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The Pinnacle

**A Magazine for the parish of
Kildwick, Cononley and Bradley**

*The Churches of St Andrew's,
St John's and St Mary's*

St John's is a Local Anglican/Methodist Ecumenical Partnership

May 2021

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Living passionately

You don't have to be a football fan to have been gripped by the drama surrounding the recent short-lived plans for a European Super League of Europe's top football clubs. The proposal succeeded in uniting politicians from all sides with fans and even the heir to throne in condemning it, and once Chelsea and Manchester United announced their changes of heart, it was simply a matter of time (and not very much of that) before it collapsed in ignominy. From announcement to collapse took just two days.

One of the most striking features of the story was the passionate strength of the opposition to the proposal. Football fans are often passionate in favour of 'their' club, but this was passion for the game itself. At the heart of this passion was the strong sense that the plan failed to recognize what lies at the heart of competitive sport. In recent decades, much has changed. Most elite sports have become increasingly commercialized, and football clubs in particular operate as businesses that need to maximize their revenue and make a profit for the investors that back them. Today, players in

the top clubs are paid sums that earlier generations would have goggled at. But at its heart, the so-called 'beautiful game' is rooted in the twin ideals of fair play and jeopardy. The teams encounter each other, playing by the same set of rules, and most of the time there is a winner and a loser. Winning and losing over a season has real consequences: promotion, and the chance to play in other competitions; or relegation, and the need to regroup and start again. There's always the chance that a David-like team might slay the Goliath-like opposition. Compare that with the approach in many American professional sports, built around closed leagues where teams are bought and sold regularly, sometimes even relocated. This closed league structure is safer for investors, if less compelling for fans. It's an entirely different model, with different assumptions at its heart.



“ ... the passionate strength of the opposition to the proposal. ”

In a piece published by LICC (the London Institute for Contemporary Christianity) this week, Matt Jolley writes: ‘...it seems that perceived injustice was at the root of the outcry. Granted, wealthy owners had some valid reasons to act, but there’s much in the surge of public feeling that aligns with the values of the Christian faith – particularly if we compare it to Matthew 23, where Jesus dresses down the Pharisees. The clubs involved in the planned Super League would have automatically qualified, whereas other teams would have to earn their place. In other words, the rules were hypocritical and exclusive (v13). The money generated would disproportionately benefit the strong, leaving behind smaller clubs. It unfairly benefited the rich at the expense of the poor (v23). And the concept of the Super League was concocted by wealthy individuals with little attention to the fans and communities it would impact. In other words, they ignored the powerless (v4). In the end, the

weight of public pressure has proved too heavy. Justice and fairness arguably prevailed in this story. The same justice that’s embodied perfectly in Jesus, who chose to identify with the poor – bringing in an upside-down kingdom where the powerless are elevated and outsiders are included.’

What happened to the ESL proposal is a compelling story about a fundamental clash of cultures and world views. The swift, passionate response to the idea came from a deep place, based on a particular set of assumptions, values and priorities. By their nature, assumptions aren’t often things that we spell out. We take them for granted. It’s only when they rub up against a different set that we recognize that they are not universally shared. As Matt Jolley’s piece shows, the values underlying the outcry are deeply rooted in Christian faith. He concludes by asking: *What injustices might God overturn through us if we lived like that on our frontlines this week?* Whether we’re football fans or not, where do we see injustice? What evokes a similarly passionate response from us? And what difference does it make?

With every blessing

Julie



Service Times

Kildwick:

First Sunday	11.00am	Eucharist (Holy Communion)
Second Sunday	9.30am	Eucharist (Holy Communion)
Third Sunday	11.00am	Family Worship
Fourth Sunday	11.00am	Eucharist (Holy Communion)

Cononley

First Sunday	11.00am	Methodist-led Service
Second Sunday	11.00am	Holy Communion
Third Sunday	11.00am	Holy Communion
Fourth Sunday	11.00am	Morning Prayer

Bradley

First Sunday	9.30am	Holy Communion
Second Sunday	9.30am	Morning Prayer
Third Sunday	9.30am	Holy Communion
Fourth Sunday	9.30am	Holy Communion

Services other than Eucharist or Communion are normally led by a lay member of the congregation.

30th May is a “Fifth Sunday”. There will be a single KCB Praise Service for the whole parish on the Church Green at the front of St Andrew’s Kildwick that day. It will start at 11.00am. We hope to have a brass quartet to lead us and, being outside, we will be able to sing! Bring garden chairs with umbrellas and layers/blankets as appropriate because, unless the forecast is terrible, we’ll press ahead!

Readings for May

2nd May	5th Sunday of Easter	Acts 8.26 – end John 15.1-8
9th May	6th Sunday of Easter	Acts 10.44 – end John 15.9 - 17
16th May	7th Sunday of Easter	Acts 1.15 – 17, 21 – end John 17.6 - 19
23rd May	Pentecost	Acts 2. 1 – 21 John 15.26-27 16.4b - 15
30th May	Trinity Sunday	Isaiah 6.1 – 8 John 3.1 - 17

ANNOUNCEMENT OF THE APPOINTMENT OF THE REV. JULIE BACON AS ASSOCIATE ARCHDEACON (TRANSITION ENABLER) IN THE DIOCESE OF SHEFFIELD

The Bishop of Sheffield the Right Reverend Dr Pete Wilcox has invited the Reverend Julie Bacon to take up a role as Associate Archdeacon (Transition Enabler) to serve the twinned deaneries of Rotherham and Laughton in the diocese of Sheffield, and she has accepted. This is one of four similar appointments in the diocese of Sheffield which are being announced today. The four newly appointed Associate Archdeacons (Transition Enablers) will work alongside the two existing Associate Archdeacons who started work in January 2021. The post is for a period of 5 years. It is funded through strategic development funding from the Church Commissioners as part of the diocesan transformation project. A start date for Julie in this new role is yet to be determined, and the appointment is announced subject to the completion of a satisfactory DBS check.

The Archdeacon of Bradford, the Venerable Dr Andy Jolley says, *"Julie is to be congratulated on her appointment to this significant post of Associate Archdeacon (Transition Enabler) in the Diocese of Sheffield. Bishop Toby and I are most grateful to her for her faithful service as Interim Minister for Kildwick, Cononley and Bradley for the past 3 and a half years, and the part she played in overseeing the transition to a united parish. Julie's leaving at the end of the period of Interim Ministry as expected, and we are glad that work is ongoing with the final Interim Ministry objective of helping the PCC to articulate their parish's new identity and consider the skills and experience we will now need to find for the future. We will therefore be praying the parish as well as for Julie and Matt as they prepare to move to South Yorkshire."*

Julie says, *"I am excited to have been appointed to one of these innovative roles in the diocese of Sheffield, which is about helping clergy and lay people to adopt new ways of fulfilling their vocation of being the whole people of God. The Church of England is facing up to the need to do things differently, and I feel called to help and support clergy and lay people as they navigate their way through the journey of transition. This is a journey that we've been on together in the parish of Kildwick, Cononley and Bradley over the last three and a half years that I have served as Interim Minister here. I have been encouraged by what we have done together, and I am grateful to everyone in the churches and the wider parish who have tackled challenges and adapted to changes. I hope that this has created a solid foundation for you and your future Vicar to build on as you continue to serve the parish. I have made many friends during my time in the parish whom I will miss, and I will continue to hold you all in my heart and in my prayers."*

Julie's leaving date will be confirmed in due course.

At last!

On Easter Sunday, 4th April, I was able, at last, to present Sandie (in church) and Lesley (at home) with their gifts as our "Thank You" for all of their hard work, time and patience over many years as Churchwardens for Kildwick Church. Everyone was very generous, so we were able to buy vouchers for Afternoon Tea for two at the Devonshire Arms, Bolton Abbey, and also monetary vouchers for them to spend at the Coniston Hotel, Coniston Cold on whatever they wish.

As far as I remember, the vouchers last until September 2022, so they will have plenty of time (hopefully) to take advantage of these substantial gifts. I sincerely hope they can take advantage of these gifts before we have any more lockdowns.

Joan E McCartney – Churchwarden

from Lesley Hudson

Dear friends at St Andrew's - Thank you so much for the very generous gift you gave me in recognition of my time as churchwarden. I will certainly enjoy using the vouchers when things open up again, hopefully very soon.

It has been a privilege to serve as churchwarden and it has given me the opportunity to serve God and to grow spiritually. The journey has not always been an easy one but I have always felt upheld and supported by God.

I have really missed not worshipping with you all and hope that over the next few weeks I will be able to come to services again.

God bless you all. Lesley

from Sandie Walton

Dear Friends at St. Andrews - I am grateful to you all for the Coniston Hotel Vouchers which were presented to me by Joan on your behalf. It was a wonderful surprise.

It was a privilege to serve as Churchwarden at St. Andrew's and I appreciate all the support and help you gave me.

With sincere th nanks, Sandie.



News from Kildwick School

We are delighted to have – not just one, but two articles from our own Kildwick School this month. It will be good to have regular news from our important partners in the community in the magazine!

I hear that Classes 4 & 5 are going to be writing a school type paper shortly and that may produce a whole new “dose” of news. On World Book Day (23rd April) this year, they held a 12 hour story tellathon. That story hit the pages of the Craven Herald!

Another project for the school is to raise funds to install a defibrillator to be fitted outside of school near the school bins. This will be a good scheme for members of our congregation to support!

Wildlife Garden at the Peggy Wilson Field



The School garden at the Peggy Wilson field is taking off! The school children have set up a sunflower growing competition, the Gardening Club planted two rows of potatoes this week, and the strawberry plants are a match for any allotment this side of Thurrock. A few weeks ago, Mr Whitehead sourced an essential brace of water butt from his neighbour and Mr Horton won the School's coveted Merit of the Muck award for his spirited and selfless acquisition of manure.

Many thanks to the volunteers who have turned out on a Saturday afternoon to plant, weed, and fill the water butts. And further thanks to those who have contributed compost and seeds: I didn't think we could get the place ready for planting quite so quickly. Also, huge thanks to Danny and Jon at Coffee and Crumb who have gone to lengths to save nearly 200 used paper coffee cups for us (for plant pots) and several bucketfuls of coffee grounds for compost and mulching.

I will be at the garden from 2.00-4.00 each Saturday throughout May if you'd like to come down: it would be lovely to say hello and any tips or expertise would be welcome. And if you have any spare seeds, plants or cuttings, we'll gladly grow them on.

The plan is to meet up, support the School and get the garden bursting into bloom.

Paul Lewis

Fun and Fitness at Kildwick Rec

Lockdown is lifting and restrictions are easing. Time to emerge triumphant and fabulous from isolation and throw ourselves back into normal life. Whoa!

Does anybody remember what 'normal' looks like or how we used to interact with each other?

I found myself asking those very questions and wondered what I could do to encourage people to get back together again, face to face, safely and happily in the community.



With the daffodils springing up all around, I donned my trusty trainers and decided to offer a taste of normality to the community, with a side dish of fun and fitness thrown in; ten circuit training sessions over the Easter holidays. And I am so glad I did. The response was brilliant. Groups of six met up at the Peggy Wilson Community Garden every weekday to connect, chat, drop and squat with more positivity than you can imagine. And the outcome? £120 raised for the Peggy Wilson Trust from generous donations made by my new fitness family and a resounding demand for more circuit groups.

It is with huge excitement that I can offer two outdoor fitness groups per week now, every Saturday 9-10am and Wednesday 6-7pm during the lighter summer months for anybody who fancies giving it a go. And I really suggest you do! It's a brilliant way to re-connect with the community and meet new people, whilst benefiting from those happy hormones generated from physical activity.

Group sizes will be limited to six until 17 May, at which point anybody who wants to come along can join in without booking. The circuits are open to anybody; young, old, ladies, gentlemen, experienced fitness freaks to complete novices; ANYONE! Moves can be modified for those having never attempted a lunge before to those in need of more of a challenge. The exercises are varied and target the whole body, increasing general fitness, strength, endurance, speed, mobility, flexibility and balance. Sessions are completely free! So go grab a water bottle, a mat or old towel, some layers for comfort whatever the weather and a pair of trainers you don't mind getting mucky.

Can't wait to see you there!

Not sure I found the right illustration... Ed

Heather Lewis

The Prayer Page

Great Spirit: We join our minds and hearts in prayer and celebration.
We celebrate Your essence within each of us.
We celebrate the Love which connects us.
We celebrate the work that we have before us.
Today, we reach out and bless every person who is reading this message.
We embrace each other like the members of a big family that we really are
and we commit ourselves to live from love in all ways.
Each of us is Your ambassador and we let Your light shine
through our lives into each workplace, town and home that we touch.
Together, we proclaim the Truth that You are Love, and that
You love each person just as they are.
Thank You. Thank You. Thank You. And so it is. Amen.

Dear Lord Jesus, there are so many sad and
troublesome things to face in the world today,
which too often cause our hearts to become
weighed down with difficulties and doubts —
but I pray that Your joy would fill my heart and
strengthen my soul..
and that times of joyful laughter would replace
those seasons of weeping and hardship.

I pray that in Christ I may be clothed in strength
and dignity, wisdom and grace
and that I may be enabled to laugh in the storms
and not to fear the future,
knowing that our times are in Your hands and You
have promised to draw near to each one of us..
and be with us in every circumstance of life that
may come our way..

I pray that Your joy and laughter may flow
through me to others who are facing similar
difficulties and hardships —
and that together we may maintain an ever
deepening trust in You as we look for Your any
day return to take us to be with Yourself —
this I ask in Jesus name, Amen

Dear Lord, Thank You for seeking and saving me by Your grace.
Thank You for loving me when I was hard to love.
And for the times when I still am!
Help me to see others as You see them.
Break my heart for what breaks Yours.
Please use me to point others to Your hope.
In Jesus name Amen.

Duck Tails from Woodside

Well what a month April has turned out to be. The weather has gone from one extreme to another. We have had lovely sunny blue skies one minute, then snowfall the next. It has been strange watching the snow-clouds roll down the valley and waiting for it to land.

I felt sorry for the new born lambs trying to huddle under their mothers. We really had to remind ourselves that its April and not the depths of winter. It is hard to think its spring with the keen frosts we have been getting. It has been difficult trying to protect plants in our gardens with these cold snaps. I know our plum tree blossom took a beating but I'm hoping it has pulled through. We haven't got away lightly on the nursery either. We had to order more bottled gas for the heaters which is unheard of so late on in the season. At least the recent sunny weather has helped make up for the poor start to the month.

I'm sad to be writing this next bit but I'm having to get rid of Propa my young gander. He's off to a smallholding not too far away. I already have 2 ganders and Propa is just causing too much chaos. He's trying to 'make friends' with my ducks which, at first, was amusing watching them run away from him but after a while he was becoming a pest particularly with Onslo and Daisy. So I've made the decision he has to go. It is bad enough that Jack, my Indian Runner drake has a fetish for wood pigeons, but I don't need a gander causing mayhem too! His friend Annie Oakley will, I'm sure, enjoy a bit of peace and quiet from all the unwanted male attention she has had to endure these last few weeks. When I hatched them both last year I brought them up alongside the ducks so Annie is more than content to live with them.

Speaking of ducks, my mum's pond round the back of the house is being taken over by mallards. It was a lovely ornamental pond with grasses and lilies but the wild ducks have found it purely just from flying over and they've destroyed what was a lovely pond into a muddy mess. But, my mum, being the kind lady she is, said 'What the heck, if the ducks are happy just leave them.' She's saying that now but not sure she will be saying that when she realises what they've done to all the bark chippings round her borders. They're now all over the lawn.

Life is never dull here on Woodside Lane!

Lydia

How time flies!

Regular readers of The Pinnacle will know that Libba (*famous for her skills with a needle – and far more than just a needle!*) is an indefatigable provider of items for an orphanage in Kenya. As well as quilts, rather less glamorous – but far more vital are the hygiene packs that she makes up for the girls in the orphanage.

Libba writes:

This is my third box going out to Kenya; two last year and now this one.

It contains 58 hygiene packs for girls.

By the end of the month I shall have 7 quilts, including the ones in the photo, all finished and ready to go too.

I am always in need of unwanted cotton duvet covers and cotton or flannel sheets.

If anyone would like to pass these things on to me, I can certainly use them and would be most grateful.

Take care everyone and thank you!



Libba



The Poems of Emily Dickinson

Emily Dickinson (1830 – 1886) lived in Amherst, Massachusetts and her work was largely unknown and unrecognised throughout her life. However, after her death, she was found to have written 1,800 poems. She is now regarded as one of the major American poets and her work is becoming increasingly popular in this country.

Here are two of her poems that I particularly like:

So much of Heaven has gone from Earth
That there must be a Heaven
If only to enclose the saints
To Affidavit given,

The missionary to the mole
Must prove there is a sky
Location doubtless he would plead
But what excuse have I?

Too much of proof affronts belief
The turtle will not try
Unless you leave him – then return
And he has hauled away.

Beauty is not caused
It is,
Chase it, and it ceases
Chase it not and it abides
Overtake the creases

In the meadow when the wind
Runs his fingers thro' it
Deity will see to it
That you never do it.

Robert Holland



Cononley WI



On Friday 23rd April we held our first Committee Meeting outdoors at the Bowling Green; the last time we met was in March 2020. It was such a delight to be with the Committee Members planning for our outdoor pursuits over the next four months. Things are looking up and we have such a lot to look forward to.

We still keep in touch with other WI Members either by phone or just to say hello when we see each other in the village.

Let's hope we continue to have more positive news over next few weeks.

In the meantime stay safe and well.

*Pauline Link - President
WI Cononley*

Discs for a Deserted Island

I cannot remember a time in my life without music. It has surrounded me from the cradle on, in a huge range of different styles too. Since the age of 7 there has never been a time when I haven't been singing or playing in at least one choir or folk group, usually several. I cannot imagine my life without music; it is so fundamentally important to me. Enjoying such a wide range of music as I do it was not easy choosing just eight discs to take to my desert island, nor could I cover in just eight discs anything like the full range of musical styles I enjoy. In the end I have gone for balance rather than my absolute all time top 8 favourites. Hope you enjoy the journey through my choices – here we go !

Don't think twice it's all right – Bob Dylan

The Icon of the Folk scene of the sixties Bob Dylan wrote some great songs, many of which have become classics but none better than this one. Sadly he had a terrible singing voice, so for me it would have to be the version recorded by Peter Paul & Mary. They were and will remain the Gold standard in folk music and their consummate performances from that era were largely responsible for my early interest in singing and playing folk music. I will be eternally grateful to them and to Bob for the years of pleasure their music gave and still gives to an entire generation, including me.

Monteverdi Vespers of 1610

I remember vividly the first time I ever heard the vespers. The stunning opening "Deus in adjutoreum" nearly knocked me off my chair and the piece just got better and better as it went on. It is a delight and a monumental work that perfectly captures for me the exuberant and extravagant style of the Italian high renaissance scene. Years ago in Mantua I actually had the privilege of standing in the room at the palace of the Gonzaga where Monteverdi worked while employed by that illustrious family. The ornate harpsichord in the room at the time certainly wasn't contemporary with him but that didn't stop me imagining Monteverdi sitting at that harpsichord composing the Vespers.

O Lord make thy servant Elizabeth – William Byrd

I discovered the works of the English Tudor composers in my very early twenties and it ignited a love affair with the music of that period that has never abated. The sheer volume of simply exquisite vocal music that was written by an astonishing number of contemporary masters of the style is amazing, but for me William Byrd - that "Father of Musick" - stands head

and shoulders above them all. His mastery of polyphony is unmatched in my opinion. There are so many of his pieces I could have chosen but his prayer for Elizabeth I perfectly illustrates the clever word painting at which he excelled. The piece ends with one of the cleverest and most sublime Amens you will ever hear. If you have never heard this piece go and buy a copy NOW – sell your soul if you have to.

Now O now I needs must part – John Dowland

Tragic and unrequited love as a subject was very much a stock in trade of the Elizabethan jobbing composers as it was rather fashionable among the nobility of the time (echoes of the relationship between Robert Dudley Earl of Leicester and the Queen perhaps?). From the many excellent examples of the genre I would pick out John Dowland's haunting piece **Now O Now**. Originally written as a part song for Lute and voice – for my money Emma Kirkby's is one of the finest interpretations of these - there are nonetheless many excellent recordings of four-part settings. I recently came across a beautiful recording by a Polish ensemble (sorry, can't spell their name – there are so many consonants and so few vowels to go with them in Polish aren't there?) and this would be my choice for the Island. There is also however on You Tube a very clever 4 part version filmed on a North Yorkshire Vintage Railway carriage journey (Yes, really !) by *Les Canards Chantants*.

I get around – The Beach Boys

Growing up in the sixties was a very special time if you were interested in music, so much good stuff was happening. At the sheer fun end of the spectrum were The Beach Boys. Their sound captures the spirit of the time perfectly – remember all those long care-free school holidays when the sunshine seemed endless? No, neither do I; it was always pouring with rain! I feel very privileged to have been, musically speaking, a child of the sixties. So many Beach Boys tracks provided the Californian sunshine we would never have got otherwise, but for me **I Get Around** does it best. It probably also helped that I was just discovering girls at the time too (Oh happy days).

All my lovin' – Lennon & McCartney

No Desert Island Discs list for someone of my age would be complete without at least one track from the legendary Beatles. An unequalled global phenomenon they bestride the popular music scene like a Colossus, with an unparalleled canon of brilliant and much loved music. Where to start? - there's so much material of theirs to choose from. I chose **All my lovin'** not necessarily because I think it's their best work – though its

certainly a great example of the early Beatles work - but because at the time they released this track I was learning to play guitar and very much wanted to play this one. (Later on I grew up and swapped my electric guitar for my first acoustic 12 string and never looked back,)

The lady of Shalott – Tennyson

I first read Tennyson's beautiful piece at school. Many years later our daughter Esther took up the Harp, or to be more precise the *Clarsach*, - a Celtic small harp. This involved going to the Edinburgh Harp Festival every Easter for several years (which paid off as she now plays really quite well). On one of these trips I discovered the music of a Canadian harpist singer/songwriter called Loreena McKennet. She set Tennyson's lovely poem to music with an unusual line-up of instruments, including the Clarsach. It's a long track – some 15 mins – and cleverly reflects the changing mood of the poem. I chose it because firstly it reminds me of Esther and her harp, and secondly because the music so beautifully and hauntingly complements Tennyson's moving words on the tragedy of unfulfilled courtly love.

Hotel California – The Eagles

This song of the Seventies begins with what must be the most famous and instantly recognisable guitar riff ever written. Every guitarist who ever lived wants to play that riff. Incidentally *The Eagles* often played it on a Taylor 12-string guitar (my instrument). Famously the piece also ends with what was at the time the longest lead guitar duo in recorded popular rock music. **Hotel California** is on my list, despite its lyrics and their rather wry depiction of the objectionable and hedonistic America First culture we have only just got rid of, because for a guitarist it represents irresistibly virtuoso playing and also reminds me why I wanted to be a Folk guitarist and not a Rock guitarist!

And if I could only take one?

That would be really, really hard. I think if you absolutely insisted I choose it would have to be the incomparable **Peter Paul & Mary** with their version of Bob Dylan's **Don't think twice it's alright**, although William Byrd comes an awfully close second.

And the book in addition to Shakespeare and the Bible?

Not so hard. It has to be Tolkien's brilliant **The Lord of the Rings**, with its fantastical creatures, mystical lands and a heart-warming tale of Good overcoming Evil through sacrifice.

John Hudson

Feeding Garden Birds during the Breeding Season



A question I am often asked is whether or not you should feed garden birds during the breeding season. Could it result in some sort of dependency on supplementary food - could it reduce the rate of growth of the young birds? The high protein content of invertebrates is vital in promoting the rapid increase in body mass of chicks, and supplementary foods rarely matches this.

Tim Harrison, when at the British Trust for Ornithology (BTO), examined this issue during his PhD and commented:

"Several studies have looked into the effects of providing extra food for birds during the breeding season, and the vast majority of these have found positive effects - for example, more young successfully reared. There remains a shortage of direct evidence from garden habitats, but the consensus indicates that spring and summer feeding will help birds as they nest."

Food shortages can occur at any time of year, and the extra food we provide via our feeders can make a big difference to the survival of many garden birds, as long as we provide the sort of high energy food that is most likely to help. Initially, most birds with young to feed will use it to sustain themselves, but if their preferred food is in short supply, they will probably take it to the nest.

Last year was a good example. Breeding is timed to exploit the availability of natural foods: earthworms for Blackbirds and Song Thrushes, and caterpillars for tits and most finches for example, so a successful outcome does require a helping hand from the weather, but not too much so! The early warm weather last year resulted in caterpillars and many other bugs emerging early in response, but birds can't change their egg laying as quickly. Egg laying dates have moved forwards by several days over the last couple of decades, but this is a slow process.

The result was a poor breeding season, certainly for most tits, and probably for other species reliant on a plentiful supply of invertebrates, and I'm sure it would have been worse had the parents not been able to top-up on the supplementary food we all put out.

Which foods are best, though? A high energy content is vital, and that means avoiding starchy foods such as bread, and instead choosing sunflower seeds, sultanas, raisins and currants soaked in water, mild grated cheese, mealworms, good seed mixtures, preferably without peanuts, soft apples and pears cut in half, bananas and grapes. These are all foods that could give nesting birds a boost. If you do put out peanuts, make sure that they are fresh and dry, and are in mesh feeders that will not allow sizeable pieces to be taken away.

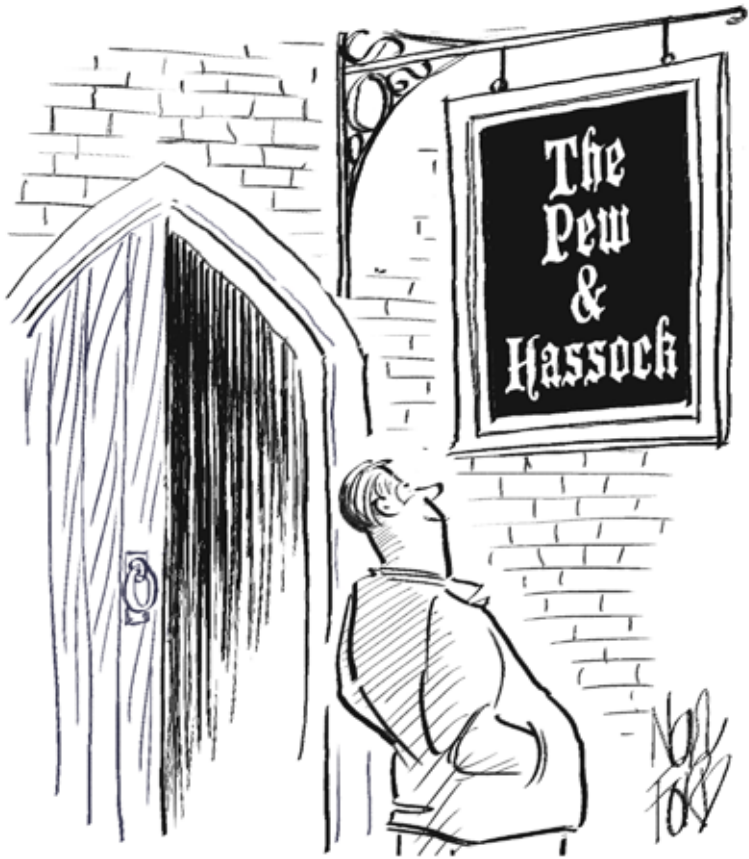
So, eyes open and good luck in identifying the various scruffy individuals you will see out there before they develop their characteristic pattern of feathers! It's not always easy to identify juveniles unless mum or dad are there to help.

One final thought: if you do have cats, it's a very good idea to keep them in overnight when there are fledglings around. Much of the mayhem takes place in the early hours when adult birds are urgently trying to fill hungry young stomachs that have had no food since the previous evening, and can be too busy to see danger lurking.

If you find the lives of our garden birds to be of real interest, and would like to join in and count the feathered occupants of your garden, please visit the BTO Garden Bird Watch website (www.bto.org/gbw). If you know of a local organisation which would like a Zoom talk on garden birds, then mail Mike Gray: gbwmike@gmail.com.

The sofa was stuck, so he got his neighbour to help.
After an hour, they were exhausted – but the sofa was still stuck.
"Forget it!" the man gasped. "We'll never get this in!"
A plaintive voice came from the other end; **"IN?"**

The Back Page



*Changing the name from "St Andrew's"
certainly improved attendance.*

(... but it's really good to hear all the rumours about the White Lion!)

Deadlines

What does June hold?

Let's find out... get your pens and keyboards out! .

The deadline for this is

Monday 24th May

Please let us have your material at least by then.

Photos

This month, we have a less-usual view of St John's from David Clarke's camera on the front page – and the Prayer Page photo came from the editor's front garden