forward-thinking exercise carried out by Dr Angelerio.

His efforts met with stiff resistance initially as public and local authorities rubbished his plan. They thought he was unnecessarily worrying and talking about an apocalyptic situation. Undeterred, Dr Angelerio directly met the viceroy and got a go-ahead.

His efforts paid off and the infection was successfully contained. It did not spread to adjacent districts. It was a time before modern medicine and next to nothing was known about how diseases are caused. The general understanding was that diseases were caused due to "bad air" and Vinegar was considered an excellent antiseptic. The traditional 'medical treatments' consisted of bizarre practices such as bathing in urine. It was hence commendable on Dr Angelerio's part to come up with a list of rules based on his advanced medical knowledge.

*Taken from wionews.com*







**WORLD DAY OF PRAYER 2021**

**Praying with Vanuatu**



**FRIDAY 5 MARCH**

Due to Covid 19, we are unable to open the Church for services, so the above service will be held on Zoom @ 2pm. For those who can access it Log in details will be added to this notice nearer the time. For those unable to access Zoom, I have service sheets available. For more information please contact Jennifer on 07544725586

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Jennifer Leeuwangh and Madeleine Cox have asked me to share  
This poster about this year's World Day of Prayer Service      Alison



## World Day of Prayer preparation

Ken Allen has put together a Youtube video showing something about the background of the people of Venuata.

You may like to watch it in preparation for this year's World Day of Prayer Service next Friday afternoon.

[https://youtu.be/-5O\\_h0l8C6s](https://youtu.be/-5O_h0l8C6s)

Alison

**World day of prayer**  
**Friday 5<sup>th</sup> March      2 p.m.**  
**You are invited to a zoom**  
**service**  
**871 6323 5749**  
**Passcode: 766580**

## New Community Food Club for Huyton

By Cathy Sheelknowsleynews.co.uk

People facing financial hardship can seek help stocking their food cupboards with the opening of a new Community Food Club. Growing charity Incredible Edible Knowsley, in partnership with The Big Help Knowsley Foodbank, has opened the food club at Court Hey Park, Huyton, to offer foodstuffs, home-grown vegetables and other household goods to members at discounted prices. The club is open to everyone and members don't have to be receiving benefits to join. The food club offers members: *10 items for £3.50 – you pay 35p per item. This includes items such as coffee, nappies etc. 15 items for £5 – you pay less than 34p per item.* Because of Covid, would-be members are asked to email Incredible Edible Knowsley Director Karen Mower to join, and she will send you a list of items stocked by the club and an order form. Orders can then be collected from the club during a pre-arranged time slot. "Our partnership with The Big Help Knowsley Foodbank means we can offer a wide range of goods, as well as the fresh fruit and vegetables we grow on site, when they're ready. To join the Community Food Club, or for more information, email [Karen.mower@knowsleycommunityhub.co.uk](mailto:Karen.mower@knowsleycommunityhub.co.uk)





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## Halewood Parish Regular Activities

<u>DAY</u>	<u>Venue</u>	<u>Organisation</u>	<u>Time</u>
<b>SUNDAY</b>	<b>St Nicholas' Centre</b>	<b>Junior Church</b>	<b>11.00-12.00</b>
	<b>WI Hall Bailey's Lane</b>	<b>Drama Group</b>	<b>19.00-21.00</b>
<b>MONDAY</b>	<b>St Nicholas' Centre</b>	<b>Rainbows</b>	<b>18.00-19.00</b>
		<b>Bible Studio Group (Alternate weeks)</b>	<b>13.30-15.00</b>
	<b>St Nicholas Centre</b>	<b>Painting Club</b>	<b>13.00</b>
	<b>-15.30</b>		
<b>TUESDAY</b>	<b>St Nicholas' Cen-</b>	<b>tre</b>	<b>CATERPIL -</b>
<b>LARS</b>	<b>09.15—11.00</b>		<b>2<sup>nd</sup> H'wd</b>
<b>Brownies</b>	<b>17.00 -</b>	<b>18.30</b>	<b>Guides /</b>
<b>Rangers</b>	<b>19.00</b>	<b>-20.30</b>	<b>100% Boss</b>
<b>Club</b>	<b>S t</b>	<b>Mary's</b>	<b>(Alternate</b>
<b>weeks)</b>	<b>17.30</b>	<b>-19.00</b>	<b>Next Level</b>
		<b>18.45-19.45</b>	<b>(Alternate weeks)</b>
	<b>Scout Hut</b>	<b>Beavers</b>	<b>18.00-19.30</b>
<b>WED</b>	<b>St Nicholas' Centre</b>	<b>3<sup>rd</sup> H'wood Brownies</b>	<b>17.30-19.00</b>
		<b>Drama Group</b>	<b>19.15-19.00</b>
	<b>St Nicholas' Church</b>	<b>Bell Ring Practice.</b>	<b>20.00-21.00</b>
	<b>St Mary's</b>	<b>Jam Club</b>	<b>15.30-17.00</b>
	<b>St Nicholas' Church</b>	<b>Knit &amp; Sew</b>	<b>10am-12</b>
	<b>Scout Hut</b>	<b>Cubs</b>	<b>18.00-20.00</b>
<b>THURS</b>	<b>St Nicholas' Centre</b>	<b>Coffee Shop</b>	<b>10.00-12.00</b>
		<b>Mothers' Union</b>	<b>13.30-15.30</b>
		<b>(1<sup>st</sup> of the month)</b>	
		<b>Vestry Hour</b>	<b>19.00-19.45</b>

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# St Nicholas and St Mary's Ecumenical Team Ministry

**PARISH OFFICE**  
**Administrator - Barbara Harrington**  
**St Nicholas Centre**  
**70 Church Road**  
**Halewood Village**  
**LIVERPOOL**  
**L26 6LB**  
**Telephone: 0151-487 9965**  
**E-Mail: halewoodparish@btconnect.com**

<p><u><b>Team Vicar</b></u></p> <p><b>Andrew Radford</b>  revandyhhc@gmail.com  St Hilda's Rectory  07966033648</p> <p><u><b>Team Rector</b></u>  <b>Martyn Woodsford</b>  The Rectory  Rectory Drive  Halewood  01514873316/  07775368873  revwoody@me.com  Day off Monday</p>	<p><u><b>YOUTH &amp; COMMUNITY</b></u></p> <p><b>Andrew Parsons</b>  07867489463  halewoodchurchcw@Gmail.com</p> <p><u><b>LAY READER</b></u></p> <p><b>Alison Shacklady</b>  288, Higher Rd,  Halewood  L26 9UF  TEL: 0151-486-2415  07909652442  Alison1.shacklady@Btinternet.com</p> <p><b>Matthew Hargreaves</b>  07810872987  mattharg@mac.com</p> <p><u><b>READER in TRAINING</b></u></p> <p><b>Jen Radford</b>  07966624729  jennyradford@hotmail.Co.uk</p> <p><b>Adam Grey</b> 07814727622  adam_grey@msn.com</p>	<p><u><b>ST. NICHOLAS' WARDENS</b></u></p> <p><b>Graham Elliott</b>  07516852066  <b>Sandra Thomas</b>  Tel: 0151-487 5676  <b>Andrew Renolds</b>  07776250718  andy@nadiareynolds.co.uk</p> <p><u><b>ST. NICHOLAS' DEPUTY WARDENS</b></u></p> <p><b>Lesley Webb</b>  Tel: 0151-487 7234  07852778839  Lawebb74@hotmail.com</p> <p><u><b>ST. MARY'S Warden</b></u></p> <p><b>Pam Boffey</b>  TEL. 0151-486-6766  <b>Gill Dover</b> 487 5137  gillian.dover@gmail.com</p> <p><u><b>Methodist Steward</b></u>  <b>(for Sth Lpool Circuit)</b>  <b>Mark Harrison</b>  51 Hever Drive  Halewood  L26 6LN  0151 487 0086</p>
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# What should I eat for a healthy gut?

Scientists have realized that the millions of microbes in our bodies perform vital functions and it is important that we foster the 'right' microbes with the 'right' foods.

Studies have associated microbes with a lower incidence of cancer, heart disease, liver disease, diabetes, asthma, depression, autism, irritable bowel syndrome, colic, Parkinson's and many allergies. However, much more research is required to be certain of their role in keeping us healthy.

## Eating right for your microbes

What you eat isn't just nutrition for you, it also feeds the trillions of bacteria that live in your gut.

Every person is different, but if you want to improve your digestion, lose weight or look after your general health, there are some broad principles that apply to all.

## Easy tips for gut health

Eat a wide range of plant-based foods. A healthy gut has a diverse community of microbes, each of which prefers different foods.

Eat more fibre. Most people eat less than they should. Fruit, vegetables, pulses, nuts and wholegrains feed healthy bacteria.

Avoid highly processed foods. They often contain ingredients that either suppress 'good' bacteria or increase 'bad' bacteria.

Probiotic foods, such as live yoghurt, might encourage more microbes to grow. Eat them if you enjoy them.

Choose extra-virgin olive oil over other fats when you can. It contains the highest number of microbe-friendly polyphenols.

Antibiotics kill 'good' bacteria as well as 'bad'. If you need antibiotics, make sure you eat lots of foods that boost your microbes afterwards.

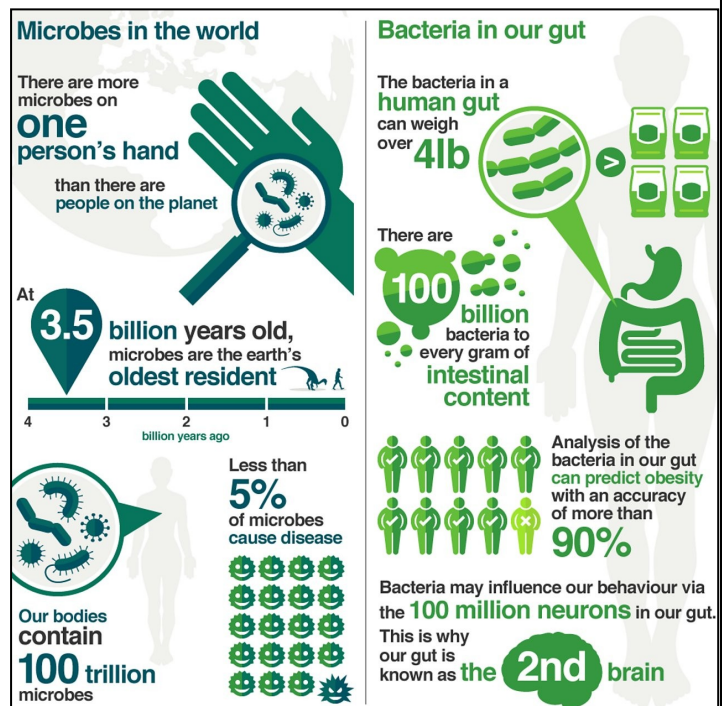
If your diet is low in fibre, a sudden increase can cause wind and bloating. This is less likely if you make gradual changes and drink extra water.

## Probiotics vs prebiotics

Prebiotics are foods that 'fertilise' our existing gut bacteria and encourage the development of a diverse community of microbes. These foods are complex carbohydrates, such as vegetables and wholegrains.

Probiotics are foods, or food supplements, that contain live bacteria thought to be beneficial to us. This includes live yoghurt, some cheeses and fermented foods.

*Taken from BBC News app*



## **February's Flowers**

It's February so the theme had to be Valentine's Day. The twist was to buy the flowers after the 14th so each of these arrangements is under £5 as the foliage came from the garden.



March has St David's Day and Mothers' Day, and at the start of April is Easter. We continue to hope that we might be able to put flowers in church but who knows, so we will continue to play at home.



## **Card Workshop Spring 2021**

We decided to bring Spring forward as lockdown has stopped many things from happening and we felt a bit of creativity was needed. As the Christmas workshop had worked very well as a 'virtual' event we were confident we could cope. The response was fabulous. We 'launched' the packs on the 7th February, mostly via email contact, and had sold all 41(including having to complete all the part packs) by the 13th February. Delivery of orders was made from the 14th to 16th February from Wavertree to Hough Green and from Rainhill to Crosby and on to Formby. A photo of the first completed set of cards arrived on the 16th and another on the 19th February. A few of the little glue pots have also returned for reuse.

Gill and I are delighted to report that the total raised from card packs, donations and Gill's continued sales which fundraise for St Mary's all year round amounts to £500.

We already have 14 bookings for the Christmas Workshop which may be virtual, may be virtual and face to face, may be two smaller workshops, who knows. We have decided to aim for an early date in September, but as we are incredibly flexible we will see what happens and respond as appropriate.

If you fancy having a go at the next workshop please contact either Gill or myself. Having a computer and email helps with the virtual approach but we can print the instructions out if you don't have the technology. A pack of 5 cards costs £10 and comes complete with everything you need except scissors. If we do have to stay at home then you will have to provide your own cake and bacon butty but we do hope to eventually get back to the coffee shop providing the refreshments.



**Dear all,**

I wanted to get in touch again to see how you're doing over in Halewood and to share a 'Journey to COP26' campaign with you.

With the Diocese of Liverpool and the LCR Faith Leaders Network we're organising a campaign in the run up to COP26, the UN climate change conference that the UK is hosting in November. We feel it's important to celebrate all the amazing work that faith communities are doing and represent the faith-voice in climate discussions. But, we also know how busy everyone is, so this is designed to also hit four of the Eco Survey actions: encourage congregations to walk, include the environment in a service, write to an MP and work with other faiths. Hopefully four easy wins for people! We're asking people to pledge to take part during the month and there's optional training for those who would like it.

I've attached the posters here which you're welcome to share anywhere.

Hope you're all well and do get in touch about any other Eco Church support we can give you!

Liz Atherton Deputy Director | Faiths4Change

T: 0151 705 2108 M: 07713278984 E: [liz@faiths4change.org.uk](mailto:liz@faiths4change.org.uk)

[www.faiths4change.org.uk](http://www.faiths4change.org.uk)

# JOURNEY TO COP26



## 21ST MARCH - 21ST APRIL 2021

MERSEYSIDE. INTERFAITH. CLIMATE ACTION

Pledge to take part in this Merseyside 'Journey To Cop26': a chance to highlight the climate and community action that all faiths in Merseyside are a key part of.

By joining you pledge that your place of worship will take three simple actions: 1.Walk and Take Notice 2.Include the environment in a service 3. Write to your MP. See below for full details.

Contact: [liz@faiths4change.org.uk](mailto:liz@faiths4change.org.uk) [www.faiths4change.org.uk](http://www.faiths4change.org.uk) @faiths4change







## 1. WALK AND TAKE NOTICE

During the month, ask people to walk to a service if they can (or go for a walk before a digital service). On the walk, people are invited to take a photograph of something they appreciate in their environment and post it to social media with #COP26 #FaithClimateAction

## 2. INCLUDE THE ENVIRONMENT IN A SERVICE

At any point during the month, include the environment and COP26 in a service. This may be through prayers, readings, sermons, music and through youth groups, newsletters, websites and social media.



## 3. WRITE TO LOCAL MPS

Our communities are active in caring for the environment. We want to highlight this to local MPs and the Prime Minister in the run up to COP26. Template letters will be created with each faith that you are welcome to use and adapt. Information about how to contact your local MP will be provided.

## OPTIONAL TRAINING

During the month, two optional training sessions will be offered:

1. How to effectively communicate climate change to MPs and working with them to tackle it, with Hope For the Future
2. Carbon Literacy training for faith groups, with Faiths4Change

Day time and evening sessions will be offered

Contact: [liz@faiths4change.org.uk](mailto:liz@faiths4change.org.uk) [www.faiths4change.org.uk](http://www.faiths4change.org.uk) [@faiths4change](https://www.instagram.com/faiths4change)





# Church of England Vicar 'games for God'

When lockdown forced church doors to close, Rev Simon Archer decided to live stream services to the congregation of All Saints Belvedere in south-east London. But after developing broadcasting skills, he decided to start streaming video games on social media too.



Church of England vicar 'games for God'



The 46-year-old self-styled Vicarious BIG invites people to watch, play and chat during the Covid pandemic. Rev Archer has conversations about any subject, but often discusses faith and offers support. He says he was "called by God" to combine his two biggest passions and create the virtual 'Church of Chat'.

Video by Jamie Moreland.

Taken from BBC News app.

NATASIA's 40 Day Lent Challenge To The CHILDREN									
1 DO Call an elderly relative and see how they are.	2 PRAY Say thank you for your favourite food and try and eat some of it!	3 READ Read some of your favourite book. Why do you like it so much?	4 QUESTION Who has shown you kindness this week?	5 DO Write a letter to a friend you cannot see at the moment	6 PRAY Ask for forgiveness for something which you may have done to upset someone	7 READ 'Peace be with you' John 20:19  How do you find peace?	8 QUESTION Who can you turn to when you are sad? Do you turn to God?	9 PRAY Go for a walk and try talking to God about all you can see	10 DO Make a paper chain and write down all the names of people who you love
11 PRAY Pray for someone you know who is feeling unwell	12 READ 'Make a joyful noise to the Lord' Psalm 100, 1 Can you sing praises to God?	13 QUESTION If you could change one thing about the world what would it be?	14 DO Put on your favourite song and dance! How did it make you feel?	15 PRAY Draw an outline of a person and right down all the things you want to say thank you for inside	16 QUESTION When have you ever felt God talking to you? What did he say?	17 READ 'We love because he first loved us.' John 4:19 How can you show others love?	18 DO Draw a picture of a hope you have for the future	19 PRAY Pray for guidance for our leaders	20 QUESTION What makes you feel angry? What do you do when you feel like this?
21 READ 'We live by faith, not by sight.' 2 Corinthians 5:17 How hard is it to always have faith	22 DO Lie down on your bed and close your eyes. Focus on your breathing	23 PRAY Ask for God's strength for a difficult time in your life	24 QUESTION If you could teleport to another place where would you go? What would you do?	25 READ 'Children obey your parents in all things,' Colossians 3:20 How can you help your parents/carers today?	26 DO Tidy your room or help to tidy the house. How does it feel to be helpful?	27 PRAY Are there any questions you would like to ask God? Ask them in prayer today	28 QUESTION What 3 things are you most grateful for? Draw them.	29 READ 'In the beginning God created the heavens and the earth.' Genesis 1:1 How many wonderful creations can you see out of your window?	30 DO Have a sort out of your toys and clothes, or even kitchen! Are there any items you can donate to a charity?
31 PRAY Listen to a worship song and praise God	32 QUESTION How can the small things we do to help have a big impact?	33 READ 'Do to others what you would have them do to you' Luke 6:31 What do you think Jesus meant by this?	34 DO Make a den with your family and watch a film or listen to music inside	35 PRAY Cut out photos or texts from a newspaper and ask God to bless the events and headlines	36 QUESTION Imagine Jesus is next to you in your room, what questions would you ask him?	37 READ 'You are the light of the world.' Matthew 5:14 In what ways can you let your light shine?	38 DO Make a poster of encouragement for others and put it in your window at home for all to see	39 PRAY Draw or print a map of the world and colour in places to pray for	40 QUESTION What have you enjoyed about your daily challenges? Can you make a new challenge sheet to continue?

# **A Hundred Glorious Years of the Caravan**

2019 marked a hundred years since the first caravan was towed by a car s.

The use of caravans can be followed back for thousands of years. During the age of the Silk Road, an ancient trading route between the east and the west, goods were towed using horses. However, most people see the Romany community as the first real users. Romany Gypsies lived in Europe and used horse-drawn caravans to live and travel in. Known as a Vardo, this wagon would last for around 70 years and were colourfully decorated. Even though these aren't used as often today, Vardo's are seen every year at the Appleby Horse Fair.

In the 1880s, Bristol Wagon & Carriage Works built the first luxury caravan. This was designed for popular author Dr William Gordan Stables and used to travel around the UK. High society started to buy into the trend and The Caravan Club was formed in 1907. It was actually Eccles Motor Transport who designed and built the first model to be towed by a car. In 1919 they began to produce this in Birmingham, attempting to rebuild British infrastructure following the catastrophic Great War. The first models were 5 ft 7 inches wide and 9 feet long.

These also had two berths, a fitted wardrobe, as well as a Primus stove to cook on. Alongside this, Eccles invented the first awning in the 1920s adding more space. In today's money, it would have cost around £5,000 to own this yourself.

After this the popularity of caravans began to grow at a rapid pace. They have since become a key part of British culture and the holiday industry. There was a change from using paraffin to gas for lights and cooking in the 1930s. After the Second World War, there was an increase in the production of cheaper models giving people more options regardless of their budget.

In the later part of the 20th century, caravans started to be produced at a rapid rate by a number of firms. The 1960s marked a massive change, seeing bright furnishings and dining spaces that could convert into extra sleeping space. By the end of the decade, electricity was added providing much needed safe lighting.

In the 70s and 80s more developments were made, including the use of twin axels. Better materials were being used to make caravans, ensuring that they lasted for a long time. This era also saw the addition of toilets and small bathrooms to tourers, adding luxury and ease. With fridges, fully functioning kitchens and running hot water, the leisure industry had changed forever.

As well as tourers, today there are lodges and statics for more permanent stays in a location. These can be styled to your tastes and have all of the mod-cons added.

The Camping and Caravanning Club has seen a dramatic increase in their members, rising from 755 in 1919 to 720,000 today. Around half a million families in the UK own a caravan and in 2017 £1.64 billion was spent on caravan trips in the UK alone.

Taken from [hanleycaravans.co.uk](http://hanleycaravans.co.uk)



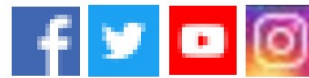


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[info@your-motorhome.co.uk](mailto:info@your-motorhome.co.uk)