

Autumn 2024

The Fulwood Messenger



**The Magazine of Fulwood Old Chapel
(Unitarian)**

Whiteley Lane, Sheffield S10 4GL

Message from the Chair

Dear all,

August! The summer (what summer) is fast forwarding towards Autumn. The longest day behind us, however some nice days ahead I'm sure. I'm writing this from Berlin, I come here on a yearly pilgrimage to see an old friend who loves to zoom our services. She lives in a beautiful part of the city and her balcony overlooks a lovely square. Perfect in the summer.



A couple of days ago we went by train to Thuringia where famous sausages come from. We went to Ute's aunt's funeral there. This aunt lived in a tiny village and it was a burial. This scene probably could have been centuries old. The actual burial took place before the church service, the coffin placed under a shelter surrounded by flowers, hundreds of flowers. Virtually the whole village and of course lots of relatives (this aunt Ruth lived until she was 93, knew everyone) stood in the graveyard whilst the evangelical priest said quite a few words to the assembled people. Also there was a choir which sang the most exquisite song.



The Chapel at Thuringia

We then filed down to the grave and everyone could throw a rose in or some soil. We then went in to this 16th century chapel, very simple, had a lovely service with more singing from the choir, a violin recital from one of the granddaughters and a couple of hymns. It was of course familiar to our church services but very interesting to hear these beautiful hymns and songs in German. Village life is still quite different to the city, much more protocol to observe.

Then off to see the family in Switzerland, we shall see how these children are growing. We shall no doubt be swimming in the lake if it is hot.

Summer in the chapel always seems quiet, with people away, however we had a good turnout for the Fulwood fete, we made a good

amount , half going to the chapel (£150) and half going to the fete charities. The fete itself raised about £1000 for good causes . We also managed to get two new all weather benches beforehand which look great . Ann has also been very busy working on improvements for the chapel, we have a new kitchen floor and more things in the pipeline. I am very grateful to all who help with maintaining our lovely chapel and make such an effort with our whole community.

I wish you all good health and happiness going in to September.

Jane



The grave at Thuringia



FULWOOD FETE

Not the terrifically hot weather we had last year, but warm, with just a hint of a shower. Jane has reported the outcomes. The highlight of the day to me arose with the appearance of a wonderful kitchen gadget called a Plum Stoner. Engineered in Germany it bore all the appearance of a serious piece of modern 'Kitchenalia' – as they call these things on Bargain Hunt – but the person who had won it on Tombola at the fete wasn't quite sure that it was something she'd been longing for ... Nor was the winner of the second one I saw, this one donated by its underwhelmed winner to our raffle stall, where it sat looking eager but unwanted until the end. Another was also kindly offered to me – there must have been a lot of them on that Tombola stall – but I'd caught on by then and refused it. Eventually it was drawn and won by Mary Betts. But what is this?? It's still sitting sadly in the chapel. Aaawww

Success for Elizabeth !

We're delighted with the news that Elizabeth Cumming's procedure for eth la cochlear implant has been a success. It's been a long journey.

Rod says " Lizzie can hear everybody again and has even tried singing a song.

Colin her mentor, from Ware in Hertfordshire, was introduced to her in Nottingham after her operation but 6 weeks before her 'switch on'.

She now hears the wind in the trees, the kitchen water tap on full blast, old stair steps creaking and (for safety purposes) cars coming along on the road !



There's some good news for you ! "



Chapel Anniversary

The Chapel Anniversary was celebrated by a lunch in the Deeley Room. Many thanks to those who organised the meal, set the tables, served the food and washed up afterwards. There were lots of volunteers. The food was very good, provided by a delicatessen at Totley Rise.



Peter delivering 'seconds'.



A serious business, eating.

We had a lovely chicken dish or vegetarian lasagne with rice and vegetables and that was crowned by a really good fruit crumble with custard!! As always, a good portion of the congregation was represented, including our 'senior' member, Esme Wall, who seems to me to be blooming, there with her daughter.



'Dishing up ...'
Anne, Sarah, Peter and Andrew.

Fulwood Old Chapel opened in 1729

Constitutional Matters

Tim Simkins writes:

At its AGM on 3 December, the Congregation agreed that Chapel should apply to the Charities Commission to become a Charitable Incorporated Organisation (CIO). The application was successful and we are a CIO as from 28 March 2024 (Registered charity number 1207656). Fulwood Old Chapel (Unitarian), our official name, was previously an “excepted” charity under the umbrella of the General Assembly of Unitarian and Free Christian Churches, which meant that it did not need to be registered with either Companies House or the Charity Commission. From 2031, excepted status will no longer be available and congregations with that status need to register independently.

The CIO structure has been newly created for charities, especially small ones. One of the benefits is that a CIO offers a separate legal personality, which means it has the ability to conduct business in its own name, along with limited liability so that members and trustees do not have to contribute in the event of financial loss or debts. However, unlike registered charities, CIOs do not need to register with Companies House and a CIO is generally considered a more cost-effective and simpler structure than a company limited by guarantee. Many Unitarian congregations have now registered as CIOs. The Ronksley Trust, which owns the Chapel land and buildings, is at present a registered charity and does not need to convert to CIO status, but has decided that it is in its interest to do so.

We are registered as an Association CIO, which means that we will have a voting membership, mainly members of the congregation. The new constitution, which was approved at the last AGM (and is available from me), provides for the election of 12 trustees (more than we currently have) for fixed terms from among the membership of the congregation. These trustees will then elect, from among their number, the chair, secretary, treasurer and any other officers they deem appropriate. This is different from our current arrangements whereby the officers are elected directly by the membership. After discussion the AGM agreed that the trustees from 2022/23 should continue in office into 2023/24 and

should be nominated as the 'first trustees' of the CIO when this is constituted, to be replaced in due course by a newly elected committee of trustees.

Consequently, the elected trustees for 2023/24 are:

Chair - Jane Moore

Vice-Chair - Robert Ince

Treasurer - Peter Rowson

Secretary - Tim Simkins

Warden - Anne Rayner (replacing Roger NEWTON* who has resigned)

Safeguarding Officer - Peter Rowson

Communications Officer - vacant

Committee Members - Marie Fitzpatrick (2022-24), Janet Rowson (2022-24), Nigel Hopkins (2023-25), Rod Cumming (2023-25)

Tim Simkins, Secretary

**Since this piece was written, Roger Newton has, sadly, passed away.*



The Music Appreciation group has now met three times, and it has been very pleasant. We have time to play about six pieces, chosen by a different member of the group, each of whom has so far spoken about why they have chosen the piece, perhaps with a little historical detail. It's a very calming way of spending an hour!

Music Appreciation

The group meets on the third Sunday of each month, at about 1pm.

You can get further details from Andrew Rayner or Marie Fitzpatrick.



Benches



Wow! We have new benches at the front of the chapel. They happened so quickly, too!! We (the congregation) had an online message showing us some options, we answered and the chosen benches appeared!! In less than 4 weeks beginning to end. I distinctly remember that it took us around 30 years to decide on, and install, new lighting in the chapel!!!

Ernest Betts secured the new benches to the ground, for security. We tried them out at the anniversary service, and they were declared a success. They appear to be made of a lovely light wood, but in fact they're made of re-cycled Wait for it..... plastic!!! Plastic what, I have no idea, but seriously you would never guess. So, they're eco-friendly, will need minimal maintenance and to cap it all are easy on the eye.

I'm sure they'll be welcomed by the congregation and the passers by who wander in from time to time, to enjoy the quiet of the garden. At this point I have to mention the garden. Doesn't it look lovely these days? Our gardener does a wonderful job and the lawns and flower beds are always beautiful. An amazing poppy made its appearance just in time for our 'flower service' this year.



Peter's Service(s)

I think that Peter Rowson deserves a special mention for the number of services he's stepped in to lead recently - some scheduled, some last minute. I personally admire Peter's services: they seem to me to be well planned and to have substance. Rev Sarah Tinker's workshops on putting together and taking a service have been very much appreciated, and it is hoped will lead to more members of the congregation offering to create or contribute to services in the future.

We are glad to see that, after some rather protracted ill health, Philippa Shewry is now out and about again and back to taking the occasional service. Here is an item she has sent for The Messenger.

Holiday Time

It was the middle of June as about a hundred, mainly elderly, Brits boarded the MS George Eliot for a cruise down the River Main in Germany. Our mission: to explore "Medieval Germany" starting in Mainz and finishing a week later in Nuremberg.

The flight was uneventful, and we were entertained by several optimistic Scots, clad in kilts, cheerfully anticipating their football team's success in the Euros competition.



A view of Mainz Cathedral from Wiesbaden

Wikimedia Commons: Photo by Saloman 10 (Germany) Creative Commons 2.0 Generic Licence

So off we set, strengthened and fortified by numerous cups of tea, and more importantly a generous drinks package, which everyone was determined to 'make the most of'!

We called at several small towns, as we travelled through the area of Germany called Frankconia. Situated in the north of the state of Bavaria, Franconia has its own distinctive culture and linguistic heritage. Almost entirely Catholic, the Franconians are fiercely proud of their heritage, and there is much rivalry, and some animosity, between the Franconians and their neighbouring Bavarians.

The small towns we visited featured beautiful timbered houses, and we learnt how to “read” the timber designs, which gave the mostly illiterate townsfolk information about the occupation, religion, number of sons, and status of the family who lived there. The properties were decorated with statues of the saints, ensuring the family inside would be kept safe and blessed.

Many of the towns had suffered from air strikes by Allied Forces during the second world war, while others had remained unscathed. Although some factors, such as proximity to industry, were relevant, in some cases it just seemed a matter of chance. All had been carefully and lovingly restored.

We cruised through Frankfurt, seeing the Euro Championship’s Fanzone which spread along the river bank for over a mile. Whether a football fan or not, the enthusiasm, the atmosphere and the sheer number of supporters, made it a happy and uplifting sight.

Eventually we reached Nuremberg, home of the rallies of the Third Reich and the Palace of Justice where the war trials were held. By this time, the almost constant heavy rain had ceased and we were experiencing temperatures of around 30 degrees celsius. This did make sightseeing on foot difficult, and for many, almost impossible. We did, however, see the Zeppelin Fields where so many of Hitler’s rallies were held. The area is not marked, there are no information boards, refreshments or souvenir shops. Just the remains of the buildings where Hitler and his generals had stood and watched their army’s show of

strength. It was immensely moving, and I don’t think I was the only person to hear and see in my head, the terrible sights of those times.

And so back home. Accompanied by more, rather subdued but philosophical Scots football fans, good humoured to the last.

All in all, an amazing, fun and informative holiday. Where next! **Philippa Shewry**




Nuremberg

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Flowers

At a Congregational Service, earlier in the year, Ariane Lawson read some pretty verses. I asked her for details and here is what she sent me.

A little seed for me to sow,
A little earth to make it grow,
A little hole
A little pat
A little wish and that is that,
A little sun
A little shower
And in a while a little flower.



Like wildflowers;
You must allow
Yourself to grow
In all the places
People thought
You never would.
E.V.



FLOWERS
ARE THE
MUSIC OF THE
GROUND
FROM EARTH'S
LIPS
SPOKEN
WITHOUT
SOUND.



To plant a garden
is to believe
in tomorrow.
Audrey Hepburn

The Foolish man seeks
happiness in the distance.
The wise grows it
under his feet.
James Oppenheim



“We may think we are
nurturing our garden, but of
course it's our garden that
is really nurturing us”.
Jenny Uglow

WICK - ED. WAYS (OR SHOULD THAT BE 'ED'S WICKED WAYS' ?)

One of the Women's League members tells me that I have a talent for persuading other people to do things I've stuck up my hand and volunteered for Well, with very few useful skills of my own, what is a girl to do? Anyway, I mentioned this in the course of my Sunday Service in July. Earlier in that service I'd failed miserably to light the chalice, despite the valiant efforts of the lighter and half a box of matches.

Afterwards I marched into the kitchen with the chalice candle and, in my usual inept way, set about cutting away the burnt out ring of candle in an effort to find a bit of wick for the next person to use. I should think it took only about two minutes before a very kind and very tall person could no longer bear the sight of my left-handed struggles with a bread knife and gently did it for me. You see, my one skill does work. Thank you Andrew. (And if I ever take a service again I'll check the wick before I start!). **Sue (Ed.)**

This was sent to us by our good friend, Rev. Sarah Tinker

Some Autumn Services at Fulwood Old Chapel: 'Our Sources of Delight'

Would you like to take part in a service this autumn at the chapel? Sarah Tinker has planned a series of service titles focused on what delights us in life. If you're reading this perhaps you'd like to get involved.

Have a look at the titles below and let Sarah know if you'd like to contribute a short reflection on any of these topics, around 350-400 words. You could read it yourself or someone else could read your words for you.



September 8th: 'Delighting in Reading'

October 6th: 'Delighting in Nature'

November 3rd: 'Our Many Sources of Delight'

December 8th: 'Delighting in Darkness ... and Light'



Delving into that which brings us joy and delight in life helps us re-connect with life's well-springs and can bring us strength and hope when the going gets tough. So do come and share your sources of delight with us all this autumn.

As American poet E. E. Cummings wrote:

'Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.'

from Saga online magazine

In the just pre-Olympics edition, one of the subjects discussed was about the importance of research into sleep patterns for elite athletes – as well as the less elite and definitely less athletic rest of us.

Dr Luke Gupta, the Olympic team's sleep expert from the UK Sports Institute, says the most vital message is to be your own sleep expert.

"Everyone has been sleeping since the day they were born," said Dr Gupta. "But now there are performance labels being strapped on it and people are comparing the way they sleep to what the ideal is. I'm a scientist and I've been guilty of it in the past.

"But everyone's needs are different and it's not like we always have a choice. If you are the parent of a young child or a carer for an elderly relative you may have to wake up every single night to give care and then to say you must have eight hours of unbroken sleep just doesn't apply. "Redefine what sleep means to you, ignore those ideals and understand what works best for you."

Would a sleep structure help you?

Dr Gupta said: "Sleep will keep changing throughout your life, so as you get older and go into a retirement lifestyle, you no longer have to get up at a certain time.

"So is that a good or a bad thing for you? Can you put a bit more structure in place to give you a more regular patterning of sleep? Or do you want to free run and just let your sleep do it?"

Interesting – and the best bit, in my opinion, is that Dr Gupta and other experts agree that napping is good for us all – even young, fit athletes. In the days when I travelled a lot for work I used to love the 'siesta' habit – although it didn't fit at all into exam schedules. There was a permanent tussle between the European schools and the English exam board with the poor examiners ending up stuck in a restaurant, bar or park for

an over-long lunch break! Those lucky people who can sleep on a clothes line used to fare better! These days I love an afternoon snooze, even though I don't get up early. In fact I could teach those Olympic athletes a thing or two about getting your zzzzzzs!



“October’s Bright Blue Weather”

Suns and skies and clouds of June,
And flowers of June together,
Ye cannot rival for one hour
October’s bright blue weather;

When loud the bumble-bee makes haste,
Belated, thriftless vagrant,
And Golden-Rod is dying fast,
And lanes with grapes are fragrant;

When Gentians roll their fringes tight
To save them for the morning,
And chestnuts fall from satin burrs
Without a sound of warning;

When on the ground red apples lie
In piles like jewels shining,
And redder still on old stone walls
Are leaves of woodbine twining;

When all the lovely wayside things
Their white-winged seeds are sowing,
And in the fields, still green and fair,
Late aftermaths are growing;

When springs run low, and on the brooks,
In idle golden freighting,
Bright leaves sink noiseless in the hush
Of woods, for winter waiting;

When comrades seek sweet country haunts,
By twos and twos together,
And count like misers, hour by hour,
October’s bright blue weather.

O suns and skies and flowers of June,
Count all your boasts together,
Love loveth best of all the year
October’s bright blue weather.

Helen Hunt Jackson



Contacts

For info on personalised Ceremonies
please contact Janet Rowson on 0114 236 5894
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To hire the Chapel or the Old Schoolroom (with / without kitchen)
please contact Anne Rayner: bookings@fulwoodoldchapel.uk

To advertise or submit an article for the Messenger
please contact Sue Toulson at susantoulson@gmail.com
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Services Sunday Mornings at 11.00am - 12noon

*Everyone is welcome to join in the fellowship of tea / coffee
and conversation after the service.*

August 2024

- 4 Congregational
- 11 Robert Ince
- 18 Ed Fordham
- 25 District Service at Fulwood, led by Prof. Geoff Levermore, G.A. President

September

- 1 Peter Rowson
- 8 Rev. Sarah Tinker
- 15 Marie Fitzpatrick
- 22 Ed Fordham
- 29 Joint Service with Underbank, at Fulwood

October

- 6 Rev. Sarah Tinker
- 13 Sue Toulson
- 20 Peter Rowson
- 27 Rev. Maria Papp

November

- 3 Rev. Sarah Tinker
- 10 Janet Rowson
- 17 TBA
- 24 Rev. Maria Papp

**Fulwood Old Chapel
A Unitarian Meeting Place**

**info@fulwoodoldchapel.uk
www.fulwoodoldchapel.uk**