

Ashbourne One Church Circuit December 2025



Chrome Hill by Mark Eden

Connections

Dear Friends in the Ashbourne One Church Circuit and beyond

I recently received a review of a book published earlier this year: Don't Forget We're Here Forever by Lamorna Ash. The author is 28 years old and when two of her university friends started looking at ordination, she started looking into Christianity, spending a year visiting various different churches of different denominations, doing a Christianity Explored course, retreating on Iona, going to Quaker meetings, Orthodox services, reading the Bible in-depth, meeting and interviewing Christians at every stage and traditions – she looked at it all. Her only prior experience of Christianity was hymns from her Church of England primary and she jokingly wonders at the start if it's possible to become a Christian in a year. Spoiler alert, the answer is yes!

Lamorna questions everything, coming from a journalistic background, she doesn't take anything at face value, she reflects, wrestles, (and in fact Jacob wrestling with the angel is a key passage for her throughout), she has difficult yet honest conversations with people who are newly Christian, lifelong worshippers, and those who have left the church but not their faith. She reframes things that we haven't noticed, or worse, have stopped noticing, because we are so immersed in the life of the Church. Mostly, she sees people of her generation yearning for meaning, for answers, for spirituality, for God.

I'm not on commission but I am looking forward to the opportunity of reading this book and discovering more. Research by the Bible Society and YouGov released in April 'The Quiet Revival' has also highlighted the interest that Gen Z (those born between 1997 and

2012) have with the church. Here is one statement they make:

The most dramatic church growth is among young adults, particularly young men. In 2018, just 4 per cent of 18–24-year-olds said that they attended church at least monthly. Today, says *The Quiet Revival*, this has risen to 16 per cent, with a notable rise in the proportion of young men attending.

When many people are concerned about the future of the church these 2 examples show we can have hope. The question is what would we do to ensure that someone new to church understood our little idiosyncrasies? For those who have been attending church for a number of years you have a good idea of the flow of worship, hymn singing, bible reading etc. If you imagined yourself in the chair or the pew for the first time how would you navigate your way through, even more so if you look around and realise you are of a different generation to the majority of other people there? How do we enable someone to feel as comfortable as possible in a somewhat alien environment? What can we do in the church communities of the Ashbourne Methodist One Church Circuit to help people (of whatever age) to explore church and faith?

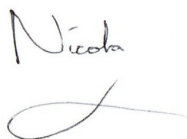
At the end of her journey and exploration into Christianity Lamorna writes: *"I believe that the God of the religion which is my heritage might have come down to earth as a man 2000 years ago to walk alongside us and help us with our terrible pain because I can't think of a more beautiful story for how a god might behave."*

We are fast approaching Advent and Christmas, the time of year when we ready ourselves to once again

receive the news of the incarnation. The Advent and Christmas season is God setting the scene, coming down to earth to walk alongside us and to help us with our terrible pain. It is not about God in Jesus being born into a tidy world, an easy world, an ordered world or a healthy world. It is all about God in Jesus being born into a fragile and fractured world, a broken and breaking world, into a weary world which cannot save itself or heal itself. Through Advent and Christmas God is setting the scene, coming down to earth to walk alongside us and to help us with our terrible pain.

This is probably the easiest time of year to invite friends or family members (including those of Gen Z) to church. Across the Ashbourne One Church Circuit we have much planned and opportunities to share with others that God longs to walk alongside us all and help with our terrible pain are endless. We will be providing resources through Advent that can be used to share with others the hope of the future that comes from waiting for the incarnation once again. Whether this is your 8th or 83rd Advent and Christmas season, I pray you are readying your heart to once again receive Jesus, the Son of God and Saviour of the World.

Blessings

A handwritten signature in cursive script, appearing to read 'Nicola', followed by a large, stylized flourish.

On Friday 12th December from 16.30 to 21.30 there is a warm welcome across the Ashbourne One Church Circuit to Mince Pies at The Manse.

Pastoral News from around the Ashbourne Circuit December 2025

As December approaches our thoughts start to turn to Advent and then Christmas. Some people will already be preparing for Christmas, whether for the home or services at Church. Others may leave things until the last minute. I'm not admitting into which group I fall! However, this time of year invites us all to pause and reflect on the most wonderful gift of all: the birth of Jesus, our Saviour.

Also this month, on December 14 one of our Tissington members will be celebrating her 99th birthday. We send special birthday greetings to Beryl P and hope she has a lovely day.

During this season of joy, we also remember that there are many in our church, our local community and much further afield who are experiencing difficult times: with people suffering in war torn areas, the bereaved, the lonely, those in financial difficulties and those who are unwell.

In the Ashbourne Circuit we continue to pray for those who are recovering from ill health especially Vera B, Brian H, Margaret He, Ruth L, Kay O, Liz S, Jean W and others known only to us.

The traditional carol Silent Night begins with the words "Silent Night! Holy Night! All is calm, all is bright." I hope, that after all the 'busyness' of Advent, we are all able to share in a happy, calm and peaceful Christmas.

Wendy Haslam (Pastoral Secretary) 15.11.25

Isaiah 9:6 *"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace".*

Entertaining Fundraising Events in the Circuit

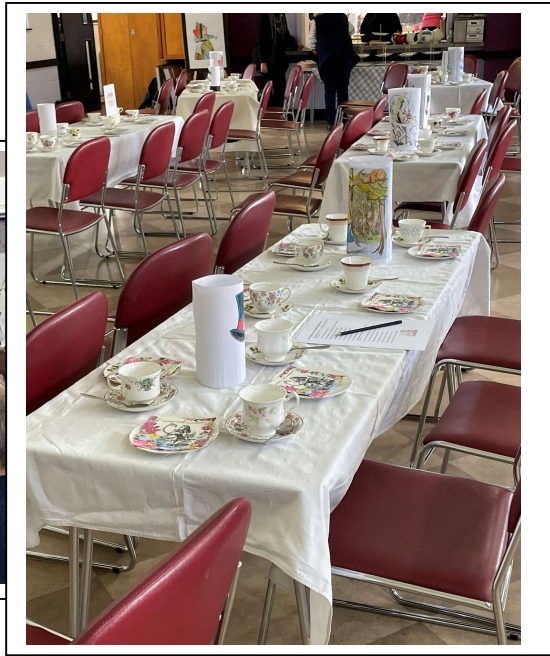
Over the last couple of months, we have had two very entertaining fundraising events for the Brailsford Chapel and Ashbourne's Link Community Hub project.

Beyond the Blue with Nina Blaszczyke & Phil Baggaley performed a very moving and entertaining event in September entitled **Island Spirit**.

We look forward to hearing them again in 2026.



In October we had a highly entertaining rendition of **Alice in Wonderland** performed by Lewis Hancock and Ron Middleton of Kirk Ireton Light Program.



Thank you to everyone who was involved in preparing these events and to all who attended.

*Jonathan Webb, on behalf of the Link Fundraising Team
and Brailsford Methodist Church*



Brailsford and Ednaston
Churches Together



A Festival of Angels at All Saints Church Brailsford

**Sunday 7th December open from 2.00pm
Christingle Service at 4.00pm**

**Saturday 13th December open from 9.30am
Angel Performance at 2.00pm**

Sunday 14th December open 1.00 - 3.30pm

**Saturday 20th December open from 9.30am
Handbells playing 2.30–3.30pm
Carol Service 4.00pm**

Refreshments available throughout

THE BISHOP'S BADGE

Back in July, Jane Baker and myself were somewhat amazed, yet pleasantly surprised, to receive an e mail from the Bishop of Derby's chaplain informing us that we had been nominated by Rev Rebecca (Bex) Allpress to receive a Bishop's Badge in the autumn.

Along with our four Anglican friends who together comprise the 'Churches Together Team' we have all now been awarded a badge for 'Missional Innovation'. Our citation reads, 'This Team champions and enables innovative ways to strengthen communities by celebrating in unity our creative diverse gifts from God'. It is indeed an honour and a privilege to work alongside each other within the Brailsford community. David Baker was also nominated, in the category of 'Missional Service' for his tireless commitment to bell ringing at All Saints church and his ongoing encouragement of both seasoned and novice ringers.

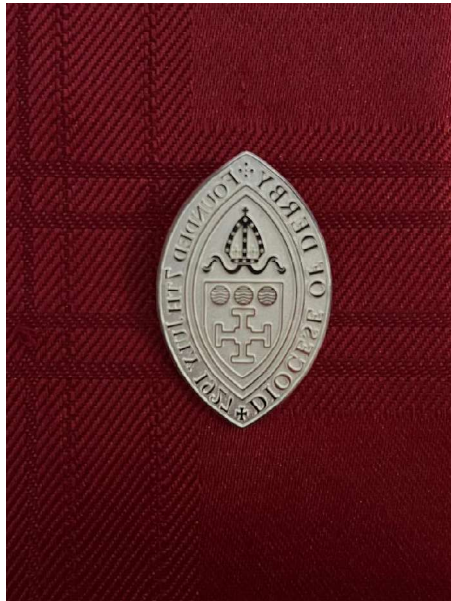
Our badges were presented by Bishop Libby on Sunday 5 October at Derby Cathedral in a service entitled, 'A celebration of Lay Mission in Local Ministry'. It was a joyous occasion in which we were supported by both family and friends from near and far.

APPENDIX

The Bishop's Badge in Derby is a replica of a medal struck in 1927 to commemorate the founding of the Diocese of Derby by the first bishop, Edmund Courtenay Pearce. The badge is awarded annually by the current Bishop of Derby to individuals who have shown outstanding service to the church and community recognising their dedication.

Source: Diocese of Derby website.

Sue Leese (Brailsford steward)



BRAILSFORD COFFEESHOP

Brailsford Coffeeshop is open every Tuesday between 10am and 11.30am.

It's a welcoming community space for both regulars of all ages and occasional visitors, often enhanced by visits from local schoolchildren and handbell ringers. The last few weeks have been exceptionally busy.

14th October

Austen class with Miss Moore and supporters - including parents- visited from Brailsford school. They sang a varied mix of songs;

The fairy tale tea party (attended by Goldilocks, Cinderella, the Gingerbread Man, Rumpelstiltskin and the Big Bad Wolf to scare them all away)

Cabbages and Beans/Harvest Samba (my all time favourite harvest song)

Father God created the World - which included actions and a silent verse

Five Little Starfish.

As usual, the children sang their hearts out and returned to school replenished with squash and biscuits.

21st October

As a 'one off' special, bacon rolls were served today.

The regular visiting cycling group were unable to attend due to adverse weather, but the treats were nevertheless enjoyed by all.

Another 'first' today was a visit from Bradley schoolchildren, all 21 of them.

They too, sang their hearts out with a medley of harvest songs.

How lovely to meet more children from the wider community

NB Bradley school is in partnership with Brailsford.

28th October

Today, coffee time extended into lunchtime and beyond - a very varied day.

A soup lunch, made with supermarket waste, was served.

Then two youngsters made a pudding from chocolate bread, eggs and soya milk, all having arrived as part of the scheme.

It was a bit like Ready, Steady, Cook!

Angels were being made throughout the day and people called in for food, angels and a chat.

These simple 'open sessions' can sometimes be the most fruitful.

We were able to share excess bread from neighbourly schemes and encouraged it to be taken for others.

Someone who had just been bereaved came for soup and a hug. They left knowing they are loved.

Someone else was fed and sent to their hospital appointment feeling supported.

It was the most fabulous chaotic day, I pray there will be more

Jane Baker

November has been relatively 'normal', except that the cyclists are expected on the 18th when bacon rolls will be on the menu!

Looking forward to December, we will have a significant celebratory event for one of our regulars and have visits from both schools and the handbell ringers.

Why not come and join us?

So easy to 'take the bus' as the times from Ashbourne fit in well and the bus stop is right outside - or opposite!

Sue Leese (steward)

**They're Back! Those wonderful Church Bulletins!
These sentences actually appeared in church
bulletins or were announced in church services:
(but not in Ashbourne)**

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.'
The sermon tonight: 'Searching for Jesus

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation

For those of you who have children and don't know it, we have a nursery down stairs

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older one

Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered..

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM . Please use the back door

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM . The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.

CIRCUIT ADMINISTRATOR

The Ashbourne One Church Circuit are seeking to appoint a part time Circuit Administrator to provide administrative support to the Circuit Officers and Superintendent Minister

The successful candidate will be an organised and self motivated person, with good verbal and written communication skills and a keen eye for detail. They will also have experience of a similar role in general administration.

20 hours a month, with usual hours falling
between 9am and 3pm Monday to Friday,
but with some evening or weekend working to cover
specific meetings.

£14 per hour (£3,360 p.a.)

Predominantly home based with possible access to
The Link Centre Office space
and its facilities within the Ashbourne Methodist
Church.

The **start date** to join our team will be **January 2026**.

For more details and an application pack please
contact:

Jacqui Marsh (Circuit Steward) via
circuitadmin@ashbournemethodist.org.uk
or 07941 524 301

**Closing date for applications - Wednesday, 26
November at 12 noon**

**Interviews to be held on - Wednesday, 10 December
2025**

Cornerstone Coffee House

After spending the last four months in the church we are excited to be moving back to the Cornerstone building at the end of November – our first day back trading is Tuesday 2 December. The upgraded building looks great and we now have to complete various bits of work so it can once again be the Cornerstone Coffee House.

We have just launched our Christmas leaflet and there are number of things we thought it would be good to highlight.

Supper Club: Our annual Christmas feast is being served on Friday 28 November and Friday 12 December and tables are booking fast – call in or email info@bethskitchen.co.uk to book yours

Lantern Parade: This takes place on Friday 5 December and we will be open till late. As well as serving hot drinks and cakes, we will be serving street food outside, be hosting a nativity photo booth and listening to music from the brass band. Do join us.

Carols @ Cornerstone: We will be singing carols and enjoying a drink together on Tuesday 16 December between 7 and 9pm – led by Jonathan Baker and Tim Dutton.

Christmas Calm: Weekly reflections throughout December that offer a calm space amongst the business of our Christmas preparations. These will be led by Anne Payne and Paul Taylor, in Cornerstone, on Thursdays in December at 1.30pm, for 20 minutes.

Why not enjoy a hot drink and take some time to be calm?

Thanks to all those who have supported us over the last twelve months, particularly during our move to and from the church, and we look forward to welcoming you in 2026.

Beth & Paul Taylor

Follow Me

In May 2023 many of us received a booklet entitled as above as a gift from Rev Nicola.

The first page reads-

Follow Me – an invitation to a life in all its fullness

In the beginning the Word already existed. The Word was with God, and the Word was God. The Word gave life to everything that was created, and his life brought light to everyone.

So the Word became human and made his home amongst us. He was full of unfailing love and faithfulness and we have seen his glory, the glory of the Father's one and only Son

For the law was given through Moses, but God's unfailing love and faithfulness came through Jesus Christ.

John 1;1,4,14,1



GATEWAY LODGE

Over the recent months there have been many updates about the construction progress being made. With less than six months before we open our doors, we thought it would be good to share some of the marketing work that has been taking place. In this issue of Connections we will focus on Gateway Lodge and then next month we will focus on The Link Centre.

Gateway Lodge will be able to sleep up to 35 people across seven en-suite bedrooms. All the bedrooms will have bunk beds and the bedroom sizes will vary from two people to seven people. The facilities will include a comfortable lounge, dining area, well-equipped kitchen, drying room and cycle storage.

The aim of Gateway Lodge will be to offer affordable accommodation for people visiting Ashbourne and it will be ideal for church & youth groups, schools, residential workshops, walking and cycling groups and family holidays.

At the beginning of this year extensive work was carried out putting together a marketing plan. One of

the first task was to appoint a design company to create the brand identity. When you next walk past the Church on Station Road you will see the inspiration for the logo came from one of the Church windows !

During the summer work was carried out on a new website, www.ashbournegateway.org.uk. The website is live and will be updated once we have pictures of the interior. Also before Christmas we aim to have the online booking system up and running on the website.

Our first piece of direct marketing has been contacting the previous users and so far we have four confirmed bookings, all of them wanting to hire the whole hostel. The 16th Liverpool Girls Brigade have been using the Gateway Centre for many years. In order for them to be able to return, as part of our outreach programme we have provided funding in the form of a substantial discount. They are very excited at the prospect of returning and seeing the new Gateway Lodge. We also have two schools that have booked to return and a Christian walking group from a Baptist church in Oxfordshire.

Whereas the old Gateway Centre only accepted whole hostel bookings, when Gateway Lodge opens we will be accepting groups of all sizes and also family and individual bookings. To do this we have had to research various booking systems. The system we

have decided on is called freetobook, which is widely used by other independent hostels. As well as powering the online booking system on our website it will also seamlessly connect to various online travel agents such as, Booking.com, Expedia and hostelworld. So, we are confident people looking for accommodation in Derbyshire / Ashbourne will easily find us. We are currently working on many other marketing initiatives. If anyone has any ideas they would like to discuss, please contact a member of the Team.

Hub Planning Marketing Team

Joy Mallard, Stuart Green and Crispin Scott

GIFTED

This Advent and Christmas season, the Methodist Church invites you to join in with their 'Gifted' campaign. *Gifted* is a message of good news to a weary world.



Together, all districts, circuits, local churches and fellowships of the Methodist Church are invited to remind people of their inherent worth and beauty –

not because of what they've done, or what they can give – but because of who they are.

The message is for everyone in our churches and beyond: both believers rejoicing at God's gift of Jesus, and those who might find the season more wearying than wonderful. It reaches out to people longing for transformation but feeling stuck. For those searching for something more, something real – but unsure where to look.

Gifted is the Methodist Church's open invitation, speaking the good news to people that they matter. That they are Beloved. Created with infinite care. A gift to the world, just as they are.

We will be embracing this theme, from Advent Sunday on 30 November through to Epiphany Sunday on 4 January. Our worship leaders will be using or adapting service outlines, symbols, readings and prayers provided as part of the resource pack. There are also small group materials for housegroups, outreach ideas, posters and postcards available to support churches in sharing the good news.

More information can be found on the Methodist Church website:

<https://www.methodist.org.uk/for-churches/christmasresources/>

You can also look for the *Gifted* logo and publicity on the church website.

Be part of *Gifted*: In your worship, your welcome and your witness.



Grandma's Apron

Do children today know what an apron is? Grandma's apron was to protect her dress as she did not have many, it was easier to wash and used less material.

Other uses –

1. As a potholder for removing items from the oven
2. Great for wiping children's tears or even cleaning dirty ears
3. Collecting eggs from the coop, or half hatched chicks for warming in the oven
4. Hiding places for children when strangers came
5. Wrapping around Grandma's arms when it was cold
6. Wiping a perspiring brow
7. Carrying kindling for the fire
8. Bringing veg from the garden, especially peas for shelling
9. And in Autumn collecting fruit from the trees
10. A quick dust if someone called

So an item of clothing with so many uses.

Note – Grandmas used to put her hot baked apple pies on the windowsill to cool now the housewife puts the apple pie on the windowsill to thaw!!

Just another Sunday service !

One of the things I enjoy most about being a Worship Steward is the informal time of fellowship before the service. From about an hour before the service a steady stream of people start to arrive. Before long there is a lovely buzz of conversation throughout the building, in the main hall, in the seek & share classroom, foyer and staff room (this is where about 80 teas and coffees are made and washed up each Sunday), as people go about their various tasks.

When I was last on duty on Sunday 02 November, just before the service started, I stopped to try and add up how many people were involved in the service. I had to do it twice before I was confident I had got the number right. Before you read on, have a quick guess in your head.

It wouldn't surprise me if most people might need to double the number they guessed as the answer is 24 people. To save you trying to work it out the number includes; 1 Preacher, 1 Worship Leader, 2 Seek & Share leaders, 5 band members & pianist, 2 on the AV desk, 2 readers, 4 Communion stewards, 2 Greeters, 3 on tea & coffee duty and 2 Worship Stewards. If it wasn't for half term, the number would have been 30, as normally about 6 people come in at 6.00pm on Friday to set everything up. Because of half term, the "Set -Up Team" were able to leave everything in place from the previous Sunday.

When I am on duty as a Worship Steward, I play a very small part in the service, but I find it extremely enjoyable and rewarding. It will come as no surprise, that with so many people involved in each service, there are always opportunities available to work alongside such a wonderful group of people, as they put their faith into action.

Crispin

Lent Readings Booklet 2026

Each Lent many of us follow books of Lent readings for daily devotions. In 2026 we're hoping to have our own booklet of readings with reflections from members of the One Church Circuit

Our aim is to ask individuals or even groups to reflect on one of forty short readings (we'll allocate readings) and to write just a few paragraphs with thoughts inspired by the reading. And if you'd like to add a line or two of prayer then that would be lovely.

Scripture isn't just for 'other people' to think and write about – it belongs to all of us! This is a chance for us to hear one another's voices and to explore the breadth of faith and insight that we have between us.

If you'd like to take part please contact Stuart Green, Wendy Haslam or Fiona Green.

Luminous Numinous

You maybe think of me as a particle, or a wave, or part of a field of electro-magnetic radiation, but you will never get to the bottom of it; you are not God.

Some things about me you have measured- according to your units. Chiefly my velocity you call 'c' and the way I can be reflected, refracted and absorbed.

You may also judge my wavelength and my frequency as your definitions allow.

At the appointed Time I came into existence in the heart of a star, amid plasma and chaos.

I escaped from that inferno into the vacuum of space and invisibly travelled many a light-year towards your pale blue dot.

Traditionally I move in a straight line, although gravity does have a slight effect on me, so that although my course may not be straight, it is True.

Now, along with a multitude of my peers, I approach a mass of larger particles, and particles of particles, or waves, or fields as maybe.

Many of us are scattered, absorbed or reflected back from where we came. My properties allow me to pass through your upper atmosphere and your denser lower atmosphere; and as you look up, I enter your eye, striking one of your retinal cells.

We shall smile as I come to my, and my journey's end, for at that instant I am regarded and Recognised' and looking down you saw a new-born Child...

Alan Coker Mayes.

Miss Me But Let Me Go

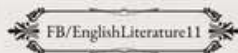
By Christina Rossetti

When I come to the end of the road
And the sun has set for me
I want no rites in a gloom filled room
Why cry for a soul set free?

Miss me a little, but not for long
And not with your head bowed low
Remember the love that once we shared
Miss me, but let me go.

For this is a journey we all must take
And each must go alone.
It's all part of the master plan
A step on the road to home.

When you are lonely and sick at heart
Go to the friends we know.
Laugh at all the things we used to do
Miss me, but let me go.



Morning Hymn

(from Aotearoa psalms – a NZ Catholic publication)

Kio ora, my friend God,

I give to you the voyage of this day,

That to be which is already yours,

Adding to it my rejoicing,

A shout of praise. Amen. Amen.

You are the wind; fill my sails.

You are the water; run fast beneath my keel.

And I will sing in the wind

And dance over the water,

God my Friend, oh God my Friend.

You are the light; enfold me.

You are the darkness; embrace me.

You are pain; Hollow me.

You are love; overflow me.

The storms of change are you,

And the peace of tranquil waters.

You are all these things, Friend God.

And I thank you. Amen. Amen.

May I journey without fear

Through all of your seasons,

In emptiness let me find freedom.

Render me passive in your will

And I shall be most active,

Moving with you in everything,

Knowing you in everything.

Amen. Amen.

Prayer in Action – Bible Society

7-13 December

Pray that more people will attend worship services to celebrate Christ's birth this year and that the Holy Spirit will work within them.

14-20 December

Thank God we can worship him freely in our nation,
Pray for the safety of those in other countries who will be running the risk of persecution when they worship Jesus this Christmas

21-27th December

Thank you, O my Father/For giving us your Son/and leaving your spirit/'Til the work on earth is done.

28th December – 3rd January

Pray for the Christian revival in our Nation. Pray that those who are seeking the truth will find Jesus in the Year ahead.

Open the Book – part of the Outreach of this One Church Circuit.

There are approximately 16000 primary schools in England and Wales where Open the Book has not yet entered.

Open the Book brings more than 90 Bible stories to life in local primary schools, making the Bible accessible, enjoyable, meaningful and memorable through drama and storytelling. As one Year 1 boy said looking at a bible after watching an Open the book story 'I love your Book'

Volunteer storytelling teams come from local churches and present Bible stories using short, scripted assemblies. The Storytellers are trained, supported and resourced by Bible Society's Open the Book staff team.

There are different ways of being involved – narrating, reading, acting, praying, and making props and costumes.

Open the Book increases children's and Storyteller's biblical knowledge, literacy and confidence; engages a congregation in mission and is largely done without paid staff involvement leaving them to do their job. It supports, serves and forges relationships with local schools; connects generations; provides an opportunity to serve ecumenically; and its fun for all involved.

If you feel this is a way you could participate in Mission then please have a word with Joy Watts

Primitive Physic

At Epworth old Rectory in Lincolnshire, the childhood home of Wesley there is a Physic Garden as there was when the family resided there in the early 1700's

I have on my bookshelf a reprint of the original John Wesley book entitled Primitive Physic written in October 1755 and it is interesting how following what today would be called 'old wives tales, the people were able to cure many ailments.

In the preface to the book are Rules and I set them out here:-

I

1. The air we breath is of great consequence to our health. Those who have been long abroad in Easterly or Northerly winds should drink some thin and warm liquor going to bed, or a draught of toast and water.
2. Tender people should have those who lie with them, or are much about them, sound sweet and healthy
3. Everyone that would prefer heath, should be clean and sweet as ;possible in their houses, clothes and furniture
4. Eating and Drinking rules -
5. The great rule of eating and drinking, is to suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of food, as fits light and easy on the stomach.

6. All pickled, or smoked, or salted food, and all high seasoned is unwholesome
7. Nothing conduces more to health, than abstinence and plain food, with due labour.
8. For studious persons, about eight ounces of animal food, and twelve of vegetable in twenty four hours is sufficient
9. Water is the wholesomest of all drinks; quickens the appetite, and strengthens the digestive most
- 10.Strong, and more especially spirituos liquors, are a certain, though slow poison
- 11.Experience shows, there is very seldom any danger in leaving them off all at once
- 12.Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off as safely as water.
- 13.Malt liquors (except clear,small beer, or small ale, of due age) are exceeding hurtful to tender persons.
- 14.Coffee and tea re extremely hurtful to persons with weak nerves
- 15.Tender persons should eat very light suppers; and that two or three hours before going to bed
- 16.They ought constantly to go to bed about nine and rise at four or five.
- 17.A due degree of exercise is indespensibly necessary to health and long life
- 18.Walking is the best exercise to those who are able to bear it; riding for those who are not.The open air when the weather is fair, contributes much to the benefit of exercise.
- 19.We may strengthen any weak part of the body by constant exercise. Thus the lungs may be

strengthened by loud speaking, or walking up an easy ascent; the digestion and the nerves by riding; and arms and hands by strongly rubbing them daily

20. The studious ought to have stated times for exercise, at least two or three hours a day; the one half of this before dinner and the other before going to bed.
21. They should frequently shave and frequently wash their feet.
22. Those who read and write much should learn to do this standing; otherwise it will impair their health
23. The fewer clothes one uses by day and by night the harder they will be.
24. Exercise first should always be on an empty stomach, secondly, should never be continued to weariness, thirdly, after it we should take care to cool by degrees, otherwise we shall catch cold
25. The flesh brush is a much useful exercise especially to strengthen any part that is weak
26. Cold bathing is of great advantage to health; it promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender persons should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost is too great a shock to nature.

The Winter Alchemist

While mice scuttle and spiders sleep,
The winter alchemist works
Dreaming of turning winter into gold.
Cold, black cauldron sits on weathered workbench
Patiently waiting, full of winter-
Dark nights, desiccated leaves,
Black-ice puddles, storm bent trees,
Cold-fingered icicles.
From a hessian bag of gathered things,
The winter alchemist gently draws out
Solstice, a whisper of pagan rhythm and
The turning of the year;
Snowflakes individually crafted;
Breath- taking pink sunsets;
Shy snowdrops, cheeky yellow aconites
And the thread of a wooly sock.
Dropped into the cauldron of winter.
The winter alchemist conjures
Pink sapphire dawns from dark nights;
Raptors circling in ice blue skies;

Silhouette of trees angel-draped in snow;
Wolf moon in night-velvet sky...

From the cold, black cauldron
Winter's golden secrets revealed.

(Taken from Solstice to Equinox by Leslie Taylor)

Tissington Harvest



Work is progressing well on the creation of The Link Centre, Ashbourne's new community hub. Led by Ashbourne Methodist Church, the project is transforming the existing church buildings on the corner of Church Street and Station Road.

In the latest development, the structure of a foyer with step-free access from street level is in now place, so it's possible to see how it will link the different parts of the building. The foyer will connect the three current buildings into one accessible venue with new and renovated rooms of various sizes, for use by the community.

Once complete, the building to be known as The Link Centre will be a huge asset to the town, serving local residents, businesses and visitors. Good progress has been made over the summer, where the newly-renovated Trinity Hall is currently temporary home for Cornerstone Coffee House while the coffee house building is being upgraded. When finished, the hall will be used as a large events, worship & conference space and will attract performances to Ashbourne as well as supporting local performing arts groups.

Meanwhile, work is ongoing in the Cornerstone Coffee House building, where rooms have been reconfigured and a new doorway which connects to the foyer has been created, along with an opening for a new servery and space for an accessible toilet. Inside the new building, smaller meeting rooms are now being worked on as part of a suite of conference rooms of various sizes that will be available for community and business use.

Work is also continuing at pace in Gateway Lodge, which is being remodelled to provide affordable, high-quality visitor accommodation. Over recent weeks, services have been installed, and the en-suite rooms have been

created and plastered. The next step will be to work on the new dining area and garden room. Gateway Lodge will be suitable for families and community groups, bringing extra footfall and visitor spend to the local economy.

Outside, a community garden and outdoor event space is planned for the land alongside the Henmore Brook, with the garden also designed to provide habitat value to birds and insects and protect the natural habitat on the bank of the brook.

The redevelopment of Ashbourne Methodist Church's buildings is one of two major projects in the UK Government funded @AshbourneReborn programme. Together with improvements to the highways and public spaces, led by the County Council, the changes are designed to bring back vibrancy, vitality and economic prosperity to Ashbourne town centre.

Ashbourne Methodist Church had been working on transforming their building into a hub for the community for a number of years before the possibility of central Government funding. By the time of applying for funding, the church had already developed detailed plans, received planning permission and raised significant funds. The well-developed proposal for the community hub was a key factor in the eventual success of the Ashbourne Reborn programme partnership bid. The church, which is a registered charity, has committed to raising significant match funding towards the redevelopment, and church partners have also contributed expertise to support and deliver the proposals for the benefit of the local community.

The Ashbourne Reborn proposals originated from businesses and community groups within the town. Ashbourne Reborn is a partnership scheme involving

Ashbourne Town Team, Ashbourne Town Council and AshCom, with delivery of the Highways and Public Realm project being led by Derbyshire County Council and the Link Community Hub by Ashbourne Methodist Church.

To receive email updates, sign up for the newsletter at the District Council website www.derbyshiredales.gov.uk/enewsreg (tick the box for Ashbourne Reborn), or visit the Ashbourne Reborn website www.ashbournereborn.co.uk for the latest news, FAQs and detailed information about the project. To follow on social media, find @AshbourneReborn on Facebook, Instagram.

Dates for the Diary – Services

Sunday 23rd November

Ashbourne	10.30	Tim Dutton and Jonathan Webb Revd Nicola Briggs and Catherine Green
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Kirk Ireton 18.30 Revd Nicola Briggs

Kniveton 11.00 Allan Shaw

Sunday 30th November Advent 1

Ashbourne 10.30 Cathy Stubbs and Gareth Rutledge
Stuart Green and Anne Payne

Brailsford 10.45 United Service with Brailsford
Benefice at
Osmaston Village Hall
Revd's Bex Allpress and Nicola
Briggs

Sunday 7th December Advent 2

Ashbourne	10.30	Tim Dutton and Cathy Stubbs Lorraine Hawkins and Amanda Peers	
	16.30	Allan Shaw	Afternoon Tea
Brailsford	10.30	Diana Whitmill Worship	Altogether
	16.00	United Christingle Service at All Saints Revd's Bex Allpress and Nicola Briggs	
Tissington	10.30	Revd Nicola Briggs	Carol Service

Sunday 14th December Advent 3

Ashbourne	10.30	Revd John Hellyer and Jonathan Webb Lorraine Hawkins and Catherine Green Holy Communion	
Kirk Ireton	18.30	Andy Cokayne	Carol Service
Kniveton	14.30	Revd Chris Briggs	Carol Service
Muddy	10.00	in the Biggin area	
Parwich	17.00	United Carol Service at St Peter's	

Thursday 18th December

Brailsford	18.30	Revd's Nicola Briggs and David Leese Carol Service	
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Saturday 20th December

Tissington 19.00 United Carol Service at St Mary's

Sunday 21st December Advent 4

Ashbourne 10.30 Diana Whitmill and Stuart Green
Altogether Worship

18.30 Paul Taylor Carol Service

Brailsford 10.30 Revd Nicola Briggs Holy
Communion

Tuesday 23rd December

Brailsford 19.00 Revd Nicola Briggs Christmas
Memorial Service

Wednesday 24th December Christmas Eve

Brailsford 23.15 Revd's Bex Allpress and Nicola
Briggs
United Holy Communion at All
Saints

Milldale 16.00 Revd Nicola Briggs Carol Service

Thursday 25th December Christmas Day

Ashbourne 10.00 Revd Nicola Briggs Altogether
Worship

Dates for the Diary – Events and Meetings

Tuesday 25th November 19:30 Local Preacher's and
Worship Leader's Meeting at
St Oswald's Hall,
Ashbourne

Wednesday 26 th Nov	19.30 One Church Circuit Meeting at Brailsford
Friday 12 th December	16.30-21.30 Mince Pies at The Manse
Saturday 13 th December	9.30-15.30 Angels Festival at All Saints, Brailsford
Saturday 20 th December	9.30-15.30 Angels Festival at All Saints, Brailsford
Wednesday 14 th January	19.30 Ashbourne Churches Together Meeting at Ian's house, Windmill Lane
Friday 16 th January	14.00 Outreach Forum at Jacqui's house, Windmill Lane
Tuesday 20 th January	19.30 Resources Forum Sub Team at The Manse
Thursday 22 nd January	19.00 Worship Forum at Brailsford

Connections Magazine

Deadline for the January edition of the Connections Magazine is Sunday 14th December 2025 – teatime – to clifflewer@aol.com or by hand



Helios at Keddleston Hall -taken by Mark Eden