

April 2023

FOCUS

Issue 275



Parish Magazine of St Stephen's, Hightown



Happy Easter
Hightown

Editor's Letter April 2023

Welcome to the Easter Issue!



Westminster Abbey receives many visitors each year, to see the tombs of British royalty and other influential people. The Egyptian pyramids are famous because they contained the mummified remains of ancient Egyptian kings. Mohammed's tomb is noted for the stone coffin and the bones therein. A trip to Washington D.C. isn't complete without a trip to Arlington Cemetery, the final resting place of many outstanding Americans.

The miracle of the resurrection, funnily enough, is about something *not* being there. When His disciples visited the garden tomb on that first Easter Sunday morning, it was empty! The common enemy, that every human, across every continent and every era has to face, has just been cancelled. In the words of that great Easter hymn, "death has lost its sting." We, as Christians, believe that the grave is not final. Christ's resurrection shows us that death has been defeated. Yes, it is the end of life in our earthly body, but the beginning of an everlasting life, as God originally intended for us.

So let's thank God for His son, Jesus, and for all his blessings, great and small.

Wishing you all a wonderful Easter,

Colette



THE BISHOP OF WARRINGTON

We, at St Stephen's
Church, are looking
forward to welcoming

BISHOP BEV

Palm Sunday Service

April 2nd 10.30am.

Everyone is cordially invited to join us.



St Stephen's Church

Sunday Rota for April 2023

Sunday 2nd	10.30am Eucharist	Bishop Bev
Palm Sunday	6.00pm Evening Prayer	John Gibson
Wed 5th	10.30am Morning Prayer	Geoff Bailey
Sunday 9th	10.30am Eucharist	Rev. Canon Janet Eastwood
Easter Sunday	6.00pm Evening Prayer	John Gibson
Wed 12th	10.30am Morning Prayer	Rev. Sue Smith
Sunday 16th	10.30am Eucharist	Rev. Sue Smith
	6.00pm Evening Prayer	John Gibson
Wed 19th	10.30am Morning Prayer	Hazel Roberts
Sunday 23rd	10.30am Eucharist	Rev. Kath Rogers
	6.00pm Evening Prayer	Colin Goodyear
Wed 26th	10.30am Morning Prayer	Judith Welch
Sunday 30th	10.30am Eucharist	Rev. Peter Paine
	6.00pm Evening Prayer	John Gibson

Brass Cleaning

April—Gill Rowe

Sunday Coffee Rota

2/4 Gaylyn Edwards
 9/4 Jan Dawkins
 16/4 Shirley Burns
 23/4 Jan Williams
 30/4 Kevin Howard

PRAYER PROMPTS FOR APRIL

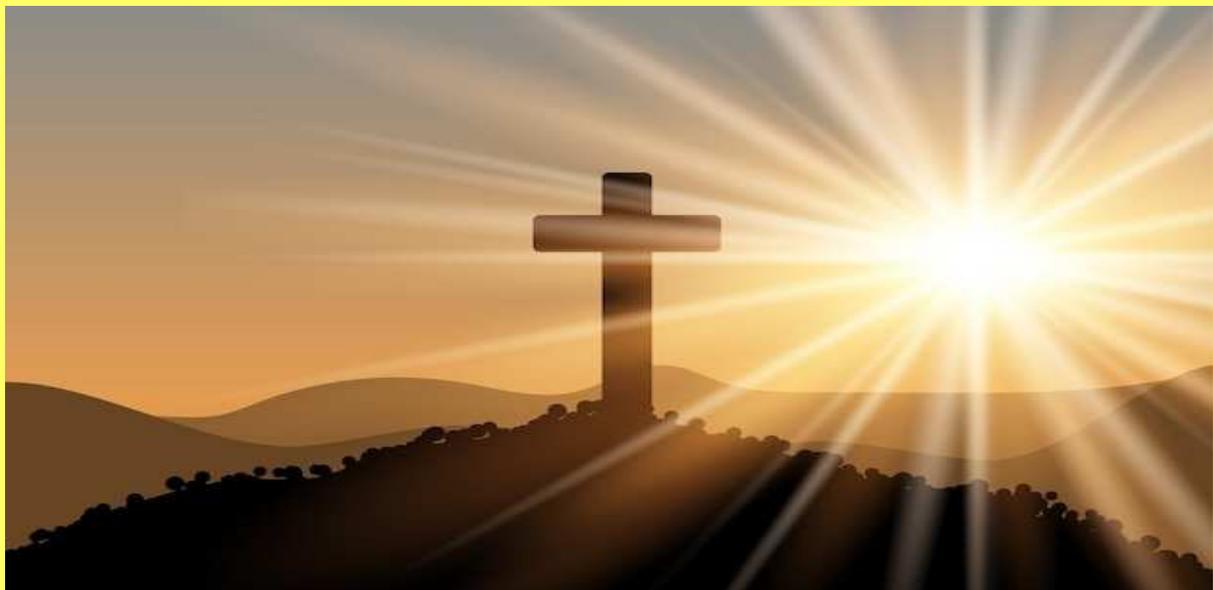


- 1st. Pray for those feeling rejection and separation.
For the people of Blundell Avenue and Alton Close.
- 2nd. **Palm Sunday.** Pray for the people of Jerusalem.
For the people of Marston Crescent and Larkhill Grove.
- 3rd. Pray for all hospital staff.
For the people of Grasmere Road.
- 4th. Pray for police and fire services.
For the people of Whitefield Close and Brentwood Close.
- 5th. Pray for our armed forces.
For all the people of Holmfield, Moss Lane and farms in the area.
- 6th. **Maundy Thursday.** Pray for the hungry and homeless.
For the people of North End Lane.
- 7th. **Good Friday.** Jesus died that we may live.
For the people of Blundell Road.
- 8th. **Easter Eve.** Pray for the bereaved.
For all the people of Thirlmere Mews and Thirlmere Road.
- 9th. **Easter Sunday.** Hallelujah He is risen.
For the people of Blundell Grove and Wignalls Meadow.
- 10th. For with God nothing shall be impossible (Luke 1 v 37)
Pray for the people of Oakfield Road.
- 11th. Forgive us, Lord, as we forgive those who have hurt us.
For the people of Thistledown Drive and Sandilands Grove.
- 12th. Pray for abused women.
For the people Withinsfield Road and Lower Alt Road.
- 13th. From a grateful heart we remember our blessings.
For the people of Hester Close and St. Stephens's Road.
- 14th. Lighten our darkness we beseech thee, Oh Lord!
For the people of St. George's, Road and Sandy Lane.
- 15th. Pray for all without faith and hope.
For All the people of Mark Road.
- 16th. **2nd Sunday of Easter.** Pray for children finding school difficult.
For the people of North Dunes and Westway.
- 17th. Pray for our neighbours living next door.
For the people for Langley Close.
- 18th. Pray for the sick in body, mind or spirit.
For the people of Briary Croft and Richmond Close.

PRAYER PROMPTS FOR APRIL (CTD.)



- 19th. Pray for all Christians suffering persecution.
For the people of Elvington Road.
- 20th. Pray for the protection of our children and grandchildren.
For the people of the Village Way and the Roundway.
- 21st. Pray for protection from terrorist attacks.
For the people of the Range and Altcar camp.
- 22nd. Pray for all teachers.
For the people of Sandhills and Old Acre.
- 23rd. **3rd Sunday of Easter.** Pray for Godly wisdom within our government
For the people of Moorhouses and Bankside.
- 24th. **George Patron of England.** For our king and nation.
For the people of Tudor Gardens.
- 25th. **Mark the Evangelist.** For missionaries and evangelists.
For the people of School Road and Rathbone Road.
- 26th. Pray for our lifeboat crews and mountain rescue.
For the people of Elmcroft Lane and Emerson Close.
- 27th. **Christine Rosetti, Poet 1894** – For writers, artists and musicians.
For the people of Thornbeck Avenue and Mayfair Close.
- 28th. **Peter Chanel, missionary.** For he will give His angels charge concerning you.
Psalm 91
For the people of Windermere Road.
- 29th. **Catherine of Sienna, teacher.** Pray for all students taking exams this summer.
For the people of Gorsey Lane and Orrell Hill Lane.
- 30th. 4th Sunday of Easter. Give thanks for the beautiful Hightown skies and all family and friends.
For the people of Riverside.



Who's Who at St. Stephen's

Vicar	<i>To be appointed</i>
Reader	Mr. John Gibson
Wardens	Mr. Geoff Bailey
PCC Secretary	Mrs. Beryl Howard
PCC Treasurer	Mr. Keith Aldis
Gift Aid Secretary	Mr. Brian Taylor
Safeguarding	Mrs. Sonia Bunyard
Wills and Legacies	<i>To be appointed</i>
Electoral Roll Officer	Mrs. Beth Cresswell
Sacristan Team	Miss Hazel Roberts
Health and Safety	Mr. Stanley Alty
Flower Rota	Mrs. Hilary Munro
CMS Secretary	Mrs. Beryl Howard
St. Stephen's Youth Club	Jane Croxton
Church Hall Bookings	Mrs. Sally Fraser
Focus Editor	Colette Grove Focus.Magazine@StStephensHightown.org.uk
Focus Advertisements	Colette Grove (as above)
Focus Distribution	Mr. and Mrs. K. Bradshaw
St. Stephen's Church Website	https://StStephensHightown.org.uk

Entries for future issues of Focus to be sent to

Focus.Magazine@StStephensHightown.org.uk

Please submit before the last day of the month.

APRIL BIRTHDAYS

Evie Davies

Nathaniel Frost



BAPTISMS

Joshua Shackleton

Amber Wallworth



Sanctuary Flowers

2/4 Lent

9/4 Easter Day

16/4 Easter Flowers

23/4 Easter Flowers

30/4 Hilary Munro

St Stephen's Church Hall

TODDLER GROUP

Term time

Every Friday 9.30 to 11.30am

Coffee Morning

Saturday April 1st

10am until 12noon

St Stephen's Hall

All Welcome



From Jax and Gareth's Kitchen

Jax Snax—*Healthy Dog Treats*



Jax is a very handsome, young Alsatian, who loves playing on the beach and in the dunes with his canine friends. He is full of fun and friendly towards dogs and humans, alike. He is currently working towards gaining the top obedience award at doggy school. My dog, Mack, really enjoys these treats and Gareth, his owner, very kindly, agreed to share his recipe.

Many thanks, Gareth!

(Editor's note)

Ingredients :

300g whole wheat flour	1 large egg (approx. 50g)
150g grated cheese (optional)	550g peanut butter
300ml water	80g honey

Method :

Preheat oven to 180 degrees C. You may either use your hands or a mixer with a paddle attachment. In a large bowl, combine the flour and egg (and cheese, if desired). Next, add the peanut butter, water and honey and mix until the dough is firm and sticky. On a lightly floured surface, roll out the dough to about ½ inch thick.

For training treats, you can use a pizza cutter or similar to cut into about ½ inch cubes.

You could also make larger biscuits as snack size treats, using any kind of cutter.

Place in the preheated oven and bake.

For training treats, bake for about 8 minutes, or until golden.

For larger biscuits, bake for 15-20 minutes (or again, until golden).

Remove from the oven and allow to cool. They will crisp up out of the oven, so don't worry if they are slightly soft when removed, but keep an eye on them to make sure they don't burn while in the oven.

NOTES :

Flour: *Some dogs are allergic to flour/wheat. If you want to make these wheat free, you can use rice flour or coconut flour as a replacement. These alternate flours will work, but might change the consistency a bit.*

Peanut Butter: *Some peanut butter brands are including xylitol to cut the sugar in their peanut butter. Do not use any peanut butter containing xylitol as it is toxic to dogs. Just check for natural peanut butter and check the ingredients.*

Honey: *Avoid giving honey to immunocompromised dogs and dogs under 1 year old.*

Please check the ingredients for anything that your dog may be sensitive/intolerant to.

Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10am	Beryl Howard Jan Branigan
Hightown Friendship Group 2nd Wednesday at 8pm, St Stephen's Hall	Margaret Wear
Gardening Club 2nd Monday St Stephen's Hall 8pm	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard—rohan.pickard@gmail.com Chris Williams—Cwill1951@virginmedia.com
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Ian Wear
Open Mic Poetry Group 3rd Thursday 7.30pm, St Stephen's Church Hall	Tony Higginson—tonythebook@live.co.uk Sally Anne—tapiabowes@gmail.com
'Drop In', Thursdays, 1.30—3.30pm St Stephen's Hall	Sue Taylor
Village Singers, Our Lady of Victories Hall, Mondays 1.30—3pm	Chris Payne—payne-c@sky.com
Hightown Parish Council	Jenny Farrar—clerk@hightownparishcouncil.uk hightownparishcouncil.uk
Community Library, Alt Centre, Lower Alt Rd, Mon 12-2, Tues 1-3, Weds 1- 4, Fri 10 -12	Linda Munro—lindamunro@hotmail.com
Zumba Gold, Dance for all aged 55+, Mondays 9.45-10.30 St Stephen's Hall	Nicky Garsforth
Creo Dance Co, Mon, Tues, Wed, Thurs, Sat Children 3-18 years	Georgia Gaudie

St George! St George! For Merrie England

Childhood Encounters with St George

Graham Goodchild, Old Acre



An enduring memory of my childhood, in the 1950s, is of being taken by my parents, one Christmas, to the theatre to see a performance of the hugely popular children’s play, “Where the Rainbow Ends.” It was my first visit to the theatre and the play made a great impact on me. It had an even greater impact on the distinguished actress, Patricia Hodge, OBE, who plays the part of Mrs Pumphrey in the new television series *All Creatures Great and Small*. She relates that it was this play that had inspired her to pursue an acting career.

The play was based on the book of the same title by the Edwardian children’s writer, Mrs Clifford Mills. First published in 1911, it tells the story of two English children, brother and sister, who go in search of their missing parents after reading an ancient text claiming that lost loved ones can be found in the land where the rainbow ends. They reach the land by magic carpet, only to find that it has fallen into the hands of the evil dragon king. The children enlist the help of St George, who protects them through various adventures, ultimately defeating the dragon king and reuniting them with their parents. The book concludes with the chorus:

‘St George, St George, for Merrie England’.

Changing social attitudes and values in the 1960s saw the end of productions of the play, which had by then been viewed by some 20 million people. Its patriotic overtones were out of tune with the times. The book has long been out of print.

Dream Days

Another Christmas, I was given a copy of *Dream Days* by Kenneth Grahame, author of “*The Wind in the Willows*.” The book contains several stories, including the tale of the Reluctant Dragon, which tells how a young dreamy shepherd boy finds a sleeping dragon high on the Berkshire Downs. He gets to learn that this gentle dragon loves poetry and the two fast become friends. But when the villagers discover the dragon, they send for the legendary St. George, who lived nearby in retirement, to slay the creature they see as a threat. Faced with losing his only friend in the world, the young boy must convince St. George not only to spare the dragon's life, but also to persuade the villagers of his kind and gentle nature.

The boy introduces St George to his friend the dragon. They get on well. Both agree to stage a mock fight. St George pretends to kill the dragon. The villagers are satisfied and return

home. The story ends with St George, the dragon and the boy walking uphill arm in arm into the sunset, singing old folk songs, with the dragon leading the singing.

Both these stories freely adapt the legend of St George and the Dragon and the myth that he was an Englishman. But as we know, St George was not English, but a Middle Eastern soldier who was born and died in Palestine. It is unlikely that he ever visited England, despite another legend that he undertook military service in York. He, according to the tale, sailed westwards from Palestine, through the strait in the Irish Sea that we know as St George's Channel, to a small port on the Lancashire coast, possibly Lancaster. Today, you may visit Lancaster and walk along St George's Quay.

The figure of St George is overlaid with many myths and legends, but if we look beneath them, we see a young soldier who was cruelly put to death in the 4th Century Great Persecution for refusing to renounce his Christian faith.

Let's raise a glass to St George, patron saint of England, on his feast day, 23 April!



Easy Fundraising

St Stephens has have been using #easyfundraising to raise FREE donations for the Church when we shop online. We have just been paid! These donations will make a BIG difference and you can help during this difficult time too - it only takes 2 minutes to sign up and 4,500+ shops (including Amazon and Ebay) will donate for free, every time you shop online with them!

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to find out more ?

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Playing in an orchestra

By Chris Cresswell

There is nothing like music for expressing emotion. The "Last post" played on the bugle on Remembrance Day, live at our war memorial, always gets me. My main hobby is playing the cello in two orchestras, but achieving that sort of effect with a group of sixty players is more complicated. Each orchestra meets once a week (Friday for Crosby Symphony Orchestra and Tuesday for Southport Orchestra), and most of us have to practice at home for hours.



Playing at the right time is the first priority. I keep my eyes glued to the music as I am playing (if I don't, I will get lost), but I have the conductor's baton in my field of vision. All sixty of us have to time our playing exactly to the "bounce" at the bottom of the conductor's beat, otherwise we will not be together.

Next priority is to play the right notes. We have key signatures, which act like a code to tell us when we have to play sharps or flats (usually like the black notes on a piano). If I forget what key I am supposed to be in, I have to let my eye dart back to the beginning of the line to check (without losing my place). Unlike a piano or guitar, most orchestral instruments need "tweaking" to get the note exactly right. For example, on a Cello, if I put my finger on the string a millimetre away from where it should be, it will sound out of tune. If we all play in tune, we achieve the harmony the composer wanted.

The music tells us whether we should bow or pluck the string; the direction to bow in (so we don't crash into each other); whether to play loud or soft; notes flowing or separated or accented. The upside of all this is that I have to concentrate so hard that it drives all worries out of my mind. Some of the fast sections have to be played by "muscle memory", the notes are going past so quickly that there isn't time to think.

The players are all amateurs, or music teachers, and don't get paid for playing in the concerts. We use our subscriptions and concert ticket money to engage professional conductors and soloists, although some of our more talented players do play solos and conduct us. The conductors inspire us. They tell us what effect the composer is looking to make, and how to achieve it. As an example, when we played Shostakovich's fifth symphony, the conductor explained how, to satisfy Stalin, the composer wrote in a martial style, but he

poured into the slow movement his deep sadness at the fate of his friends. The orchestra rose to the challenge of expressing this.

It is not all sadness. We recently played the Rosenkavalier Suite by Richard Strauss, which I think contains one of the best expressions of love ever written. It is a real privilege to be part of an orchestra which can make magical sounds like this.

Crosby Symphony Orchestra's next concert is on Sunday 30th April at 7:30pm in St. Faith's Church Crosby. The programme includes Tchaikovsky's Symphony no. 4.



31st March 2023



TCG Medical Services

Dear Patients of Hightown Village Surgery,

As I prepare to leave my practice, I want to take a moment to express my deepest gratitude for the privilege of serving you as your family physician. It has been an honour to care for your health and well-being, and to be a part of this wonderful community. I want to thank each and every one of my patients for allowing me to be a part of their lives, and for entrusting me with their health. It has been a joy to watch families grow, to share in the ups and downs of life, and to provide care and support whenever it was needed. I also want to express my appreciation for the community as a whole. You have welcomed me with open arms, and I have been fortunate to work with a dedicated and compassionate team of healthcare professionals. Together, we have been able to provide the best possible care to our patients. Although I will be leaving my practice, I will always carry with me the memories and experiences that I have gained from serving this community. Sue has a new job with Macmillan, Diane is going back to the surgery in Bootle and Maria will return to her role as secretarial lead for Dr Alam's other practices. Thank you for allowing me to be a part of your lives, and for making my time here so rewarding and fulfilling.

With heartfelt gratitude,

Dr Navaid Alam & Team



Family Easter Quiz

(answers at bottom of next page)

Qu.1 Why do Christians celebrate Easter Sunday?

- a. It was when Jesus rose from the dead.
- b. We all love chocolate.
- c. Everyone loves Sunday.

Qu.2 What type of bun do we traditionally eat during Eastertide?

- a. Hot cross bun
- b. Hot angry bun
- c. Hot happy bun



Qu.3 What dried fruit do you find in hot cross buns?

- a. Apricots
- b. Dates
- c. Raisins

Qu.4 On what date does Easter fall?

- a. 12th April
- b. 20th April
- c. The date of Easter can change.



Qu.5 What does Good Friday honour?

- a. The day Jesus was crucified.
- b. The day Jesus rose.
- c. The day Jesus ate his last supper .

Qu.6 In which story does a rabbit carry a pocket watch and says "I'm late!"

- a. Peter Pan
- b. Cinderella
- c. Alice in Wonderland



Easter quiz cont.

Qu.7 What do the clocks do in spring?

- a. Stop
- b. Go backwards
- c. Go forwards



Qu.8 Who wrote the tale of Peter Rabbit?

- a. Enid Blyton
- b. Roald Dahl
- c. Beatrix Potter

Qu.9 Name one of Peter Rabbit's siblings?

- a. Fluffykins
- b. Mopsy
- c. Honey



Qu.10 What do people traditionally bake at Easter?

- a. Simnel cake
- b. Easter nests
- c. Hot cross buns
- d. All three



Qu.11 Who or what brings Easter eggs to French children?

- a. Easter Bunny
- b. Flying church bells
- c. The Easter Chick



Ans: 1a, 2a, 3c, 4c, 5c, 6c, 7c, 8c, 9b, 10d, 11b

Hightown Gardening Club

Do you know that Hightown was famous for growing horseradish?

The speaker for HGC on 11th April is Bill Woods, who will tell us how to grow herbs and use them for both culinary and medicinal purposes. There may be plants to purchase, also. Visitors are welcome, £3 each.

Making Waves

By Andy Worrall



Hi!

I'm Andy and I live in Hightown with my wife, Angela, and my dog, Sonny. I am addicted to open water swimming and am part of a swimming group called "The Vikings".

It all started In April 2021 when, whilst I was swimming in a pool, I struck up a conversation with a "young" man of 72 years, called Billy Seaman, (a retired semi-professional boxer). He asked me if I swam competitively. I told him that I had always enjoyed swimming but mainly swam in the indoor pool to keep fit. At the end of our chat, he invited me to swim with him, and some of his fellow "Vikings", at the Liverpool Watersports Centre. I now train for open water swimming with them, at the Liverpool Watersports Centre, near the Albert Dock.

When you swim in open water, whether that is in a wetsuit or "skins" (swimming shorts or a costume), you become 100%

focused. Nothing else enters your head. Any worries you may have are forgotten. From the moment you start your swim, to that well earned coffee and a piece of cake at the finish, nothing else enters your head. It didn't take long to catch the bug, and very soon I was swimming in open water races in the Albert Dock, Liverpool and in Ullswater, in the Lake District.

This year, I am swimming in Coniston in the Lake District, and other events in Liverpool, including the Mersey River swim in September, which is the local "Viking" tradition.

When the tides are right we also wild swim in the Mersey. We go "over the water" and start from Wallasey, swimming right the way along the coast line to New Brighton. We are, of course, always careful to ensure that the coast guard is aware of our activity.

The best place to learn open water swimming is at a venue similar to the Liverpool Watersports Centre. It organises training in the week and at the weekends, and welcomes all abilities, from beginners to the more experienced race swimmers. Everyone respects each other, and as it takes place in an enclosed dock, it's a safe environment to try open water swimming. The water is normally calm and you can swim for as short, or as long a distance, as you want.

There has been a boom in open water swimming, partly due to the lockdown, but also due to the range of benefits it brings, including: improved health and an increased social life, as you meet many like minded people.

You will never be judged, and the people you meet will soon become your friends.



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