



Editorial

The close off date for the November Newsletter is 20th October. Stories are always welcome email to Shirleybdraper@gmail.com or place in the box at the back of the church.

Did you know?

That the hymn "Abide with me" was a Temperance Hymn.

One Day at a time from Melony Ablitt.

I'm only human, I'm just a woman
Help me believe in what I could be and all that I am,
Show me the stairway I have to climb
Lord, for my sake teach me to take one day at a time,
One day at a time, sweet Jesus,
That's all I'm asking from You,
Just give me the strength to do everyday,
What I have to do,
Yesterday's gone, sweet Jesus,
And tomorrow may never be mine,
Lord help me today, show me the way,
One day at a time,
Do You remember when You walked among men?
Well Jesus, You know, if You're looking below,
It's worse now than then,
Cheating and stealing, violence and crime,
So, for my sake, teach me to take one day at a time,
One day at a time, sweet Jesus,
That's all I'm asking from You,
Just give me the strength to do every day,
What I have to do.

Teddy Bears' Picnic on 23rd August.

The Teddy Bear Exhibition closed on a joyful note with a special afternoon tea delivered to the tables of all sitting outside the front of the church, and this was followed by compere, singer and guitarist Billy Cole. A great time was had by all - the dancers and watchers!

Money was raised for Paul Santori Hospice at Home and Tŷ Hafan Children's Hospice.

Some of the watchers



And when the party was over....

some teddy bears were rescued and



the rest were looking for a new home





News of members:

Our prayers are with Val Adams on the news of the death of her sister.

Daniel Bonser is starting up "Tenbyfootcare" He can help you with toe nail cutting, Diabetic Foot Care, Corns and Calluses, and a whole lot more. Ring him for an appointment 07762 377 959 or tenbyfootcare@gmail.com He is doing well with building up a client list here in Tenby. Please do remember him and take a flyer about him to your friends. Several members of St Johns have already received excellent foot treatment from Daniel.

Audrey Scullard during September, was preaching in Salisbury United Reformed Church, and said it was the first time she had preached since leaving Tenby.

Giltar Hotel Lunch

One Sunday Fred and Sue Broomhead and Shirley Draper with her friend Nesta Duckworth were all at the Giltar for Sunday lunch. A very nice meal was enjoyed by all.

Ironman on Sunday 3rd September.

The day was hot with a magnificent blue sky. The sea was great for the swimmers, then they baked as they biked and then ran!

There were about 10 members, and 4 visitors, plus Mollie and Peter's daughter and son-in-law who walked into Tenby just so she could play the piano for the hymns, as there was no way Mollie could walk that far! Leaving St Johns after had its problems, the road outside was blocked off with the only access further away by the Five Arches.

Monday Craft Club

The members expressed their sympathy to Beth McBurnie on the loss of her husband in August.

Preachers at St Johns

Oct 1st Rev Stella Hayton Harvest Communion
Oct 8th Rev John Hayton
Oct 15th Rev Stella Hayton
Oct 22nd Mrs Melony Ablitt
Oct 29th Anne Walker
Nov 5th Rev Stella Hayton Communion
Nov 12th Rev Nanette Lewis-Head
Nov 19th Rev Stella Hayton
Nov 26th Rev Adrian Davies
Dec 3rd Rev Stella Hayton
Dec 10th Rev Norman Gilbert
Dec 17th Rev Stella Hayton
Dec 24th Worship group
Dec 24th Mrs Kate Wosley Crib Service 4pm
Dec 25th Rev Stella Hayton Communion 10am
Dec 31st Mr John Birch

Little ones sayings

A little girl was diligently pounding away on her grandfather's computer. She told him she was writing a story. "What's it about" he asked. "I don't know," she replied "I can't read"

I was in the bathroom putting on my makeup under watchful eyes of granddaughter as I'd done many times before. After I'd applied my lipstick, and started to leave, the little one said but "Grandma, you forgot to kiss the toilet paper"

Little one visiting one day when he said "Grandma do you know how you and God are alike?" I mentally polished my halo and said "No, how are we alike?" "You are both old" he said.

When my grandson asked how old I was, I teasingly said "I'm not sure." Look at your underwear Grandpa. Mine say I am 4-6 (Wow, I'd really like this one – it says I am 30!)



Another Teddy Bear Exhibit

David and Goliath.



This is an old favourite of Liz Storey.

Thank you, Liz.



Recipe: Prue Leith's Baked Curried Chicken.

Preparation 10 mins plus marinating time.

Cooking 30 minutes, serves 4.

Using coconut milk adds an unexpected flavour. As with a lot of curries, the sauce can curdle a little, don't worry, it will still taste delicious. Any of the enormous variety of curry pastes now available are all suitable for this dish. The breadcrumbs can be omitted but cover the chicken with tinfoil while cooking to prevent it from drying out. Serve with rice and stir fried pak choi.

Ingredients: 1½ tbs curry paste, 2 crushed garlic cloves, 425ml or ¾ pint coconut milk or soured cream, 4 chicken breasts, skinned, 3oz/75g fresh white breadcrumbs. Chopped parsley to garnish.

Method

1. Mix together the curry paste, garlic and coconut milk or soured cream.
2. Put the chicken breast in an ovenproof dish and pour over the curry and cream mixture. Cover and leave to marinate in the fridge all day or overnight.
3. Preheat oven to 290°C/375°F/Gas 5.
4. Sprinkle the breadcrumbs over the top of the chicken and put in the hot oven for 40-45 minutes.
5. Sprinkle the parsley over the top and serve immediately.

Human Fruit Machine 23rd September

Tenby held a fun day on South Beach and the Battery car park and garden. St John's under the leadership of Anne Maggs had a human fruit machine for outreach and fun. With the Co-op Store donating fruit as prizes, a great time was had.

20mph

This new ruling on our roads is causing great fun! What with Hurricane Agnes as well, the wind is blowing things along the road faster than cars are going!

From Judith Keller

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

Alvin Toffler.

Wrapping it up in a quote

"The way to get started is to quit talking and begin doing" *Walt Disney*

"Art is not what you see, but what you make others see" *Edgar Degas*

"The saddest thing I can imagine is to get used to luxury" *Charlie Chaplin*

"The only creatures that have evolved enough to convey pure love are dogs and infants"

Johnny Depp



We had a busy summer and so took a well-deserved rest this week. If you can call it a rest for John. He was running his second half marathon. He ran his first at the age of 62 and second just before his 63rd Birthday. So at the age of 62 he ran his first marathon, it only took 6 months!



John only started running in earnest since we moved here. He got the parkrun bug. And so most Saturday mornings we do the park run. That is, at 9am we run/walk 5km (3 miles 200m) along with about 100 people of all ages at the old HaverfordWest Race Course. Instead of horses people now run.

There are eager parents running with push chairs, dog owners' running with their dogs, children under and over 10, and then men and women up to the age of, let's say 80. Some run, run/walk and some walk. And just when John thinks he is doing well, he gets passed by what looks like a 12 year old, or a lady in her second trimester. To make sure no comes last there is tail walker, a volunteer who brings up the rear.

Parkrun began 19 years ago and has now mushroomed into a heartwarming worldwide success story that has registered over 5,000,000 runners. That's a lot of runners. It started because its founder had an injury and need to get back into running. Peter Paul Sinton-Hewitt CBE FRSA started a time trial around his local park. It had 13 takers.

The ethos is to encourage those who would not normally be involved in sport or physical activity to be involved. Some run, some walk and most importantly volunteers help the event take place. This includes young people doing the duke of Edinburgh awards. And Brownies serving brownies.

The organisers were pleased when the average time increased from 20 to 30 minutes because it showed that a wider range of people were taking part. John and I were never any good at sport at school. No one told us it was meant to be fun.

This is a picture of John after completing the Llanelli Half marathon on Sunday 24th

September with Caroline a friend we've met at the parkrun.



Exercise helps people's mental health, which is one of the reasons John is so keen.

Exercise has kept him well

for over thirty years. To him running enables him to switch off from everybody's worries, enjoy being outside, get the blood flowing and saying hello or waving to the people he passes on the street.

So whatever your ability, it is important to exercise, it is good for the body, mind and soul. Let every creature that has breath Praise the Lord.

Think of Kate on Sunday (1/10/23) as she is running the Cardiff Half marathon in aid of The National Association For Children of Alcoholics.

John