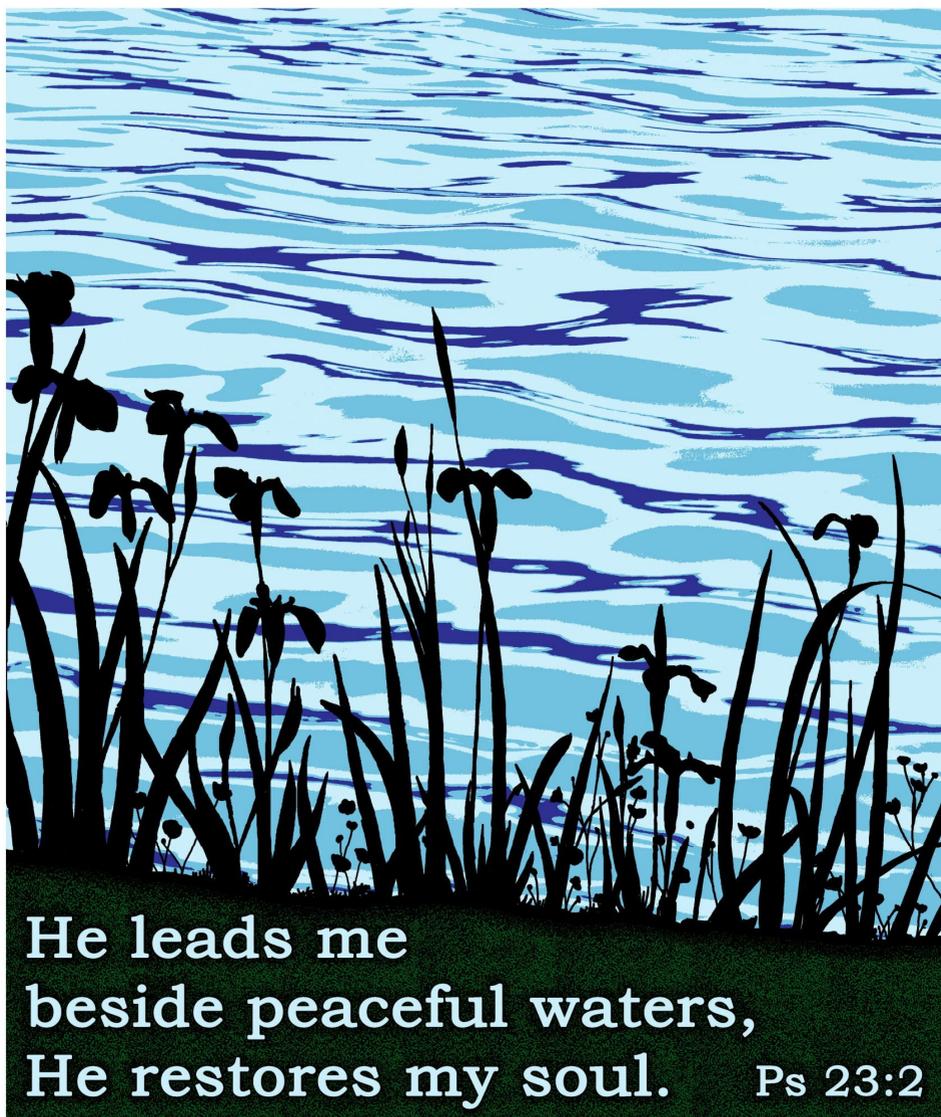




July 2020

# St Michael's, Oulton.



He leads me  
beside peaceful waters,  
He restores my soul. Ps 23:2

Dear Friends.

According to one survey, during the lockdown, a quarter of adults in the UK have watched or listened to a religious service and one in 20 have started praying. While majority of people who contract Covid-19 survive, it reminds us that we are much more frail and weak than we like to think. As the prophet Isaiah says:

‘All people are like grass, and all their faithfulness is like the flowers of the field. The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God endures for ever.’ (Isaiah 40:6-8).

Isaiah’s words really resonate at this time. In more normal times we can avoid facing up to our vulnerability, but this pandemic has forced us to recognise our weakness and fragility.

However, this shouldn’t lead us to despair or fear; rather it is an opportunity to worship and praise for his constancy and care. In Peter’s first letter he quotes this passage from Isaiah and says, ‘For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God’ (1 Peter 1:23). Peter contrasts our mortality with the eternal Word of God, which bring us new birth and life through the power of the Spirit. Jesus died for our sins and rose again to make us right with God, so that through faith in him we can know eternal life. We don’t need to be afraid of our frailty, for God is a dependable foundation on which to build our lives and face eternity.

‘We blossom and flourish as leaves on the tree. And wither and perish, but nought changeth Thee.’ (Immortal, invisible, Walter C Smith).

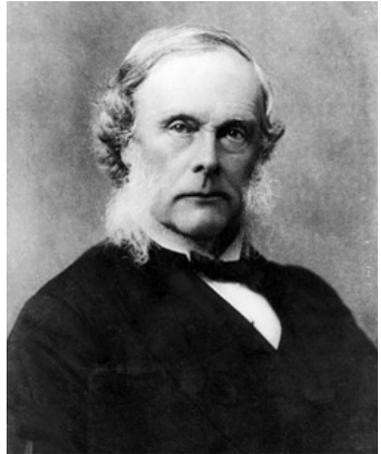
## Famous Christians.

Considering the current coronavirus pandemic, none of us can say that we are not aware that 'cleanliness' is a primary way of reducing infection. My famous Christian this month is a man who was instrumental in making surgery a great deal safer.

Joseph Lister was a British surgeon who made surgery somewhat circumspect for patients by introducing sterilization techniques. He was born to a prosperous Quaker family living in Upton, Essex on the 5th April 1827.

Joseph Lister studied at the University of London and he entered the Royal College of Surgeons when he was 26.

University College, was one of only a few institutions which accepted Quakers at that time. He initially studied botany and obtained a B.A in 1847. He registered as a medical student and graduated with honours as Bachelor of Medicine.



Joseph Lister

Lister subsequently left the Quakers, joined the Scottish Episcopal Church, and eventually

married Agnes Syme. On their honeymoon, they spent three months visiting leading medical institutes in France and Germany. Agnes eventually became Lister's partner in the laboratory for the rest of her life. Lister worked as a professor of surgery at universities in both Glasgow and Edinburgh.

His greatest contribution to medicine was to promote the use of carbolic acid as an antiseptic. Lister was heavily influenced by Louis Pasteur's work on bacteria. After studying Pasteur's findings, Lister soon realised that severe changes needed to happen to prevent so many people dying after surgery, due to infection. Traditionally, surgeons wore dirty aprons, surgical instruments were unclean, and surgeons did not even wash their hands

before carrying out operations. Lister tested what would happen if the surgical instruments and bandages were treated with carbolic acid, and he was pleased to see that infection was significantly reduced.

By 1879 Lister's ideas had been accepted by most hospitals in Britain. Carbolic acid was used on bandages and was even sprayed into the air during operations to kill bacteria and reduce the risk of the wound becoming infected.

Lister also made other contributions to medicine. He was the second man in England to operate on a brain tumour, and he worked out a method of repairing kneecaps with metal wire.

In 1901, although he had retired as a surgeon, he was asked to give advice about antiseptics and sterilization when Edward VII had his appendix removed.

Lister died on 10 February 1912 at his country home in Walmer, Kent at the age of 84. After a funeral service at Westminster Abbey, his body was buried at Hampstead Cemetery in London in a plot to the south-east of central chapel.

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## **Be Careful what you wish for.**

A married couple in their early sixties were celebrating their 35th wedding anniversary in a quiet romantic restaurant. Suddenly a small fairy appeared on the table and declared, 'As a reward for being such a devoted married couple who have been faithful and loving to each other for 35 years, I will grant you each a wish.'

The wife said: 'My wish is to be able to travel round the world with my dear husband.'

The fairy waved her magic wand and - *poof!* Two tickets for a luxury cruise appeared before their very eyes.

The husband thought for a moment . ‘That’s all very romantic but this is the chance of a lifetime, so I’m sorry darling, but my wish is to have a wife who is thirty years younger than me.’

The fairy waved her wand and *poof!*—the husband became 93!

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*Editor: Dr Ruth Valerio is Global Advocacy and Influencing Director at Tearfund. This article is an abridged version of one which appears on <https://www.licc.org.uk/resources/faith-flourishing/>*

## **One in 20 starts praying since Coronavirus began**

Is the nation turning to God in prayer? Well, not quite yet, but recent research from Tearfund has shown that prayer is more common than many would think, with just under half (44%) of UK adults saying that they pray, and one in twenty (5%) saying they have started praying during the lockdown.

In addition, a quarter (24%) of UK adults say they have watched or listened to a religious service since lockdown, 5% of whom say they have never been to church before. Some churches are seeing double, sometimes triple, the number of people watching their Sunday meetings online that would normally attend in person.

I am struck by Augustine’s prayer, ‘You have made us for yourself, and our hearts are restless until they find their rest in you’. Could it be that as the noise and busyness of normal life have subsided, restlessness has started to surface and, faced with new fears and uncertainties, hearts have started to turn to God?

Let this research give you a new courage to offer to pray for people you know who are struggling, or invite them to watch an online service. And let’s also turn our prayers and actions beyond our immediate horizons to remember that we are part of a global community.



## **Pain Relief**

Do you ever take pain killers? If so, do you take one for your shoulder, and another one for you knee? Of course not. Once the painkiller enters your bloodstream, it goes everywhere, soothing and damping down the pain, and hitting all the right spots.

God works a bit like that on the pain in our lives. He has a prescription for ALL the problem areas of our lives. Most of us carry emotional scars, or a burden, or some heartache, around with us. It may be the trauma of loss, or it may be anxiety for our family. It may be uncertainty over our jobs, and our futures.

Whatever it is, God offers us a prescription to help the pain. The psalmist writes: “God is our refuge and strength, a very present help in trouble.” (Psalm 46:1) Jesus added: “Come to me, all you who are weary and burdened, and I will give you rest.”

(Matthew 11:28)

This kind of help is real and immediate and there for the asking. We don't have to put up with our disease and struggle alone. God, our heavenly Father, is only a prayer away. Not just twice a day, after meals, but whenever we need him.

## **Shattered!**

During the war, the rose window in the great Rheims Cathedral was shattered into bits by an indirect hit. The parishioners lovingly got down onto their hands and knees to gather together all the tiny pieces of broken glass. When the war was over, they hired the most skilled workmen available to rebuild it, piece by piece, from the gathered fragments. Today's rose window in Rheims is more beautiful than it ever was. So God can take our broken lives and reshape them as we pray, 'Lord, please forgive my mistakes of this day.' – Reuben Youngdahl

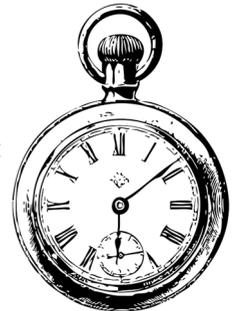
## It was:

175 years ago, on 4th July 1845 that Thomas Barnardo, Irish humanitarian and philanthropist was born. He founded Barnardo's, a charity which cares for vulnerable children and young people.

Also 175 years ago, on 17th July 1845 that Charles Grey, 2nd Earl Grey, British Prime Minister (1830-34) died. Earl Grey tea was named after him after he was given a gift of tea flavoured with bergamot oil. It was known as the Earl Grey's blend.

150 years ago, on 18th July 1870 that the Vatican issued the declaration of Papal Infallibility. It preserved the Pope from the possibility of error when he defined a doctrine concerning faith or morals to be held by the whole Catholic Church.

100 years ago, on 17th July 1920 that Kenneth Wolstenholme, British football commentator, was born. Best remembered for his famous commentary at the 1966 World Cup Final: "Some people are on the pitch...they think it's all over.... It is now!" – as the last goal was scored.



90 years ago, on 7th July 1930 that Sir Arthur Conan Doyle, British writer who created the detective Sherlock Holmes, died.

80 years ago, on 10th July 1940 to 31st October 1940: The Battle of Britain took place. British victory.

75 year ago, on 5th July 1945 that WWII leader Winston Churchill lost the British General Election to Clement Attlee's Labour Party.

70 years ago, on 5th July 1950 that Israel's Knesset passed the Law of Return, which granted all Jews the right to immigrate to Israel.

65 years ago, on 9th July 1955 that the song 'Rock Around the Clock' by Bill Haley and His Comets reached #1 on the Billboard chart in the USA. It remained there for eight weeks. Although not the first rock & roll song, it is considered the song that brought rock & roll into the mainstream.

60 years ago, on 6th July 1960 that Aneurin ('Nye') Bevan, Minister of Health (1945-51) who led the establishment of the National Health Service, died.

## The Rectory

### St James the Least of All



July 2020

My dear Nephew Darren

When producing material for your magazine or church services, beware the computer spell-checker. We once let our own system check a Christmas carol sheet and, on the night, found ourselves obliged to sing “away in a manager”, manglers apparently being unknown to our machine.

If you use special sheets regularly, it seems a law of nature – as with metal coat hangers - that they all intermingle while no one is watching. Thus, on Easter Day, half the congregation will have been issued with sheets for Harvest, which will only become obvious once the service begins. The first hymn will be entirely lost while sidesmen scuttle about looking for replacements only to find that there won't be enough of them anyway and then the second hymn will be lost while others helpfully wander about church donating their sheets to those looking helpless and then trying to find someone to share with.

Never, ever, print on them ‘Do not take home’ as this will only ensure everyone does so. I have sometimes wondered if the instruction ‘Take this sheet home for reference’ would ensure that they stayed neatly arranged in the pews after the service. And if it is a service where babies are likely to be present, be assured that many of the copies will be returned half chewed and coated with bits of whatever the infant had for breakfast. There must be a market for paper treated with a child-repellent flavour for such occasions.

Anyone who thinks we are an unimaginative nation should visit a church after a special service to see how many places members of congregations can invent to hide the booklets: under kneelers, neatly folded and hidden inside hymn books, among flower arrangements and behind heating pipes so that no one can quite reach them. They then lurk there reproachfully for the next ten years until mice solve the problem.

No, stick to large, hard bound books. They are resistant to teeth and are too substantial to be hidden in pockets. Their only drawback is that they tend to fall victim to the pull of gravity at the quietest moments.

Your loving uncle,  
Eustace

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## **What effect will coronavirus have on society?**

The Office for National Statistics (ONS) has found that, following an initial period of great anxiety and confusion, now almost half the population understands that life will not return to normal within the next six months.

Other findings include:

75 per cent of us are “very worried” or “somewhat worried” about the effect that coronavirus is having on our lives now.

Many parents have struggled with home schooling, with 33 per cent saying it has put a strain on family relationships.

41 per cent of us expect our financial situation to get worse over the next 12 months.

41 per cent of us think that the wellbeing of our child or children is being negatively affected.

But it is not all bleak – a huge 57 per cent of us think that Britain will be more united in the future, and 67 per cent of us say that Britain will be kinder after coronavirus. That is good news!

## A Picture of Doom.

The village of Wenhaston is often bypassed, either by passing it on the A12 at Blythburgh or the B1123 at Blyford. The village neatly sprawls between these two busy roads and lies a little over 5 miles from Southwold. The church of St Peter sits on a hill and from the tower allows a view of the Blyth valley. Like many Suffolk churches the foundations are Saxon, however the nave is 14th century with a 15th century roof. The aisle roof is 16th century. The pulpit is Jacobean and richly carved. However, the treasure of this lovely old church is its Doom screen, a 15th century painting on board probably painted by a monk from the nearby priory at Blythburgh.



St. Peter's Wenhaston, Suffolk.

The painting has a curious story attached to it. In September 1892 the woodwork of the church was being restored under the direction of the incumbent, the Reverend J.B. Clare. There was no chancel arch but the old rood beam remained and above this was affixed a large white-washed partition reaching to the roof. This the vicar had removed with the intention of erecting a carved chancel arch. The extricated oak panels were duly placed in the churchyard. During the night it rained, the action of which scoured away the whitewash which had been applied during the reformation, 300 years earlier. The workers returning the following morning informed the vicar who had the panels placed into the old parish school rooms. There the remaining whitewash and plaster was carefully removed to reveal one of the finest examples of 15th century work known in our churches. It shows what is known as the Last Judgement. The background of the scene is olive green and the painting is finely depicted in delicate shades. Our Lord is seated on a rainbow,

with the Madonna and John the Baptist beside him, and below is our St Michael holding the scales, with Satan claiming his due. The dead are rising from their graves to face judgement, and on one hand Peter is welcoming the righteous into Heaven, whilst on the other demons are hustling the lost into a lurid pit of doom. It is believed the painting was carried out not earlier than the 15th century and was covered in the whitewash by a government edict in 1549

Following its discovery the panels were exhibited in April 1893 in St James Hall, London before being returned to the church.

During the early medieval period, many churches had Doom paintings for they were the practical instrument to encourage the Christians of the day to stay away from the sin and misbehaviour.



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### **Your Views please.**

St Michaels Pew News has been published in its current format for two years and it is hoped that you have found it an interesting and informative publication. Its circulation is certainly wide, in both paper and electronic format. To create such a document monthly demands no little time and some endurance. As you will be aware St Marks now produces a weekly newsletter which contains up to date news and information within the three church benefice. It is therefore proposed to produce Pew News on a quarterly basis or even bi-yearly if there is indeed a need for it at all.

We would welcome your thoughts both for and against this proposal.

Many thanks: [robinkeightley175@btinternet.com](mailto:robinkeightley175@btinternet.com)

## The Vidiyal Trust.

*(Editor—I received the following email from Malory Makower and share it with you).*

Dear Robin, picking up on your article about Refugee Week 15th - 21st June in the June Pew News, you and your readers may like to know (or be reminded of) a local East Anglian charity which works partly with Leprosy Mission and is very much aware of the "Human Time Bomb" which is ready to explode in India.

The charity is called "The Vidiyal Trust and was started by Canon Pat Atkinson of Brundall 30



years ago; Pat is one of the people I helped to train for ordination. It works in a number of spheres in South India, including residential elders, children with cancer, a slum care centre, rural elders and the provision of care ambulances (to take people to where they can get the help they need), as well as in a leprosy colony.

In all these spheres the trust seeks to work with and support local people as they help themselves both via the government and the local churches.

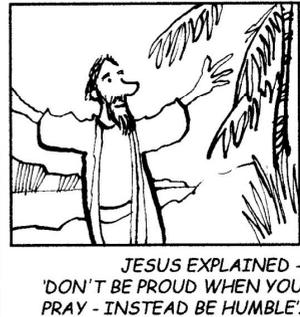
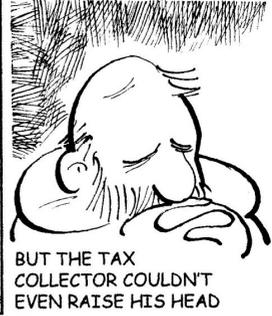
To find out more people can access the web: [www.vidiyaltrust.com](http://www.vidiyaltrust.com)  
Hope this helps and may of interest.

Malory Makower

The  
Tale of the  
**TWO MEN  
SAYING  
THEIR  
PRAYERS**



**THE OTHER WAS A TAX COLLECTOR. (NOT A POPULAR MAN IN JESUS' DAY!).**



*Mike Truman reports on one group badly hit by lockdown. There is a graphic to go with this story.*

## **Lockdown in Bethlehem**

The Covid-19 pandemic has taken a heavy toll of death and illness around the world. However, the statistics don't always tell the full story.

On the face of it, Palestine has escaped lightly, with only two deaths and under 400 cases at the time of writing; but the economic impact on the people has been devastating.

This is particularly true of the Christian artisans in and around Bethlehem, who make their living carving nativity sets, crosses and other souvenirs from olive wood for sale to tourists and pilgrims. It's a tradition that started early in the 14th century, when the Franciscans first settled in Bethlehem. They brought in Italian wood carvers who taught local people how to make olive wood carvings for pilgrims, and the craft has been handed down within families ever since.



A group of Christian pilgrims from Greece brought Covid-19 to Palestine in late February. The first local cases in Bethlehem were discovered on 5th March, and within 48 hours the city was locked down, with no visitors coming in or out, the churches, mosques, shops and schools all closed.

That may seem an extreme reaction, but Palestine's healthcare system is fragile. If the virus spread through the crowded refugee camps it could be unstoppable.

With no tourists coming in, the artisans have no income. They are growing vegetables in their back gardens to survive. The lockdown was in place until early June, but even then, tourists will not be visiting for months, perhaps a year or more. Their only hope is to sell overseas.

‘Made in Bethlehem’ is a part-time not-for-profit fair-trade business importing the work of these artisans from two fair-trade wholesalers in Bethlehem. The prices are set to just cover the costs of buying, shipping and selling. Normally the goods are sold at craft markets in the UK, but these too are closed at the moment.

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*Bishop Stephen Cottrell, Archbishop of York Designate, recently wrote an article for the Daily Telegraph (Tuesday 12 May 2020). This is a brief excerpt from it.*

## **C of E has been ‘astonishingly present’**

During the coronavirus crisis, the Church of England has been accused of “vacating the public square or of being absent.”

So wrote Bishop Stephen Cottrell, Archbishop of York Designate, in a recent article for one of the national newspapers. But he goes on: “I simply do not recognise (this). The Church of England has been astonishingly present, albeit in many new and remarkable ways.”

The Bishop then gave many examples of various local churches who have reacted with positive action during the crisis. Some have started food banks, helped refugees and asylum seekers, set up telephone prayer services, started zoom Bible groups, or organised children and youth events online.

“These stories are being replicated up and down the country,” he continued. “Most astonishing of all, plenty of churches report very large numbers of people joining their streamed services.

“Of course, we long for our church buildings to reopen. But when they do, it won’t be business as usual – partly because we are discovering new ways of serving our communities.

“When we do return to the sacred, beautiful space of our church buildings, with all their vital and much-missed resonances of continuity, I believe the Church of England will emerge from this stronger than it has been for a long

## Violence in the Old Testament.

Last summer I set myself the task of reading the bible from cover to cover. In fact, I decided to start at the beginning of the New Testament first. I chose to read the Good News Bible version which I found made easier reading and I made my way through the gospels, and letters and even managed to find the book of Revelation readable.

With the NT safely completed, I turned my attention to the Old Testament and started 'in the beginning' with Genesis. It didn't take me long to realize that here was a different approach and it wasn't without a fair share of violence.



The New Testament is a collection of 27 books that were written over a 50-year period by eyewitnesses and followers of Jesus Christ. It tells about the life of Jesus and His teachings. The message is of love and faith. It would be wrong to say there is no violence in the testament, Christ's crucifixion is brutal enough, but what I read in places in the OT was far from sociable, in fact it was downright violent! Whoa behold anyone who stood in the way of Israel. They were in many cases simply dispatched. The advancing Egyptians were drowned in large numbers Exodus 14:26 Then there is 1 Samuel 15 where Saul summoned 12,000 soldiers to annihilate the Amalekites. They were attacked from Havilah to Shur near the eastern border of Egypt.

He took Agag king of the Amalekites alive, and all his people he destroyed with the sword. But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves, and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they destroyed.

Heavy stuff but what did the Amalekites and the Egyptians do to stir the wrath of God and Israel? I found myself pondering the situation in a Biblical sense and turned to David Hayden to see if he could provide some answers.

### **What did the Amalekites and the Egyptians do to stir the wrath of God and Israel?**

The Egyptians invited the Israelites into their country in the time of Joseph but, when they prospered, a future leader enslaved them, killed their baby boys and refused them even the freedom of worship.

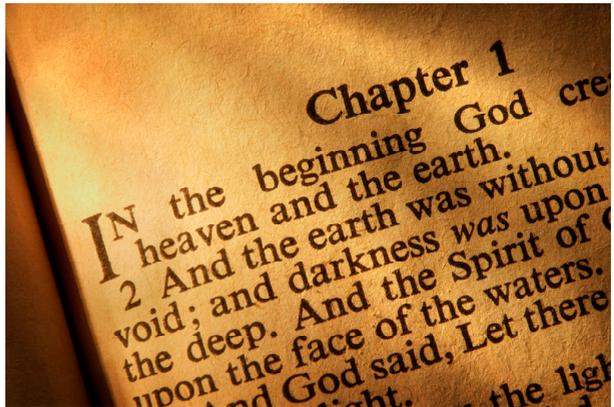
The Amalekites were the first to attack the Israelites in the desert after their escape from Egypt. God had delivered the Israelites with signs and wonders but the Amalekites seemed to have no fear of God.

That's an inadequate answer in a few words but the deeper question is the unease we have with all the violence in the Old Testament especially that God seemed to tell the Israelites to destroy people as they entered the Promised Land.

The important thing is to see such stories in the light of the whole Bible. The entry into the Promised Land is not a general principle of how we should treat people! In fact before that happened, God told Abraham, not that lots of people would be destroyed by his descendants, but that 'All peoples of the earth will be blessed through you.' That promise saw its ultimate fulfilment in Jesus. Our Lord called us to 'love our enemies'. So how was it that Joshua and others thought God was telling them to destroy other peoples? Much has been written on this!



Some have said that God's revelation was given progressively. That is true. It was thousands of years between the events of Exodus and our Lord coming to this earth as the ultimate revelation of what God is like. Each generation, including ours, has its blind spots. Take the discussion going on today about those involved in the slave trade and whether their statues should be removed. Were these people evil but also benefactors or were they people of their day who needed to hear and respond to Christian values? Another thought is that the standards of the people who lived in the area the Israelites conquered were very different from the people of the Ten Commandments. The fear was constantly that the Israelites would take on these values if they started to intermarry and live amongst them. Also to spare the lives of conquered people would not mean taking compassion on them or valuing human rights. It would be to obtain more booty in livestock, slaves and concubines. In fact going to war with other peoples was seen as a good way to make a living!



The violent passages are disturbing to us in our

day but it is helpful to remember that we do not have to focus on these. Our Lord showed clearly that the Old Testament pointed to the need of a Saviour. To the coming of Jesus. The prophetic books show people of God who stood out in their own culture against all that was godless. Genesis shows we have a Creator God who designed all things to be good but that people wanted to go their own way and rejected God and much else besides. The Psalms show life as it really was and is and are a great help to us to express how we feel sometimes about what is happening in our lives, and how we can discover the love of God and His presence with us.

## Pause for thought.

I am sure we can all take some degree of comfort from the fact that some of the government Covid restrictions are slowly but surely being lifted. Hopefully by the time this is being read, our churches will be open periodically for prayer and reflection. Shops providing non-essential products are opening and Spain is looking to welcoming holiday makers very soon. There is even talk of reducing the 2 metre rule to possibly 1 metre. This would be advantageous to the hospitality sector, allowing more people to be in a given space. All this is agreeable news, but we must not let our guard down – for there is still a way to go.

As terrible and disruptive as the current Covid19 pandemic is, it was not as ruthless as the Spanish Flu pandemic of 1918 -19 where 25 million people perished with some saying it was as high as 50 million, with an estimated third of the world's entire population contracting it.

Despite it being such a world-changing event, the flu pandemic of 1918-19 is surprisingly underrepresented in popular world history. Yes we understand the impact of the Great War and the Russian Revolution, where the death toll amounted to some 10 million people - put that with the enormous numbers of deaths through the flu pandemic and we are talking about a serious loss of life between the years of 1914 to 1919. To give you some idea of correlation with the Covid19 pandemic, the numbers at the time of writing are 454,582 deaths worldwide, equating to some 13% of the Great War / Spanish Flu Pandemic figures. As horrible and devastating as Covid19 is, those figures show the absolute enormity of the loss of life in 1914-19.

**INFLUENZA**  
FREQUENTLY COMPLICATED WITH  
**PNEUMONIA**  
IS PREVALENT AT THIS TIME THROUGHOUT AMERICA.  
THIS THEATRE IS CO-OPERATING WITH THE DEPARTMENT OF HEALTH.  
**YOU MUST DO THE SAME**  
IF YOU HAVE A COLD AND ARE COUGHING AND  
SNEEZING. DO NOT ENTER THIS THEATRE  
**GO HOME AND GO TO BED UNTIL YOU ARE WELL**  
Coughing, Sneezing or Spitting Will Not Be  
Permitted In The Theatre. In case you  
must cough or Sneeze, do so in your own hand-  
kerchief, and if the Coughing or Sneezing  
Persists Leave The Theatre At Once.  
This Theatre has agreed to cooperate with  
the Department of Health in disseminating  
the truth about Influenza, and thus serve  
a great educational purpose.  
**HELP US TO KEEP CHICAGO THE  
HEALTHIEST CITY IN THE WORLD**  
**JOHN DILL ROBERTSON**  
COMMISSIONER OF HEALTH

All of this pales into insignificance to those people who have been affected by the current pandemic. Our thoughts and prayers continue to go out to those who have lost loved ones through the virus. We pray for those who are fearful for what the future holds. I finish with the following Christian Aid prayer:

Love never fails

Even in the darkest moments, love gives hope.

Love compels us to fight against coronavirus alongside our sisters and brothers living in poverty.

Love compels us to stand together in prayer with our neighbours near and far. Love compels us to give and act as one.

Now, it is clear that our futures are bound together more tightly than ever before.

As we pray in our individual homes – around the nation and around the world – we are united as one family.

So, let us pause and find a moment of peace, as we lift up our hearts together in prayer.

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## **Prayer and Fasting**

Debbie Allsop spends a day a week (usually Mondays) in prayer and fasting and would welcome any prayer requests that you might have, whether you regularly attend St. Michael's, St. Mark's or St. Luke's. Everything is treated with the utmost privacy, so please feel free to share openly.

You can contact Debbie on [alan\\_debbie@hotmail.co.uk](mailto:alan_debbie@hotmail.co.uk) by phone on 01502 538573 or mobile 07737 851099.

Debbie is particularly keen to have more requests from St. Michael's folks.

If you have any contributions for the next monthly edition of the 'Pew News' please send your material to Robin Keightley

[robinkeightley175@btinternet.com](mailto:robinkeightley175@btinternet.com)