

Magazine

December 2021/ January 2022

Practical faith

Food's carbon footprint

Wait for the right time



Zion
United
Reformed
Church

~ Northallerton ~

Zion and Community

These are the activities that would normally take place. Some are back and we hope to reinstate others as soon as possible

Sunday 10.00 a.m.	Morning worship in Church it is bright and early with a warm welcome every week.
Monday 9.30 a.m. to 11.00 a.m.	Tiny Time Mums, come and join us in the Church Hall for a chat and a cuppa while the children play
Wednesday 10.00 a.m. to 12 noon	The other 'Way In' Sorry - Closed until Spring Bring your own coffee or tea and time for a chat in the Secret Garden
12 noon to 12.30 p.m.	A chance to sit and eat your packed lunch warm and dry
1.00 p.m. to 1.30 p.m.	Market Day service A time for quiet reflection in the midst of a busy day
Saturday 10.00 a.m. to 12 noon	The other 'Way In' More chat in the Secret Garden

Permission is needed to reproduce any of the items in this magazine

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Pastoral letter

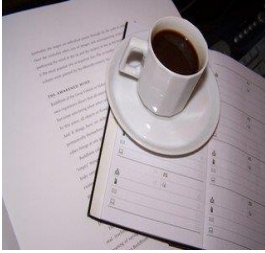
Sitting here, reflecting on our Church life I'm drawn to thoughts of those we've lost in the last few months: Jo Kennedy, Doreen Dunn, Joan Parkinson and Sue Turnbull.

When I first arrived in Northallerton nearly thirty years ago and got involved in Church life I spent many a Saturday morning at 'The Way In' working with or chatting to Joan about what was happening and the work she was doing in the community, for her family and for us as a Church. I remember time spent in Sue's house group looking at Bible studies talking through the challenges of life and faith with her and other members of the Church family and when I first became an Elder in the mid-1990s Sue was one of those who guided and advised me. Over the past year I worked closely with Jo on the Covid rules and regulations and talking through property matters. In doing so I was aware how much local, regional and national knowledge he had that we tapped into, the time he gave to working on our behalf and how willing he was to be called for a chat about things I hadn't known I'd need to know – but he did! I didn't know Doreen well and she joined us only in the latter years of her life but her memorial service was an opportunity to learn what she had given to the different communities she had lived in over time.

What links these four in my thoughts is not simply their Christian faith or their membership of Zion but the service they freely offered over many years. They were different people with different personalities; skills and contributions

to offer but each one of them made a difference to the lives of the Churches and the people where they worshipped.

As Elders, we're thinking about what we need to do to keep our Church life alive and vibrant given our dwindling numbers and our age profile. Not everyone can still do everything they could do only a couple of years ago and we'll need to cut our cloth to fit our 'new normal' but, whatever this looks like, we'll still be reliant on the service individual members feel able to offer – perhaps in person, perhaps in prayer.



In 1 Corinthians 12: 4-6 Paul tells us:

*"There are different kinds of gifts but the same Spirit.
There are different kinds of service but the same
Lord. There are different kinds of working but the
same God works all of these in all men".*

What gifts do we have and what service are we able to offer?

As we move towards the Christmas season, I recall the words of the Graham Kendrick hymn and in particular the final verse and chorus:

*So let us learn how to serve
And in our lives enthrone Him
Each other's needs to prefer
For it is Christ we're serving*

*This is our God,
The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to the Servant King*

I hope to be able to sing it with you in the near future and to work with you in His service in the months to come.

Susan Watson

Food, glorious food!

We continue our series of articles with tips for what we can do as individuals to reduce our carbon footprint and to live more sustainably on the earth

FOOD - ESSENTIAL FOR LIFE; BUT AT WHAT COST TO THE EARTH?

Food for thought!

Carbon dioxide production

Food production and distribution is responsible for 25% of global CO₂ emissions, of which almost 60% is from animal-based products, of which 50% is from beef and lamb alone.

Eating less meat and dairy products generally, by having a smaller portion, or a few days a week meat free, or even going veggie will help reduce emissions. Nuts and pulses (e.g., beans, lentils, peas) are all excellent and relatively cheap sources of protein.

Methane production

Ruminants (cattle, sheep and goats) also produce methane in their farts and burps. Methane is a very potent

greenhouse gas, 85% more damaging than CO₂. Thankfully it only stays around in the atmosphere for about 12 years, rather than the over 100 years for CO₂. If we significantly reduce the amount of beef, lamb and milk-based products we consume, we could have a relatively rapid and significant impact on climate change – pulling on a ‘handbrake’ to help buy time for us to reduce the CO₂ in the atmosphere.

Waste

It is estimated that 1/3 of all food produced gets wasted, either in our homes, schools, hotels and shops or through distribution or because it never even leaves the farm. That is enough to feed all the starving and under-nourished people in the world, let alone the wasted energy, water and land use and the CO₂ released.

“Use your LOAF!” whenever possible

The Green Christian organisation's food campaign encourages us to consider our impact on the planet, our care for the well-being of all living creatures and our ability to improve social justice by the choices we make.

Local

- Reduce food miles; buy locally produced foods, which are more likely to be in season
- Even better, grow your own
- Or join a ‘veg box’ scheme
- If you do buy produce from abroad, choose those that can be shipped rather than flown

Organic

- These are grown sustainably, maintain biodiversity, soil structure and organisms and leave waterways clear and not polluted.

- No herbicides or pesticides which can harm the environment will have been used



Animal Friendly

- Animal welfare is reduced when eggs, dairy products, meat and fish are produced using intensive farming methods and long-distance lorry transport.
- Buy higher welfare products when possible – labelling can be confusing. “Organically reared” assures very high standards are met, but “RSPCA assured”, or “outdoor reared” or “free range” are also good.

Fairly Traded

- Farmers and producers overseas and in the UK deserve a fair price for their produce - we are called to act justly and not exploit the poor.
- Buying fair trade foods means that workers who produce the food get a fair wage and better working conditions
- There will always be food that cannot be produced in quantity in north-western Europe, including bananas, citrus fruits, cocoa, olives, sugar, tea and coffee. Buying Fair Trade ensures sustainably grown products for us and a livelihood for the producers.

So that's the really important bit to remember but for those who like figures or to be enlightened by minutiae!

From: Prof Mike Berners-Lee (Author of “How bad are bananas” and “There is no Planet B”)

CARBON FOOTPRINT OF COMMON FOODS
In KG CO₂e PER KG (CO₂e is Carbon dioxide equivalent)

DAIRY

Oatmeal milk, unrefrigerated (from UK)	0.2
Soya milk, unrefrigerated	0.4
Almond milk, unrefrigerated (from California)	0.6
Cow's milk (British produced)	1.9
Yoghurt (British)	2.4
Cream (British)	5.9
Butter (British)	9.8

OTHER PROTEIN SOURCES

Tofu (soya curds)	1.5
Quinoa (shipped from Peru)	1.6
Sardines (caught in UK)	2
Mackerel (caught in UK)	2.1
Lentils	2.1
Peas, chickpeas, beans (shipped from America)	2.1
Nuts (and seeds)	2.3
Whole chicken (UK produced) - but includes bones!	3.8
Prawns and shrimps (caught in UK)	3.8
Quorn	4
Scottish salmon (fresh, farmed)	4.1
Cod (caught in UK)	4.1
Cod (shipped from Iceland)	4.4
Eggs (British)	4.25
Tinned tuna	5.3
Whole chicken (global average)	8.1
Bacon (UK produced)	10
Mozzarella (UK produced)	10.1
Mozzarella (driven from Italy)	10.3
Cheddar (UK produced)	11.8

Parmesan (driven from Italy)	19.1
Lamb (UK produced)	21
Fresh Tuna (flown from Seychelles)	22
Tiger prawns (farmed Thailand)	25
Beef (UK produced)	25
Beef steak (imported from deforested land)	83.3

FRUIT

Apples (local)	0.3
Apples (shipped from New Zealand)	0.6
Bananas (shipped from Latin America)	0.7
Lemons (shipped from Spain)	0.9
Grapes (driven from Spain)	1.1
Melons (shipped from Spain)	1.2
Strawberries (Scotland produced)	1.7
Strawberries (driven from Spain)	1.8
Berries (frozen)	2.6
Dried fruits	2.9
Grapes (flown from South Africa)	18.5

VEGETABLES

Root vegetables (UK grown)	0.3
Onions (UK grown)	0.5
Garlic (UK grown)	0.5
Lettuce (UK grown)	0.6
Broccoli (UK grown)	0.7
Squash (UK grown)	0.7
Cauliflower (UK grown)	0.9
Kale (UK grown)	0.9
Asparagus (UK grown)	1.1
Broccoli (driven from Spain, Italy or France)	1.2
Spinach (UK grown)	1.2

Cucumber (UK produced, in season)	1.3
Standard tomatoes (UK grown, in season)	1.3
Avocado (shipped from South Africa, Peru or Chile)	1.6
Cucumber (driven from Spain)	1.7
Avocados (driven from Spain)	1.8
Lettuce (driven from Spain)	1.8
Tomatoes (driven from Spain)	2.5
Peppers (hothoused, driven from Netherlands)	3
Mushrooms (UK produced)	4.1
Baby plum tomatoes (hothoused in UK)	4.6
Asparagus (flown from Peru)	18.5

CARBOHYDRATES

UK potatoes	0.3
Bread (UK produced)	1.1
Oats (Scotland produced)	1.3
Flour (UK produced)	1.5
Pasta (UK produced)	1.5
Pasta (driven from Italy)	2
Rice (shipped from Asia)	3.8

MISCELLANEOUS

Cocoa powder (shipped from Africa)	1.9
Sugar	2.1
Herbs (UK grown)	2.1
Margarine (British)	2.1
Jam, honey or marmalade (local)	2.3
Chocolate (processed Europe, driven)	2.4

Confused – just remember your **LOAF**

Liz Styan

Census at Bethlehem

Brueghel sets up his easel for a Dutch winter scene:
Folk crossing the frozen canal on foot;
Well-wrapped children sliding and skating;
People queueing round the inn, to give
Their names, and taxes, to the census-takers.
And - ah, here they come, joining the edge of the crowd
A carpenter, his saw still slung over his back,
And a young woman on a donkey.

And in the middle of this hubbub
A Baby peacefully sucks his thumb in
uterine content,
Setting aside his wisdom, and even the
knowledge of his Paternity,
But perhaps with a foreknowledge that he must soon
Give up the security of the dark,
Pushed out into that world of light and noise,
Ready to share with Mary what manner of salutation it will
be.



John Lansley

*(First published in **plus**, the quarterly members' magazine of
Christians on Ageing and used with permission)*

Taking it slowly...



Here we are again – the Christmas birth about to come and go and then, with unseemly haste, we're well on the way to Easter and the miracle of resurrection. But it wasn't like that, was it?

Here we have Mary and Joseph and the traumatic situation of a baby arriving far from home and in a stable, angels, shepherds, wise men calling in to worship the new born - all this confirming what Mary has been told by Gabriel that her son was to be a King, a Messiah. And while it must all have been a bit overwhelming, to say the least, it was all good. But what follows: threats from King Herod himself, forays by his troops to kill all the babies and toddlers 'just in case', great fear and further homelessness as Mary and Joseph, persona non grata in their homeland, flee to Egypt.

When the shepherds saw (Jesus), they told them what the angel had said about the child. All who heard it were amazed.... Mary remembered these things and thought deeply about them

Luke 2:16-19

An angel of the Lord appeared in a dream to Joseph and said, "Herod will be looking for the child in order to kill him. So get up, take the child and his mother and escape to Egypt and stay there until I tell you to leave"

Matthew 2:13

It's not difficult to relate to that in these troubled times. How many asylum seekers are there around the world who have incurred the

wrath of their government and are desperately seeking a safe haven where they can live a normal life.

Homelessness – yes, plenty of that too, even in our affluent society, but even more so in war-torn countries where desperate refugees have to leave everything behind to live in a tent – if they're lucky – dependent on the generosity of others for their food and shelter.

Perhaps, we think, that living in a tent isn't so bad. After all we do it for fun on our holidays and the weather is hot in the Middle East. But don't you believe it! If you've ever been in a tent under the blazing sun or conversely through a freezing night you'll know how uncomfortable it can be. Add to that rain and the inability to get dry, living on top of one another day after day, week after week, and a fun holiday it is not.

Even if they had to suffer all of this, at least we can hope that Mary and Joseph weren't hungry as well. Presumably Joseph could work at his trade wherever he was – no work permit problems then – so that at least they wouldn't have to suffer the ignominy of begging for food.



So even when we are concentrating on the good news of the baby's birth, we shouldn't forget that bad times followed immediately and should hope that this will help us to focus on the needs of today.

And then what happens? Well, we don't know. The Bible tells us nothing of Jesus and his family, except that Luke tells us they returned to Nazareth and "*the child grew and became strong; he was full of wisdom*", until, when he was 12 years old, we find them on the visit to the temple in

They went to the (Passover) festival as usual. When the festival was over they started back home but the boy stayed in Jerusalem....They found him in the temple.

Jesus answered them, "Didn't you know I would be in my Father's house?"

Luke 2:42-46,49

Jerusalem. Presumably this is the first time Jesus has done anything worthy of note in his religious life - and just note his reaction! Just an ordinary family integrated back into their community after the trauma of those early years, respected

tradespeople contributing to the well-being of their neighbours. How life can change. Then - another 20 years or so before the Jesus story really takes off.

Do you ever wonder whether Mary and Joseph forgot about the predictions before their son's birth? I suppose that in the back of their minds, particularly I would think in Mary's case, there was always the thought that 'one day, maybe one day...'. But, in reality, life must have taken over. We know that happens to us - maybe our children will get married, perhaps there will be grandchildren, one day we will die - but, while we get on with day to day living these thoughts are tucked away in a safe secluded part of our consciousness. Perhaps it was like that for Mary and Joseph.



But maybe not – maybe every week at synagogue they fervently prayed that the day should not come yet, that their life should continue undisturbed. I wonder when they told Jesus of the prophecy and the events surrounding his birth.

What would you have done? Told him as early as possible, waited until he was old enough to understand, perhaps when they went on that trip to Jerusalem?

Or did they not need to tell him at all because he just knew what was to come? Did Jesus too hope to put off his destiny or was he just waiting and longing for the signal that he would recognise as the call to his life's work.

Forgive my idle speculations but it was the thought of our mad rush from Christmas to Easter that set me off. Perhaps we should remember more often that God's work can take a long time to come to fruition, that we cannot know all the whys, whats and wherefores and can only wait with trust, patience and anticipation and be ready for the time when we get the green light.

You never know it just might be this year!

Sue Kennedy

God's gift to us

Loving God

Your present to us that first Christmas 2000 years ago was Jesus:

An ordinary flesh and blood baby who lived out his life in an extra-ordinary way revealing your loving presence to the world.

Loving God

This year open our eyes to see your continuing presence in the world:

An extra-ordinary loving presence in our ordinary lives:

In a kind act
 In the listening ear,
 In laughter shared
 Through pain and tears
 In company or in isolation
 In earth's beauty and provision for our needs
 In youthful vigour and in the wisdom of old age,
 In the determination to see good things come out of bad events.

Thank you loving God for the present of your loving presence with us.
 Amen

Liz Styan

Church diary

<u>DECEMBER</u>		
Thurs 2 nd Dec	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Fri 3 rd Dec	10.00 am	Elder's Meeting (Zoom)
Sat 4 th Dec	9.30 am	Prayer Meeting (Coffee Room)
	2.00 pm	Commemoration Service for Joan Parkinson

Sun 5 th Dec	10.00 am	Joint Service with the Methodists at Zion (Revd Ian Ring)
Mon 6 th Dec	9.30 am	Tiny Time (Church Hall)
Thurs 8 th Dec	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 11 th Dec	9.30 am	Prayer Meeting (Coffee Room)
Sun 12 th Dec	10.00 am	Communion Service (Miss Lesley Bustard)
Mon 13 th Dec	9.30 am	Tiny Time (Church Hall)
Thurs 17 th Dec	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 18 th Dec	9.30 am	Prayer Meeting (Coffee Room)
	5.00 pm	Lamplight Carols in the Church Grounds (Worship Group)
Sun 19 th Dec	10.00 am	Christmas Service (Worship Group)
	10.45 am	Coffee and Traidcraft Stall (Church Hall)

Mon 20 th Dec	9.30 am	Tiny Time (Church Hall)
Tues 21 st Dec	2.30 pm	Reading Circle (Coffee Room)
Thurs 23 rd Dec	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 25 th Dec	10.00 am	Christmas Day Worship (Mrs Iris Miller)
Sun 26 th Dec		NO SERVICE
Mon 27 th Dec	9.30 am	Tiny Time (Church Hall)
Thurs 30 th Dec	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
<u>JANUARY</u>		
Sun 2 nd Jan	10.00 am	Morning Worship (Mr Peter Gardner)
Mon 3 rd Jan	9.30 am	Tiny Time (Church Hall)
Thurs 6 th Jan	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)

Fri 7 th Jan	10.00am	Elders' Meeting (Zoom)
Sat 8 th Jan	9.30 am	Prayer Meeting (Coffee Room)
Sun 9 th Jan	10.00 am	Morning Worship (Revd Ian Ring)
Mon 10 th Jan	9.30 am	Tiny Time (Church Hall)
Thurs 13 th Jan	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 15 th Jan	9.30 am	Prayer Meeting (Coffee Room)
Sun 16 th Jan	10.00 am	Communion Service (Revd Arthur Harbottle)
Mon 17 th Jan	9.30 am	Tiny Time (Church Hall)
Thurs 20 th Jan	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 22 nd Jan	9.30 am	Prayer Meeting (Coffee Room)
Sun 23 rd Jan	10.00 am	Morning Worship (Revd Bob Jones)

23 rd cont..	10.45 am	Traidcraft Stall (Church Hall)
	6.00 pm	One Northallerton Service for the Week of Prayer for Christian Unity (St James' Church, Romanby)
Mon 24 th Jan	9.30 am	Tiny Time (Church Hall)
Thurs 27 th Jan	1.00 pm	Contemplative Prayer Meeting (Reflection sent by e-mail; contact: alexa@barberfamily.me.uk)
Sat 29 th Jan	9.30 am	Prayer Meeting (Coffee Room)
Sun 30 th Jan	10.00 am	Morning Worship (Revd Michael Webster)
Mon 31 st Jan	9.30 am	Tiny Time (Church Hall)

For a new year

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out, wild bells, and let him die.
Ring out the old, ring in the new,

Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief that saps the mind,
For those that here we see no more,
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes,
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease,
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.

Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.



Alfred Lord Tennyson (1809 - 1892)

Elders



If you have any problems and would like to contact someone, please get in touch with the Secretary, your designated Elder or any other Elder as given below.

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We hope you have enjoyed the magazine and we invite you to worship with us at High Street, Northallerton at our 10 a.m. Sunday service.

Please note that the closing date for items for the February/March issue is 21st January