



Lower Wharfedale Benefice Newsletter

Issue 15

North Ripton, Pool in Wharfedale, Kirkby Overblow, Sicklinghall, Stainburn, Weeton

Welcome To Our Benefice

If you are joining one of our services for the first time, please introduce yourself to one of the Welcomers at the back of the church. They will be glad to answer any questions you may have or any assist you with any mobility assistance you may require.

CONTACTS AND WAYS TO GET IN TOUCH

Rev'd Stroma McDermott

Tel: 07791 499036

Tel: 01423 733341

email - stroma.mcdermott@leeds.anglican.org

Rev'd Emma James

Tel: 07856 198293

email - emma.james@leeds.anglican.org

Benefice Office

Administrator - Davina Tyler

email - lowerwharfedalebeneficeoffice@gmail.com

For all Safeguarding queries and concerns, please contact our
Parish Safeguarding Office - Jeremy Cross - jem_cross@yahoo.co.uk.

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Sunday 4 October

Kirkby Overblow	BCP	8.30am
Kirkby Overblow	Celtic Service	11am
Pool	Civic Service	10am
Sicklinghall	Parish Communion	9.30am
Weeton	Family Service	11am

Sunday 11 October

Kirkby Overblow	BCP	8.30am
Kirkby Overblow	Family Service	11am
North Rigton	Parish Communion	9.30am
Pool	Patronal Festival	5.00pm

All Scripture is inspired by God and is useful to teach us what is true and to make us realise what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

Reflection

During October as a Benefice we are concentrating on looking deeper at the Bible. What it is, and what it isn't, what its key themes are and how it helps us to find and encounter God both in church and in our own personal reading and reflections.

The Bible remains the best-selling book of all time for a reason.

It is one of the most profound literary, historical, and spiritual masterpieces in human history. Its beauty is multifaceted, weaving together artistic brilliance, deep emotional honesty, and a transformative message that has captivated humanity for millennia. In good times and especially in bad I have found the Bible to be a source of inspiration, comfort, challenge and as I learnt more about it realised what a progressive set of ideas it introduced.

Here is a reflection on the unique elements that make the Bible beautiful.

One of the most remarkable aspects of the Bible is its structural harmony.

Written over a span of approximately 1,500 years by more than 40 different authors—including kings, scholars, fishermen, and herdsmen—it should

logically be a disjointed collection. Instead, it functions like a vast symphony.

Each author brings a unique instrument, tone, and cultural context, yet they all play from the same sheet music. The overarching narrative moves seamlessly from the dawn of creation to the promise of a renewed world, bound together by the recurring themes of love, redemption, and covenant.

Reflection cont'd

From a purely artistic standpoint, the Bible contains some of the world's finest literature. It does not merely state truths; it paints them.

- **The Psalms** capture the raw anatomy of the human soul, using vibrant Hebrew poetry to express everything from ecstatic joy to the darkest depths of despair.
- **The Prophets** employ stunning, vivid imagery—comparing divine love to a pursuing spouse or depicting justice as a mighty, ever-flowing stream.
- **The Gospels** use the elegant simplicity of parables, using everyday elements like mustard seeds, lost coins, and prodigal sons to illuminate complex spiritual realities.

Perhaps the greatest beauty of the Bible is that it is not sanitised or artificial. It is beautiful because it is devastatingly real. It does not hide the flaws of its heroes; it exposes the doubts of Abraham, the failures of David, and the anxieties of Elijah and that allows us as we read it to be real ourselves.

The Scriptures carve out sacred space for grief and questioning by mirroring the tragic and messy realities of the human condition, but then offers hope of forgiveness, new life and peace. There is something for everyone in there!

So I hope as we go through October you will start to see the joy of the sacred texts for yourselves and allow your lives to be shaped by them as millions have before you.

: *Prayer*

Gracious God,

We come before You with quiet hearts, asking You to open our minds and spirits. As we read Your Holy Word, send Your Holy Spirit to guide us. Remove the distractions, worries, and noise of this world that crowd our thoughts.

Softening our hearts so we do not just read Your words, but truly receive them.

Give us understanding to grasp Your truth, eyes to see Your goodness, and a deep willingness to follow Your path.

Let Your Scripture heal our broken places, challenge our pride, and fill us with Your lasting joy and peace. May our lives be transformed by Your love. **Amen.**

Prayers and Care

We are always delighted to pray or visit those needing support or help. Should you wish to be remembered in prayer, receive a visit or Holy Communion from the Pastoral Team, please contact:

Rev'd Stroma McDermott - Tel: 07791 499036
stroma.mcdermott@leeds.anglican.org

We remember in our Prayers

For those who need God's healing and love, thinking of:
[Louise, Jo, Trevor, Susan, Mike, Kath, John, Catherine, Ruby, Redmond and Margaret](#)

For the deceased and the families of the late
[Myles Gibson, Don Devonish,
Joan Jefferson and Hazel Kirkley](#)

Services around the Parishes

Lower Wharfedale Benefice
Harvest Services

**CELEBRATE THE BEAUTY
OF THE SEASON**

Come join us as we embrace the magic of Autumn at our Harvest Festival Services. From crisp air to vibrant Autumn colours, it's the perfect time to gather and celebrate.

 Sunday 27 September 2026

 9.30am - North Rigton
9.30am - Pool
11.00am - Kirkby Overblow



**St Wilfrid's, Pool in
Wharfedale
Patronal Festival**
with Dean John Dobson
from Ripon Cathedral
and the Choir of St Mark's
Church

Sunday 11th October at 5pm

Everyone welcome for a joyous
celebration of the life of St Wilfrid, the
patron saint of the church and the
churches who bear his name.

**Refreshments served
afterwards.**



**HARVEST FESTIVAL
& Baptism**



**ST MARY'S STAINBURN
SATURDAY 26TH SEPTEMBER
AT 2PM**



Come and join us at our Civic Service

Celebration of community life and the work of our
local Parish Councils

Sunday 4th October at St Wilfrid's Pool at 10am



Around the Parishes

“Thank you to Gill Wilson and her team from St Wilfrid’s, who organised a refreshments stall at the recent Pool

Feast and a Rate My Cake competition. They raised £350 for church funds.”



Sicklinghall Pet Service

All Creatures Great and Small





St Aidan's C of E Secondary High School



SUPPLEMENTARY INFORMATION FORMS

Please note that the supplementary information forms relating to church attendance require signature from Revd Stroma as part of their October submissions.

Would you kindly contact Revd Stroma by email in advance to arrange a convenient time and place to complete the signing?



CONTACT



Tel: 07791 499036 or 01423 733341



Stroma.McDermott@leeds.anglican.org



Join us on a



PRAYER WALK

1 Thessalonians 5: 17

to walk and pray for the
community of Pool

Saturday 19th September
2.30pm

Meet outside the village hall

All welcome

Any Qs: Emma.james@leeds.anglican.org

Rural Gathering

Tuesday 29th September

9.30am - 11.30am



Come and be part of the conversation

A warm welcome to all clergy and lay people
of our rural benefices.

Join us for our second gathering, a wonderful opportunity to share ideas and resources, and to learn from one another. We will explore how we can encourage and resource pastoral care and family-focused ministry, with plenty of opportunity for conversation, sharing, and reflection.

We're delighted that Caroline Pinchbeck, Rural Change Enabler, will be with us to share her experience and insight.

We hope you will be able to join us.

@ All Saints' Church
Kirkby Overblow



ST JAMES'
PARISH CHURCH OF WETHERBY WITH LINTON
For Christ at the heart of the community



Come and Sing
Fauré's Requiem

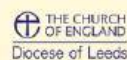
Sunday 18 October 2026

Rehearsal @1:30pm

Informal Performance @ 5pm

For more information and to sign
up to sing at:

www.stjameswetherby.org.uk



Loving.
Living.
Learning.

HOW DO I MAKE MY FAITH COUNT?

Come along and find out...

Events 2026

10 February 2026, 7pm-9pm @Leeds Minster

Discussion Evening - Bishop Chris Edmondson will help us think about how we hear God's call

22 April 2026, 6pm-9pm @Wakefield Cathedral

Vocations Fayre - connect with people from a broad range of ministries, including lay, ordained and chaplaincy. Pre-event Choral Evensong at 5:30pm

13 June 2026, 10am - 3pm @Bolton Abbey Priory

Vocations Retreat Day - Spend time discerning with God and others whilst immersed in the history and beauty of Bolton Abbey

23 September, 7pm-9pm @St Peter's Huddersfield

Discussion Evening - Hear about real experiences of starting a new ministry for lay and ordained

18 November, 7pm-9pm @Church House Leeds

Discussion Evening - Hear perspectives on ordained ministry from the new and the retiring

For more details email vocations@leeds.anglican.org

Registration via Eventbrite

Contacts

Exploring Vocation Together



Jenice Guild
Administrator
jenice.guild@leeds.anglican.org

Rev'd Canon Sean Robertshaw
Diocesan Director of Vocations
sean.robertshaw@leeds.anglican.org

Regular Events for your Diary

Introducing our
NEW **Family service!**



A short, fun and interactive service for all ages!
2nd Sunday of each month, 9.30am
St Wilfrid's Church, Pool
All welcome!

St Barnabas, Weeton, Community Coffee Morning
Third Wednesday of every month
-
Come and join us

10am to 11.30am
Sleights Meadow, Crag Lane,
Huby



All Saints' Kirkby Overblow
VILLAGE COFFEE MORNING

9.30am – 11.30am

FIRST WEDNESDAY OF EVERY MONTH



Sicklinghall Community Service

Together in Faith, Growing in Community

✦ We meet at 1030am on the Tuesday following the second Sunday of the month (now that will have confused you!), we enjoy a cup of tea or coffee and cake or biscuits and have a good natter before turning to a time of reflection. The reflections take many forms, pictures, poems etc., and are a prompt for what they are saying to us. We end with some simple prayers and have a prayer tree for anyone who wishes to add their own prayers which are included in our Sunday worship. ✦

All this takes place at Sicklinghall Cricket Club where we can enjoy God's creation in the warmth through the huge windows.

EVERYONE is welcome.



Come along
and help us
make a
difference



How can we embrace a
more sustainable
lifestyle in our Homes
and Churches?



Join us for a day of
eco-conscious
living!

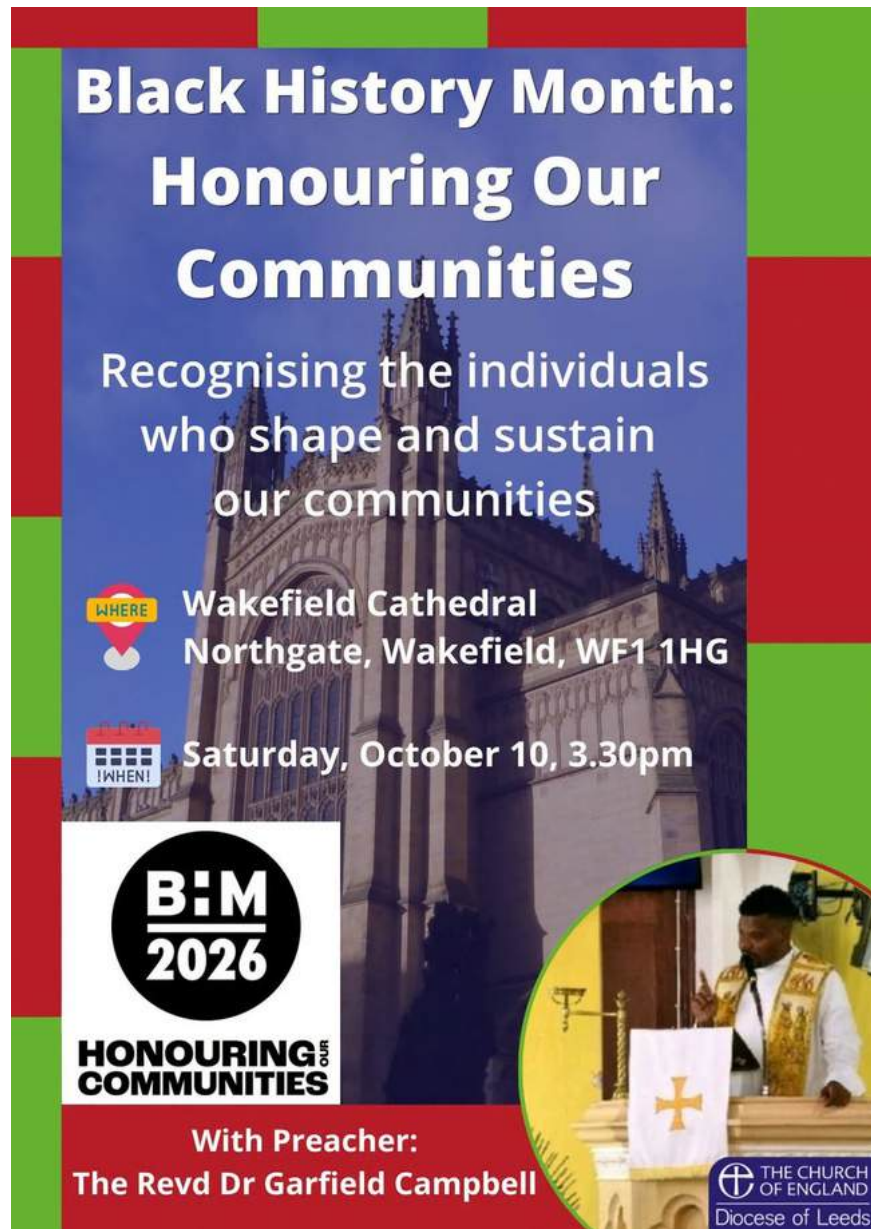


POOL IN WHARFEDALE GREEN FAIR

Saturday 10 October, 10am-3pm
Pool Village Hall

Offers of help and ideas for stalls gratefully
received!

moirakeith2@gmail.com



**Black History Month:
Honouring Our
Communities**

Recognising the individuals
who shape and sustain
our communities

WHERE Wakefield Cathedral
Northgate, Wakefield, WF1 1HG

WHEN Saturday, October 10, 3.30pm

**B:M
2026**

**HONOURING OUR
COMMUNITIES**

With Preacher:
The Revd Dr Garfield Campbell





Licensed Lay Ministers from across the diocese were recently celebrated at a service at Wakefield Cathedral.



Gardening Tips- Autumn

Wise gardeners will plan ahead in autumn to save precious plants bought this summer, and increase stocks of plants and material for next year. Costs continue to rise in every aspect of life. Gardening is no exception, with no end in sight to increases in the cost of seeds, plants and materials, as global tensions impact supply chains. Here are some seasonal solutions to ease the pressure on your wallet.

Divide, swap and share

In early autumn, select shoots from late perennial, summer flowers such as penstemon and salvia, or from tender plants, including fuchsias and pelargoniums. Ideally choose non-flowering shoots, rooting these in a heated propagator ideally, or in pots covered with a plastic bag on a warm, but not scorching, windowsill. Keep the cuttings in a bright frost-free place until spring.

By mid-autumn, summer flowering plants such as hardy geraniums, phlox and rudbeckia will be dying back and be ready to divide. Detach offsets from the edge of existing clumps and plant in new borders, or pot up to plant in spring. Next year these small rooted pieces will grow away quickly and should make substantial plants for summer. Removing offsets works on the same principle as dividing your plants, except you just take material from the edge and leave the centre intact.

If you have an abundance of plant sections, why not share with friends, neighbours or even with passers-by. If you leave them nicely wrapped in newspaper, outside your front gate, they might even return the favour. Be kind – don't distribute plants with pests, diseases or an invasive tendency, such as golden rod or plume poppy, and be aware that not everyone will have your high standards, so examine other people's offerings closely. The parts of divided plants you have retained will soon regrow and be all the better for thinning



A Recipe for the start of the dark nights

Butternut Squash, Leek, and Cheddar Crumble

Ingredients

- 1 medium butternut squash, peeled and cubed
- 2 leeks, washed and sliced
- 2 cloves garlic, minced
- 300ml vegetable stock
- 150ml double cream
- 1 tsp fresh thyme leaves
- 150g plain flour
- 75g cold butter, cubed
- 100g mature cheddar cheese, grated
- 50g pumpkin seeds or chopped walnuts

Instructions

- Prep the Veg: Preheat your oven to 200°C (180°C fan). Toss the cubed butternut squash in a little oil and roast for 25 minutes until tender.
- Sauté the Leeks: Melt a knob of butter in a pan, add the sliced leeks and garlic, and cook gently for 10 minutes until soft.
- Make the Sauce: Stir the thyme, vegetable stock, and double cream into the leeks. Simmer for 5 minutes until slightly thickened. Gently mix in the roasted squash. Pour the mixture into a shallow baking dish.
- Make the Topping: Rub the cold butter into the flour with your fingers until it looks like breadcrumbs. Stir in the grated cheddar and seeds.
- Bake: Sprinkle the cheesy topping over the squash and leeks. Bake in the oven for 30 minutes until the top is golden and bubbling.



Eco Tip



1. Dark-Sky Friendly Outdoor Lighting

Unnecessary outdoor lighting contributes heavily to skyglow and disrupts local nocturnal wildlife.

- Angle downwards: Ensure all exterior security or decorative lights point down, never sideways or up into the sky.
- Cap your lumens: Stick to outdoor bulbs that are 500 lumens or less for standard domestic spaces.
- Switch to warm tones: Avoid harsh, blue-tinted cool white LEDs, which heavily disrupt human sleep cycles and disorient migratory birds and insects. Opt for warm white bulbs rated at 2700K or lower.
- Ditch dusk-to-dawn sensors: Swap constant night lights for motion sensors so they only activate when strictly necessary.



2. The "Sunsets & Shutters" Routine

With darkness arriving before the evening commute, heat loss through window glass accelerates quickly.

- Trap the heat early: Close your blinds, shutters, or heavy thermal curtains as soon as dusk falls to add a vital layer of insulation against the glass.
- Keep indoor light inside: Drawing your curtains also blocks internal light pollution from spilling into your garden, protecting local wildlife like bats, hedgehogs, and moths.



Would you like to stay on our newsletter list? Or know somebody who would like to receive it? Please drop us a note at lowerwharfedalebeneficeoffice@gmail.com
We're excited to keep in touch and welcome new readers!

.....and finally,

We are so grateful that you have signed up to receive our newsletter.

We would also like to occasionally send you one-off emails with items of interest, updates, and information that we feel may be relevant to you. If you are happy to receive these occasional emails, there is no need to do anything. We promise not to bombard you with messages and will only send information when we feel it is worthwhile.

If you would prefer not to receive these additional emails, please simply reply to let us know and we will make sure you are removed from this list.

Thank you again for your support.

Lower Wharfedale Benefice Team