



Editorial

The close off date for the January Newsletter is Friday 15th December 2023. Please may I have any news ASAP now, as December is going to be a very busy month. Email to shirleybdraper@gmail.com or place in box at back of the church.

Weather Forecast

Apparently, this week it will be constant rane, hele, thunder, litnin, and frizzing colde. Really bad spell of weather!

Shirley Murray

Remember in the last newsletter, there were the words of hymn 685 "For everyone born a place at the table". Well, the editor had a phone call from her friend John in New Zealand. John knew the author of the hymn, Shirley, and her husband, Rev John Murray.



Shirley Murray 31/03/1939 to 25/01/2020

John Murray was a Presbyterian Minister in Wellington, NZ and he and his wife didn't like the Presbyterian Hymn Book, so Shirley composed some new hymns, one of which was sung on a "Sunday Praise" TV programme from Southward's Car Museum near Raumati. Her texts have appeared in more than 100 collections worldwide and have been translated into several languages. In 2009, Shirley became the first woman to be made a Fellow of the Hymn Society of the United States and Canada.

Shirley and John retired to live at Raumati just up the coast from Wellington. John died in 2017 and Shirley in early 2020.

Wrapping it up in a quote

Only dead fish go with the flow. *Anon*

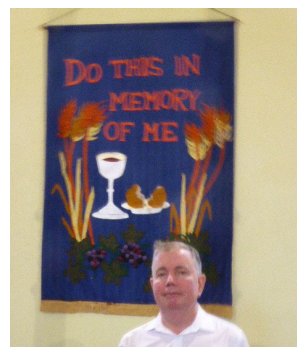
Life is like a camel. You can make it do anything but back up. *Marcelene Cox*

Three stages of career development are: I want to be in the meeting; I want to run the meeting; I want to avoid the meeting. *Anon*

The amount of sleep required by the average person is 5 minutes more. *Wilson Mizner*

Eva's Thank you

The Elders of St Johns Church have received a lovely email from Eva and Nancy, and John and Eddie of the Pembrokeshire Fundraising Group of Guide Dogs Cymru to say thank you for allowing them to have a stall on 8th November at our Coffee morning. The total raised was £130, they were pleased to say. Linda also sent an email of thank you to St Johns. She visits St Johns for Welsh Cakes and Coffee mornings regularly, and says "they welcome me into their church with smiling faces and a coffee. I won't forget the welcome they all give me"



St Johns member, Peter was presented with the Good Neighbour award on Friday 17th November at the Kindness Awards organised by Tenby Observer

newspaper. Shirley's daughter Anne was presented with the Eco Warrior Award. Rebecca and Ian of the Old Chapel also won an award.

St Johns Church Newsletter



December 2023

Eileen Algate



Marilyn says ...
“Eileen would like to say thank you to all family and friends who visited her, gave gifts, and sent cards on her 103rd birthday. It was much appreciated. A special thank you to leuan for always being so willing to sing for her”.

Some sayings

Happiness sneaks in through a door you didn't know you left open. *John Barrymore (1882-1942)*

The contented man, even though poor, is happy: the discontented man, even though rich, is sad. *Chinese wisdom.*

The one who knows that enough is enough will always have enough. *Lao-Tzu (6th century BC)*

You can destroy your now by worrying about tomorrow. *Janis Joplin (1943 – 1970)*

There is a time to keep silence and a time to speak. *Ecclesiastes 3:7*

Christmas Concert

A Christmas concert will be held amongst the Christmas Trees in the Sanctuary of St Johns on Saturday 16th December starting at 4 o'clock in the afternoon.

This will be a celebration of songs and Christmas readings. There will be lots of opportunities for everyone to join in the singing. Organised by Mollie and accompanied by her daughter, Penny, the concert is open to the public and is free.

Please come along and enjoy the lead-up to Christmas in the dazzling surroundings of the Christmas Tree Festival. Please bring your friends and family, as the concert is suitable

for all. The Elders will be offering light refreshments following the concert.

Mollie's "School cake"

200g butter (or soft margarine)

300g caster sugar

3 large eggs

300g Self Raising Flour

Pinch salt

75ml milk

1 teaspoon vanilla extract

Whisk all the ingredients for 4-5 minutes.

Cook at 160°C in a prepared (lined) tin for 35-40 minutes. When cold ice with lemon icing. To make a chocolate cake substitute 20g of flour with cacao powder (cocoa – from Grape Tree shop).

How rich I am

Sometimes I forget how rich I am. My hot water works, my central heating works when I need it to. I can go to any grocery store and purchase what I am pleased to eat. I have a clean kitchen to cook in. I have a clean shower to bathe in... sometimes I forget I'm beyond blessed.

Bay (*Laurus nobilis*)

Bay is an evergreen tree with glossy green leaves. A native of the Mediterranean region, it is also known as laurel and sweet bay. This is the only type of laurel which can be used in cooking. Although slow growing, it can grow up to 8 m (26ft) in height and prefers a sheltered sunny position and rich, well-drained soil. Bay trees are ideal to grow in containers which means they can be brought indoors during severe winter weather.

Bay leaves are one of the three herbs used in a classic bouquet garni. They can be added to marinades, the poaching water for fish, soups and stews. Use the leaves whole as the oil contained within the leaf is extremely strong and always remember to remove them before serving.

St Johns Church Newsletter



December 2023

The title of Poet Laureate takes its name from the bay or laurel tree. In ancient Rome eminent poets were awarded laurel wreaths.

To Help our Farmers

Here is a guide to where you can shop to make sure farmers get more of your pound. As a bonus, food straight from the producer is often fresher and tastier too.

1. Try a Veg Box delivery
2. Go retro with a local milk round.
3. or go modern with a milk vending machine... Many dairy farmers are now putting one of these at their gate, allowing you to fill up a bottle of fresh milk 24/7
4. Say hello at a farmer's market
5. Visit your local Farm Shop – The Little Pantry in Tenby's Market.

World War 2

I have been reading a great book by Julie Summers, called Jambusters, all about the Women's Institute during the war years. I thought this quote very telling. It was written by a Mrs Milburn on 24th August 1940.

Oh dear, what madness all this is – parents separated from their children, husbands from wives, guns and bombs blowing houses and people to pieces – Insanity Fair in truth, but what could one do? God knows we tried hard not to make war, but it could not have been His will that we should allow ourselves to be trampled on and annihilated finally. There are times when one must fight, and Germany, having set out to dominate the world, had to be paid in her own coin.

And still wars go on...

Christmas Tree Festival

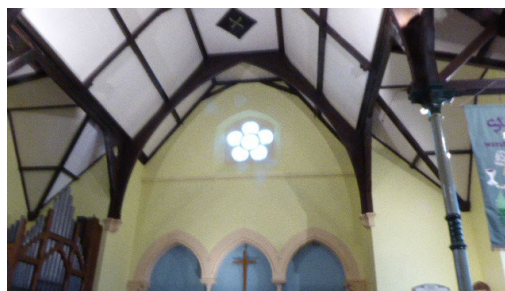
On Monday 11th and Tuesday 12th December the trees will be set up in the Church. See Ann Maggs if you would like to do your own family one, or one for an organisation.

On Wednesday 13th, the festival opens until Christmas. Please fill in the times you can help with stewarding the festival.

News of Members

Rachel and Michael's marriage is having a blessing at St Johns on Friday 29th December 2023 at 2pm followed by refreshments, and all members and friends are invited to this Blessing Service.

The plastering work



The scaffolding has gone - the job complete and the area around the window looks lovely. Members have enjoyed the Sunday worship in the hall but are pleased to be back in the church itself.

Craft Group

The Monday meeting has an average of 12 people attending on a regular basis. All enjoy the friendship and chatting along with the cuppa. Some bring their own craft, others do colouring, and at the moment working on Christmas decorations is popular.

November 30th

Is St Andrew's Day...celebrate Scotland's patron saint by embracing haggis, neeps and tatties, Cullen skink, shortbread, Irn-bu and whisky and ceilidh dancing into the wee hours. Slainte!

Ball of Wool

Close your eyes and imagine a small ball of wool in front of you. Pick it up and notice its colour, its texture and its softness in your fingers. Take a strand and watch as the ball of wool begins to roll slowly away from you, unwinding as it goes. As it unwinds, notice any

St Johns Church Newsletter December 2023

tension in your body and your mind, and let this tension unwind with it. Feel the pressure lift from your body and notice your weightlessness. Notice as the ball of wool unwinds entirely to become a long, open strand completely at rest.

Travelling Nativity

Come and join the travelling nativity at Tabernacle in Pembroke. Starting down in the Garden, follow the guiding star to meet shepherds, angels (and King Herod), and join gran and granddad (mam-gu a tad-cu) as they share the meaning of Christmas.

Saturday 16th December, 10am to 12.30 with opportunity to join in with carols, crafts and light refreshments. 16th

Christmas draw prizes

Thanks goes to Peter for collecting all the wonderful prizes gifted by local shops and businesses for our grand Christmas Prize draw. Tickets available at the Fayre.

Thanks

John and Stella would like to thank everyone who helps and supports Welsh Cake Wednesday and coffee morning. Recently a lady said on leaving "that chat made my day".

And Roger takes them to the hospital to say a big thank you to the staff with a note that they are made by St Johns.

And £250 was raised for Children in Need. Our little bit is making a difference.

Worship (11am unless shown otherwise)

Dec 3rd Stella Hayton

10th Norman Gilbert

17th Stella Hayton

24th Christmas Nativity the Worship Group

24th 4pm Christmas Candy Cane Children's Service Kate Wolsey

25th 10am Christmas Day Communion

Stella Hayton

31st John Birch

Dates for your Diary

- Dec 1st 10:30 – 12 "Elf" advent course – Pembroke led by Kate
- 4th Whole people of God 11—12.00
- 6th 10-1 Christmas Fayre at St Johns
- 6th 7-8 Pastorate Elders, Manse
- 8th 10:30 – 12 "Elf" advent course – Pembroke
- 11th Setting up the Christmas Trees
- 12th Setting up the Christmas Trees
- 12th 7pm Sands Reception
- 13th Christmas Tree Festival Open
- 15th 10:30 – 12 "Elf" advent course – Pembroke
- 15th Carol Singing around Tenby
10.30 to 12.30 Travelling Nativity Pembroke
- 16th 4pm Free Christmas Concert at St Johns amongst the Christmas Trees followed by light refreshments.
- 17th 11am Christmas Carol Service
- 22nd 10:30 – 12 "Elf" advent course – Pembroke
- 24th 11am Christmas Nativity
- 24th Christmas Tree Festival Closes
- 24th 4pm Christmas Candy Cane
- 25th 10am Christmas Day Service
- 29th 2pm Rachel and Michael's Wedding Blessing
- Jan 8th 1pm Luncheon Special at St Johns by Sharman (see below)

A good start to the New Year

You are invited to lunch at 1pm on Monday 8th January at St Johns. Sharman is going to cook copious quantities of shepherd's pie and would like you to come along and enjoy it. Thank you, Sharman – it will be a wonderful change from turkey!

And finally thanks to the editor and her little helper for another year of newsletters.

Nadolig Llawen