

August 2025

FOCUS

Issue 297



Parish Magazine of St Stephen's, Hightown



Happy Holidays



Editor's Note

Holidays always run by their own clock; time seems to pass at a different speed from the everyday world of work and home. We vacate our normal worlds and our overcrowded minds, and enter the vacation pace of life.

For a number of years, I was lucky enough to holiday on the Llyn Peninsula in North Wales (front cover). From the windows and terrace of our house, one could look across Cardigan Bay towards Snowdonia, and, in the drowsy beauty of midsummer, it was easy to imagine how the myths and legends of the area had arisen. On misty mornings, when there was a merging of boundaries between land, sea and sky, Snowdon and Cadair Idris would appear to be alone in splendour, above the clouds; the ghostly outline of Harlech Castle suggesting a time long ago, when, according to legend, the castle was home to Princess Branwen and the bay belonged to the oystercatchers, choughs and Manx shearwaters, not the superyachts and powerboats of the rich and famous. There was a strange enchantment in the deep silence of such mornings, and men, women and creatures could easily be imagined in the echo of other times.

Such dreaming is the joy of holidays, and essential to a healthy and balanced life, enabling us to return to our workplaces and homes feeling rested, refreshed and resilient.

Wherever you're taking a holiday this year, be it at home or further afield, I hope you have a wonderful experience.

Colette

Entries for future issues of Focus to be sent to

Focus.Mag.2023@StStephensHightown.org.uk

Please submit before last day of month

Dear Friends,

I was reflecting recently on the words of The Grace Prayer, which we say to each other at the end of every PCC meeting and often at the close of other times together too...



*'May the grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit be with us all,
now and evermore. Amen.'*

The prayer is based on the words of St Paul, found at the end of his second letter to the Church in Corinth, (13:14).

In terms of the Christian faith, grace is concerned with the nature of God's love. It is the unmerited favour of God. We do not deserve the love and goodness that is freely and unconditionally given from heaven. All we can do is receive it and accept it.

Grace, (Charis, in its Greek religious usage), means 'divine gift' or 'favour'. Grace is God's presence and solidarity with us all in our strivings; standing with us, strengthening and encouraging us.

It is a great way to bless each other as we leave and go to our own homes, holding us in the fellowship of the Holy Spirit until we meet together again.

Many of our groups that meet in our church hall will be taking a break during August and so we pray this prayer for the members of each group; a benediction, expressing a desire for the continual presence and blessing of the Triune God, reflecting the communal aspect of our Christian faith, where the blessings of grace, love, and fellowship are not just individual experiences but are shared with all in our groups, our parish and beyond.

God Bless,

Keith

Magazine part-sponsored by John Gibson - notary services

St Stephen's Church Services for August

Friday 1st	09:30	Morning Prayer
Sunday 3 rd -Trinity 7	10:30	All-Age Eucharist
	18:00	Evensong
Wednesday 6th	10:30	Eucharist <small>The Transfiguration of our Lord</small>
Friday 8th	09:30	Morning Prayer
Sunday 10 th -Trinity 8	10:30	Eucharist with Healing
	16:00	Toddler Church
	18:00	Evensong
Wednesday 13th	10:30	Eucharist
	19:00	Sanctuary @ Seven
Friday 15th	09:30	Morning Prayer
	10:30	Eucharist <small>Mary the Mother of our Lord</small>
Sunday 17 th -Trinity 9	10:30	Eucharist
	18:00	Evensong
Wednesday 20th	10:30	Eucharist
Friday 22nd	09:30	Morning Prayer
Sunday 24 th -Trinity 10	10:30	Eucharist
	18:00	BCP Holy Communion
Wednesday 27th	10:30	Eucharist
Friday 29th	09:30	Morning Prayer
Sunday 31 st -Trinity 11	10:30	Eucharist
	18:00	Evensong


**Please pray for the repose of the soul of
the lately deceased, Peter Levick.
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Brian Taylor: 0151 929 2720

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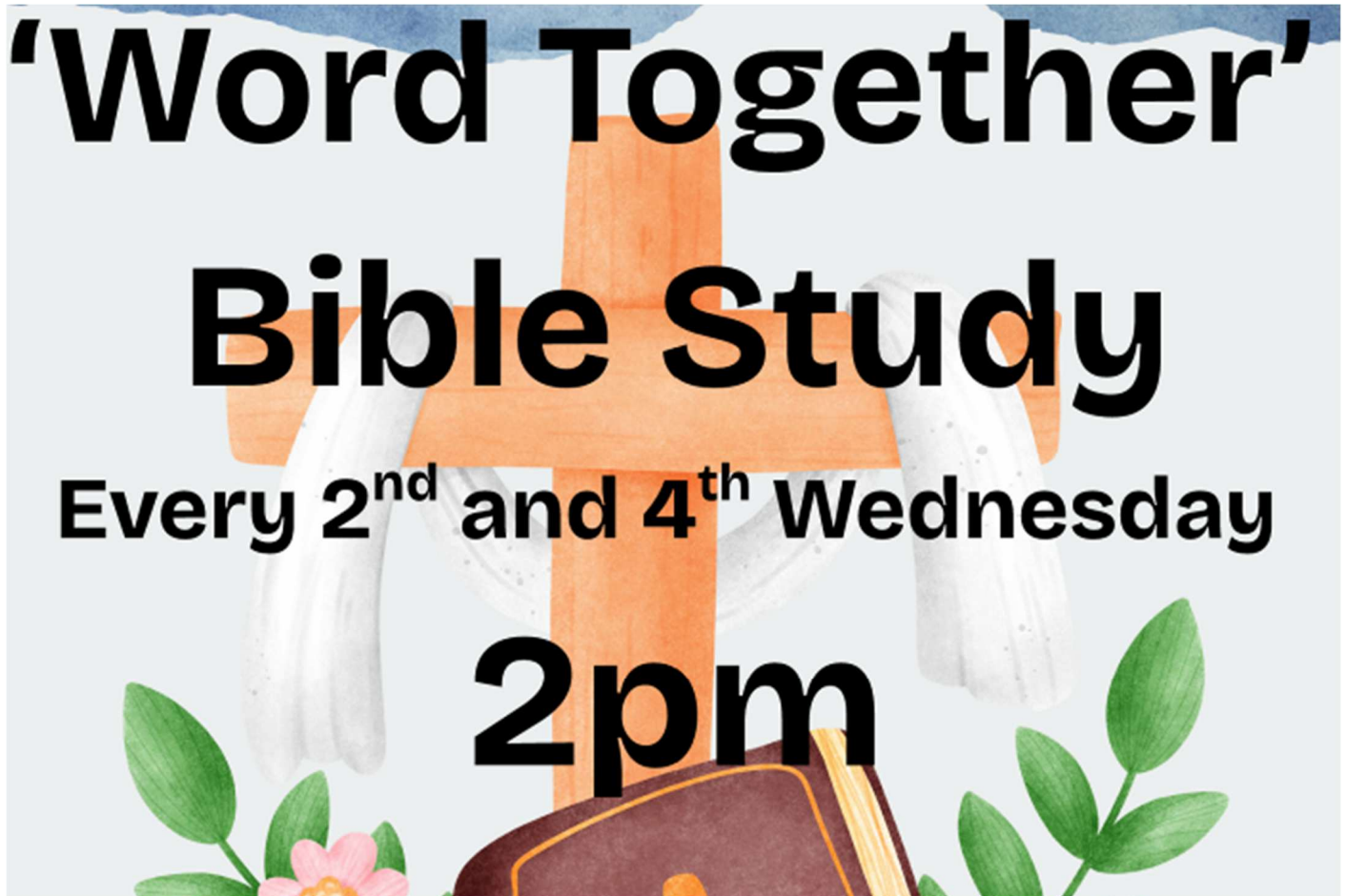
Prayer Prompts August

From the writings of Julian of Norwich

- Wk1.** God wants us to trust that he is always with us. He accompanies us in three ways: in heaven, where in his rising he raises us up with him; on earth where he leads us day by day; and in our innermost being, where he constantly dwells to guide and preserve us.
- Wk2.** Nothing at all can come between God and our spirits. In this eternal love, God guides and protects us and we shall never be lost.
- Wk3.** God desires us to understand that the spirit is alive. His goodness and grace assure us that this life will last forever as we love Him, thank Him, praise Him.
- Wk4.** God desires us to know that humanity is the best creature ever made, and our complete expression and model is the blessed spirit of Christ.

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Warden	Jane Copeland Jane.Churchwarden@StStephensHightown.org.uk
PCC Secretary	Beryl Howard
PCC Treasurer	Keith Aldis
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Safeguarding	Cath Marshall cathmarshall47@yahoo.co.uk
Electoral Roll	Beth Cresswell
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Health and Safety	TBA
Flower Rota	Sue Taylor
CMS Secretary	Berenice Gibson
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Village Organisations and Activities

Tuesday Group, St Stephen's Hall Tuesday morning 10.30am	Beryl Howard Jan Branigan
Hightown Friendship Group 1st Wednesday at 8pm St Stephen's Hall	Marjorie Walker
Gardening Club 2nd Monday 8pm St Stephen's Hall	Hilary Munro
Bowling Club, Sandy Lane	Diana Killen
Hightown Club	Chris Scrine
Blundellsands Sailing Club	Rohan Pickard RohanPickard@gmail.com Deryk Johnson DerykJ@gmail.com
Yoga Classes, Hightown Club	Rose Billinge
Flower Show	Debbie Underhill underhillsathome@aol.com
Open Mic Poetry Group 3rd Thursday 7.30pm St Stephen's Church hall	Sally Anne tapiabowes@gmail.com Alex
Craft Group, Every Thursdays 1.30-3.30pm, St Stephen's Hall	Sue Taylor
Hightown Parish Council	Jenny Farrar clerk@hightownparishcouncil.uk www.hightownparishcouncil.uk
Community Library, Alt Centre, Lower Alt Rd. Mon 12-2, Tues 1-3,	Linda Munro lindamunro@hotmail.com
Zumba Gold, Dance for all aged 55 plus, Mondays 9.45-10.30, St Stephen's Hall	Nicky Garsforth
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A Good Read *by Colette Hudson*

Based on the book 'At Random' by Miss C Scott

The following doggerel verse, a copy of which was given to Miss Scott for her notes, was written by some of the performers who took part in a concert held for church funds, about 1920.

HIGHTOWN

Hightown is a quaint old place, not yet upon the map
But if it ain't quite noted, we do not care a rap.
We crave not for publicity; we want not to be known
And only ask that we may live quite peacefully alone.

Our shops are really exquisite and do us very well
We own a church and chapel, a really good hotel.
We also have a mortuary—a reformatory for boys
And quite a lot of other things that make an equal noise.
Why do we call it Hightown when the gradient is at fault,
Is it due to the effluvis which is wafted from the Alt?

We've got a local fire brigade—an amateur affair
Which kind of suits our purpose, with perchance a bit to spare
For when a fire's reported, they sometimes try to drown
The people who are living two houses lower down.
You ask us how that happens, and this is our reply
"We blame the water bailiff for a very bad supply.
And so , instead of playing on a fire we can't put out.
We turn our 'nought gauge ' hosepipe on the houses round about"

But to show our prompt attention in dealing with the same
I'll tell you how our fire brigade's so prompt upon the flame

(But this is strictly private; I shall divulge no more)
The fire brigade is notified by post the night before!!

We've got another quaint affair that serves its purpose too
(But strictly without prejudice, I speak of this to you)
It is a thing that lights us—electrically fed
Which comes to all our houses, by cables overhead.
We get a kind- of- sort- of light, twixt seven o'clock and ten
And when it's time to close our eyes, it's really brilliant then.
When wanted most, we get it least—when least, it's wanted most
We never know the moment it will have us all on toast.

I think the name's erroneous, and do invite implicitly
That it is called "eccentric" light, and not electricity.
We're told that very shortly now these cables will be found
Where we have often wished them in—well far beneath the ground.

We've got a kind of golf links—they're comparable to none
Where numbers play on Sunday, from half past ten, to one.
It isn't quite a golf links, yet no one could want more
Than the keen contested battles, round those three holes on the shore.
There ain't no bloomin' bunkers—you can tee from here to Spain
And if you land in grass stuff—you take it out again.

A further rule acknowledged—the pick of all the lot
'If you miss your ball entirely—you have another shot'
We do not stoop to singles and foursomes are too slow,
We'd rather play in sevensomes—it makes a bigger show.
And when alone you've won a hole, you've got to do your best
To gather in the winnings of twopence from all the rest.

And if one feels the cold too much, we all join in the task
Of walking to a sandhill, where there's whisky in a flask
Come Anthony, come Oswald, come Thomas and come Ben
Come Hubert and come Francis, come all ye golfing men
And let us play our contests for many a year and more
On our sporty little golf links of three holes upon the shore.

Our latest recreation—of which we've quite a crop
Is upon a billiard table at the back of Gaffney's shop.
We haven't got delivery, though 'tis paid for, so I'm told
And we've got a bunch of members who are worth their weight in
gold.
So when we start proceedings there will be forevermore
A lot of sport a-happening behind our grocer's store.

We've many noted characters- some little liked, no doubt
The latter are, however, not the kind to write about
Two prominent old landmarks who've weathered many a storm
Are the men who keep our roads repaired, one Cowell and one Orme.
They're loved by every citizen who have and haven't 'tin'
And they know them as the 'Bing boys' when they're emptying the
bin.

So now I write appealingly to all who scan this page,
Especially those who know these men earn but a paltry wage,
Come use your utmost influence and urge a better fate
From the Little Crosby Council ere our asking is too late.

We're men of grit in Hightown—a fact we can't disguise,
Simply for the reason that the sand blows in our eyes.

Final Word From Miss Scott:

Although the face of Hightown may have changed and many familiar faces are no longer with us for one reason or another, there are still many ex-residents who frequently return for a visit and I believe it is true to say:

"One can never shake the sand of Hightown from one's shoes."

(Editor's note: This will be my final article entitled 'A Good Read'. Many thanks to everyone who has commented on how much you have enjoyed reading this insightful history of Hightown. I, for my part, have very much enjoyed bringing Miss Scott's notes together for the Focus. They have brought back many memories of my own, stirring ghosts from the past.

At some point in the future, I will have to collect memories of the 1970s onwards, and, like Miss Scott, have them printed.

Once again, I extend my thanks to my good friend, [Barabara Hope](#), for giving Miss Scott's book to me in the first instance.)



Thanks and well done to Isobel and Alaina for helping at the monthly coffee mornings.

The community service will contribute to their Duke of Edinburgh's Award.

From Beth's Kitchen

BLACKBERRY FOOL

This is a very easy dish to make, delicious and a good reminder of the bounties of our late summer hedgerows. There are plenty of places where blackberries abound at this time of year but, naturally, I am keeping our favourite picking spots a secret. The fruit freezes well and indeed, we have some left over from last year which are to be used imminently. I use ELMLEA double cream from the Village Store. This contains fewer calories than the real thing, is more economic and has a longer shelf life. Someone on the Slimming World diet once said that there are fewer “SINS” in this pudding so it should be admissible in small quantities.



INGREDIENTS

375g blackberries fresh or frozen

90g sugar

Juice of ½ a lemon

½ pint double cream.



METHOD

Simmer the fruit, sugar and lemon juice in a saucepan, slowly at first and then for 10 minutes. Push the cooked fruit through a sieve and leave to cool.

Whip the cream until fairly thick and then gently fold in the fruit juice and pulp. Pour into a bowl or individual ramekins and chill. Decorate with a few reserved fruits and mint leaves. Serve with shortbread.

If the berries yield more juice than pulp, you may not need to add it all to the whipped cream to avoid finishing with a creamy fruit soup.

Quotes for everyday life:

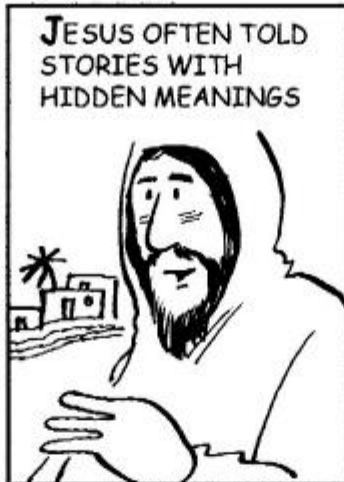
“Experience is the one thing you can’t get for nothing”Oscar Wilde

“Small opportunities are often the beginning of great enterprises”...Demosthenes

“Love looks through a telescope, envy through a microscope”John Billings

The parable of the Fish and the Nets

JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONCE JESUS SAID THE KINGDOM OF HEAVEN WAS A BIT LIKE CATCHING FISH!



WHEN PEOPLE GO FISHING THEY THROW THEIR NETS INTO THE LAKE...



...WHEN THE NETS ARE FULL, THEY PULL THEM TO SHORE



ONCE ON SHORE THE FISH HAVE TO BE SORTED OUT.



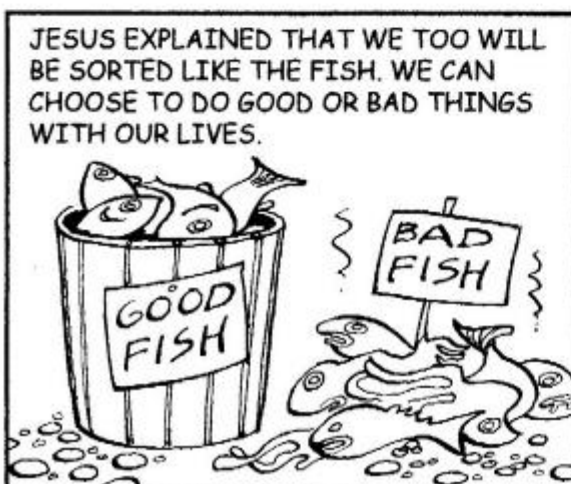
THE GOOD FISH GO INTO BUCKETS



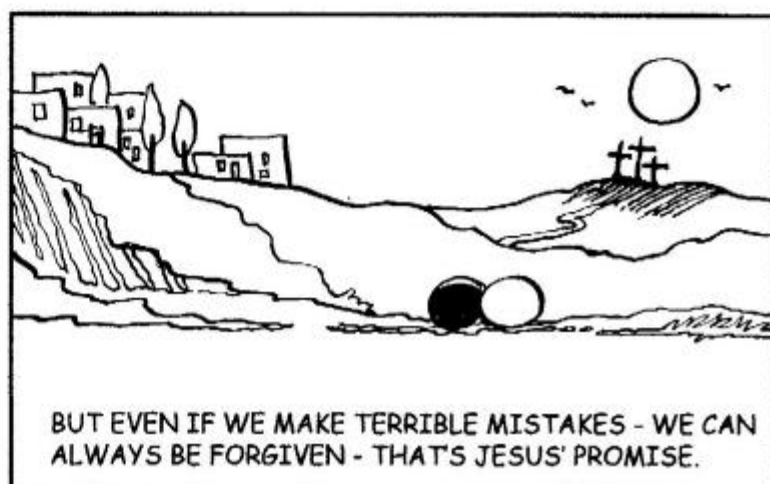
THE BAD FISH GET THROWN AWAY!

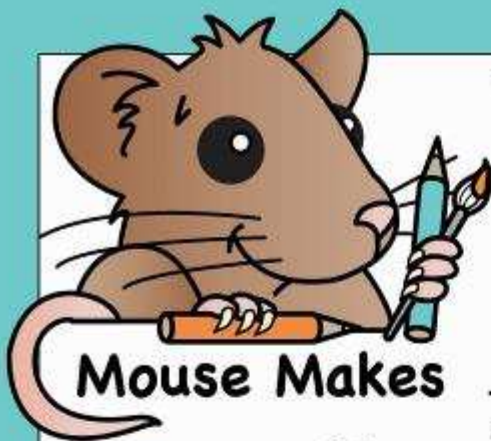


JESUS EXPLAINED THAT WE TOO WILL BE SORTED LIKE THE FISH. WE CAN CHOOSE TO DO GOOD OR BAD THINGS WITH OUR LIVES.



BUT EVEN IF WE MAKE TERRIBLE MISTAKES - WE CAN ALWAYS BE FORGIVEN - THAT'S JESUS' PROMISE.





Mouse Makes

"Just as a **body**, though **one**, has **many** parts, but all its many **parts** form one body, so it is with **Christ**. For we were all baptised by one **Spirit** so as to form one body... Even so, the body is not made up of one part but of many..."

...Now you are the body of Christ, and **each** one of you is part of it."

from 1 Corinthians 12:12-27



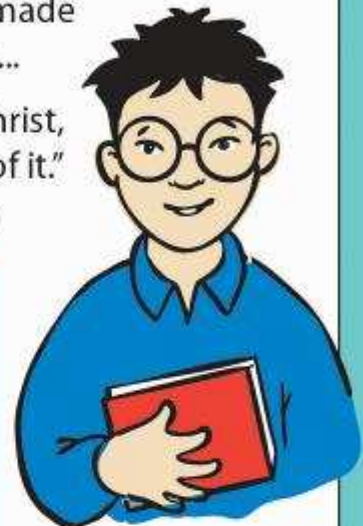
Just as the different parts of our body need each other to make a **whole**, living person so Christians need each other to make a whole living church!



K N E E S
J O W H O L E
T E E T H H Q J V
E A F H E A D O E
Y C F M A N Y I R
H E B O D Y N Y
C E Y E S D E F
H T K C P M D I
R U Q U I O I N
I N F T R U F G
S I M O I T F E
T O G E T H E R
O N O S E A R S
N G D B Q I E N
G I W O U A N F
V U F A P A R T S M
K E T L R L M V Y D
B W S L E G S Q E B

Look in the Bible verses for the words written in **bold** then look for these words too!

GOD • TOGETHER • EQUAL • ALL • EVERY
HEAD • EYES • EARS • MOUTH • TONGUE
TEETH • NOSE • ARMS • HANDS • FINGERS
LEGS • KNEES • FEET • TOES • GIFTS



"Though we are many, we are one body in **union** with Christ, and we are **joined** to each other as **different** parts of one body."

from
Romans 12:1-7





Toddler Time

A new fun group for Toddlers 0-4yr and their carers!

St. Stephen's Church Hall

Fridays 10am-11:30am term time

Play- Craft- Snack- Story- Songs- Fun!

ALL WELCOME!

Toddler Church

St Stephen's Church

Sunday August 10th 4pm

A service for pre-schoolers and their families

Fun songs, a bible story, craft and refreshments

We look forward to meeting you!

Youth Club

From age 7

Friday Evening Term Time

6pm until 7.15pm

£2.50 includes snacks and drinks

Contact: Jane Bessant 07776 305 660

**Please note that there will be no youth club
during school holidays**



ST STEPHEN'S CHURCH SUNDAY SCHOOL



EVERY 3RD SUNDAY @ 10:30AM