

# KINGS NORTON

## Parish Magazine

### A Matter of Life & Death

Larry Wright reflects on the Assisted Dying Bill

### Marketing the Mini in Japan

Michael Kennedy looks back on a career in the motor industry

### January Diversions, Visions & Visitations

Thelma Mitchell explores the origins of pantomime

January 2025 • £1.50 • [kingsnorton.org.uk](http://kingsnorton.org.uk)



As we went to press, the Church of England, Birmingham, announced the appointment of The Reverend Canon Esther Prior from the Diocese of Guildford in Surrey as the new Bishop of Aston. Find out more by scanning the QR code to the left or by visiting [tinyurl.com/bishopofaston](http://tinyurl.com/bishopofaston).

## **Larry Wright** 4

### **A Matter of Life and Death**

*The debate about assisted dying*

## **Shane Williams** 8

### **The Quiz**

*Test your January knowledge*

## **Steve Wright** 10

### **Safer Than a Known Way**

*Through the doorway to a new year*

## **Adam the Gardener** 12

### **How to Make an Orchid Happy**

*Growing advice for an exotic plant*

## **Michael Kennedy** 14

### **Marketing the Mini in Japan**

*Motor shows & Japanese hostesses*

## **M.G.M.** 18

### **BMAG Reopens (Partially)**

*What's open and what's not*

## **Thelma Mitchell** 22

### **January Diversions, Visions ...**

*...and Visitations*

## **Pauline Weaver** 26

### **Making Music**

*Church music, Kings Norton style*

## **Emily Guerry** 28

### **The Crown of Thorns Returns...**

*...to Notre Dame Cathedral*

## **Claire Lindow** 32

### **New Beginnings & Garden Plans**

*A growing plan for the year*

## **Jack McNamara** 36

### **Your Daily Walk**

*5 ways to make it more beneficial*



You can buy the Parish Magazine for the past three months in PDF format on the Kings Norton parish website. Scan the QR code or visit [kingsnorton.org.uk/magazine](http://kingsnorton.org.uk/magazine).

**Editor & Advertising Manager**

David Ash

editor@kingsnorton.org.uk

**Subscriptions**

Alison Blumer

subs@kingsnorton.org.uk

**Registered Address**

Kings Norton Parish Office

Saint Nicolas' Place

81 The Green, Kings Norton

Birmingham B38 8RU

0121 458 3289

**Copy for Publication**

copy@kingsnorton.org.uk

Text & images for publication should be emailed as file attachments or entrusted to the Parish Office, sealed and marked for the attention of the Editor.

**Submission Deadlines**

Items for inclusion in the February 2025 edition must reach the Editor by midnight on **Friday 3rd January**.

Items for inclusion in the March 2025 edition must reach the Editor by midnight on **Friday 7th February**.

# Welcome

**EDITORIAL**

This month, I complete my 11th year as editor of your parish magazine. If my sums are correct, this will be my 132nd editorial and, of course, my 11th opportunity to wish you a very Happy New Year!

Looking back 10 years at the January 2015 edition, it is interesting to note what has changed and what has not. The Rector, Canon Rob Morris, looked ahead to a complete change of the clergy team by September; to the appearance of the first women bishops, and to a general election in May ('the least predictable that any can remember'). The Revd Donald Sampson, true as ever to his Methodist principles, urged Christians to social action. At the Toy Service, held on the Patronal Festival in December, parishioners had donated 853 Christmas gifts, 5 hampers, and 178 food items. Pauline Weaver had once again appeared in a onesie, this time as a cow, during the Nativity play. Some things never change. Sixteen funerals had taken place in November. We featured the Nature Reserve, the Sweet Project, the homeless, and a book review. Michael Kennedy had researched the life of Baron Kings Norton. The back page announced that the parish's churches were 'alive and growing'.

To all who have contributed so faithfully to these pages over the past decade, my sincere thanks; particularly to those who continue to write so faithfully month after month. However, none of us is getting any younger, and we are in need of fresh talent if your magazine is to continue to thrive. Maybe that talent is yours. If you doubt your potential, or if you fear you may have too little to offer, may I remind you of something the

Dalai Lama once said: 'If you think you are too small to make a difference, try sleeping with a mosquito.'



*David Ash*



# A Matter of Life and Death

**N**ow that the Assisted Dying Bill has passed its first reading in Parliament we have entered a period of further debate regarding the moral and practical implications and consequences should it eventually become law. It has to be debated further and other votes lie ahead. At each stage of the parliamentary process it may be amended or may even fail a future vote. We are, as they say, in unknown territory.

The arguments for and against assisted dying, or assisted suicide as opponents prefer to call it, are well known. The danger of abuse, coercion or ineptitude on the one hand and, on the other, the pleas for compassion towards the suffering through medical relief from the worst effects of terminal illness.

Whatever our own views on this matter, it is not going to go away. One important consequence of this legislation is that it will affect every one of us at some point in our lives. We may face an agonising terminal illness. We may have relatives or close friends who suffer this fate and find ourselves involved in making decisions about their end-of-life care. We may attend the funeral of someone who, if the law is passed, has taken the assisted dying/suicide option. We may know legal, medical or nursing staff who will be caught up in the implementation of the legislation. We may be uncertain about how we feel or think about the issue itself and not sure where to share our uncertainties.

The leaders of the major faiths, including Christianity, have all opposed the legalisation of assisted dying/suicide as



**The Revd Larry Wright is the Rector of Kings Norton Parish**





PHOTO BY KAMPUS

immoral. They argue that life is a gift of God and that individual lives therefore have a dignity beyond their usefulness to society, their state of health, state of mind or general status. Government-sanctioned death/suicide imperils the sanctity of life and reduces it to subjective value judgments about a person's level of suffering and what constitutes their quality of life.

It is not only religious leaders who are opposed on grounds of the questionable morality involved. The General Medical Council are divided on the issue. NHS staff are concerned that it will put them in a situation

where individual conscience and the law are in conflict.

People of no faith are also voicing concerns about the pressure which the terminally ill may feel or experience to take this option for the sake of their relatives. The legal profession is concerned about the practicalities of dealing with such cases, especially if things go wrong. Those involved in palliative care, especially our underfunded hospice sector, are adamant that this legislation is seriously flawed and that more government funds should be put their way instead rather than funding assisted dying/suicide. Disability groups have voiced their concerns regarding

how the proposed legislation may affect those with severe disabilities and their families or carers.

Is it possible to approach this issue from both a faith perspective and through a secular reasoning perspective at the same time? I believe it is.

From a Christian faith perspective it is clear from the Biblical evidence that life is a gift of God and that each person is unique in their make-up, character, potential and value. We are also flawed and subject to our passions and appetites, capable of great goodness but also of great evil. At best, religion helps to promote virtue and to reduce vice. If we are, first and foremost, created in the 'image of God' then God is the source and ultimate destination of our

personhood. God has claims upon our lives which we must spend a life time realising. As we pray, 'Your (i.e. God's) will be done on earth as it is in heaven.' To presume that our life or anyone else's is solely ours to dispose of as we please is like felling a fruit tree in order to pick the fruit more easily.

It is on this understanding that Christians have often been at the forefront of campaigns and movements to protect life.

Whether it be the protection of unborn children, opposing the death penalty, or relief and charitable work in areas where lives are in danger, Christians will be present. To save a life is to honour life itself.

What of secular reasoning? We should turn to those projects which have tried to codify a set of universal truths regarding



PHOTO BY TIMOTH HULISELAN

fundamental human rights. The Universal Declaration of Human Rights (UDHR, 1948) and the European Convention on Human Rights (ECHR, 1953), which was enshrined in UK law in the 1990s, both have prominent articles which state that every person has a 'right to life'. Neither states that there is a right to die.

The thrust of both documents is the preservation, care and dignity of individuals. They should not be subject to government-sanctioned cruelty, persecution or death. While there is no consensus in EU countries on assisted dying, or euthanasia as Continental texts prefer, a small number of European countries have enacted bills similar to the one being debated in the UK. However, it is clear from the articles in the ECHR that euthanasia is a complex legal issue which must have the highest legal protection possible for the individual.

Both documents are the product of a means of encapsulating Western civilised values regarding life and freedom. They were forged after decades of war and conflict, political oppression and political liberation, the Cold War and the rise of democracies since 1945. They are secular scriptures, monuments to the highest values to which countries and governments should aspire. One could

It is clear from the Biblical evidence that life is a gift of God and that each person is unique.

imagine holding the Ten Commandments and the Gospels in one hand and the Universal Declaration of Human Rights in the other and weighing in the balance the question, 'By what authority and in whose name have governments the right to sanction death?'

The debate over assisted dying/ suicide will continue into 2025. The arguments will be ongoing and extensive. We will all be affected, so we should be vigilant in regard to our own feelings and reactions as the deliberations unfold. Whatever the outcome of the bill, it has changed or is changing our view of life and death, of who controls them and who has the right to decide their future. It is an awesome task and will change our society forever.



# THE QUIZ



*This is a new departure, and a welcome one. Shane was the first person to respond to recent appeals for fresh ideas and new material for the Parish Magazine. I hope many more will follow his lead.*

*From now on, once a month, Shane will be exercising your brain cells and challenging your general knowledge with a quiz of his own devising. The answers will be printed towards the end of each edition; but we take a dim view of cheating at the Parish Magazine Operational Headquarters! You are expected to try to answer all the questions before you sneak a peek at the solutions.*

*Each quiz will be tailored to the month in which it appears. So here, at the start of 2025, we go!*

*The Editor*

## Questions



SHANE  
WILLIAMS IS  
THE VERGER  
AT ST  
NICOLAS'  
CHURCH

- Q1. On the 15th of January 1559 who was crowned monarch of England?
- Q2. January replaced which month as the first month of the Roman year?
- Q3. On which date in January does Epiphany fall?
- Q4. A Burns Supper is normally held on which date in January?
- Q5. What happened on 22nd January 1901?



- Q6. What is the birthstone of January?
- Q7. Which city has a name which means River of January?
- Q8. What happened to Saul on the 20th January?
- Q9. Who, in January 1649, did the courts deem 'tyrant, traitor, murderer and enemy of the people'?
- Q10. The story of the Wise Men appears in the Gospel according to whom?
- Q11. On the 17th January in which year did Captain Robert Falcon Scott reach the South Pole?
- Q12. Which famous diarist started with first entry on January 1st 1660?
- Q13. What is the month of January in German?
- Q14. Sometimes known as the Gilliflower , which flower is a January birth flower?
- Q15. In January 1994 which member of the British Royal family was the first senior royal to publicly convert to Roman Catholicism, the first for more than 300 years?

# Safer Than A Known Way

I'm writing this as we approach the eighty-fifth anniversary of King George VI's Christmas speech, in which he included the following words:

*'And I said to the man who stood at the gate of the year:  
"Give me a light that I may tread safely  
into the unknown."'*

These words come from the preamble to a poem, 'God Knows', written by Minnie Louise Haskins, and would have been profound for those who had heard them as they spent Christmas in a world at war, fearful of what the year 1940 would bring.

The 'man who stood at the gate' was a janitor, literally 'one who guards the door'. The Latin for 'door' is *janua*. So we are now in the month which is the gate or door of the year. The two-faced Roman god Janus looked back to the year that had passed and forward to the year that was to come; and at the beginning of this gate of

the year we take time to reflect on the past year and to look forward to the new one. What are you looking forward to? A holiday? A special anniversary or event? Something else that you await with happy anticipation.

The concluding words of the preamble to 'God Knows' are meant as a comfort to all of us, but I commend them to you, if you are perhaps not looking forward to something with the anticipation of happiness but rather with anticipation of fear of the unknown:

*'And he replied:  
"Go out into the darkness and put your  
hand into the Hand of God.  
That shall be to you better than light  
and safer than a known way".  
So I went forth, and finding the Hand of  
God, trod gladly into the night.'*



# NEVER MISS ANOTHER PARISH MAGAZINE



## BECOME A SUBSCRIBER

**To: Alison Blumer, Parish Magazine Subscriptions, c/o The Parish Office, 81 The Green, Kings Norton, Birmingham, B38 8RU.**

My name is : .....

My postal address (including post code) is : .....

.....

.....

My phone number is : .....

**I do not yet have a subscription** and I wish to start receiving the Kings Norton Parish Magazine for **12 months** from today.

☐

**Either:** I would like to receive my copies by post and enclose a cheque for **£30**, payable to **PCC Kings Norton** or £30 in cash.

☐

**Or:** I would like to collect my copies from the back of St Nicolas' Church and enclose a cheque for **£18**, payable to **PCC Kings Norton** or £18 in cash.

**Please tick** one of the options above and sign here: .....



You can also subscribe using your phone by scanning the QR code. **If you wish to renew an existing subscription, please do not use this form or the one on the website, but contact Alison Blumer via the Parish Office.**

# How To Make *an orchid happy*

I did promise to tell you how to look after that Christmas present of a beautiful *Phalaenopsis* Orchid so that it can become your best friend, long lived and flowering year after year. Here are the secrets:

1. Do not do anything to your new friend except water a little every ten days. Keep it at a temperature you are happy with and place it near a window with plenty of light with no or little direct sun. If water collects in the outer pot, pour it away. Orchids hate having their feet wet!
2. Flowers will continue to be produced for months and new leaves will appear as the flowers finish. New, grey-green, wiggly roots will appear as well. Do not cut them off! They act like leaves.
3. By midsummer your orchid will be feeling a little cramped in the supplied pot. It's time to cut back the old flowering stem and to repot it,

which is not difficult once you get the hang of it.

4. You will need a larger transparent plastic orchid pot and semi-transparent outer pots with no holes in the bottom but fitted with a reservoir. You will also need a little shelf which prevents direct contact between the roots and excess water. You can buy these at a good garden centre or, of course, there is eBay. The best orchid compost is made of bark pieces with absorbent ceramic chips. Place a 2cm layer in the bottom of the pot. Remove the root ball from the old pot and carefully put it on top. Avoid damaging the leaves and top up your pot with compost.
5. Give your new pot a gentle soak in tepid water for 30 minutes, drain it, and place it in the outer pot ready to be put on the table etc.
6. In the summer months, give it a little water every week and add a



few drops of house plant fertiliser once a month.

That's the routine for healthy orchids. It may seem a bit fussy, but I have found that it is all necessary for success with the *Phalaenopsis* orchid.

The ideal porch or conservatory plant is the very tough *Clivia*, which bears clusters of flowers in the summer. There is a new variety, Gunston's Bronze, which is a cracker. You can grow *Clivias* from seed but you will need patience and a better bet would be to buy small plants from eBay. I have found them

to be of very good quality and well worth the money.

The perennial flower bed is now all the rage and sometimes drought resistance can be important. With a little patience a lot of these perennials can be grown from seed. Members of the *Verbena* family will give very good germination and have a degree of drought tolerance. Many of you will be familiar with *Verbena bonariensis*, its tall stems topped with clusters of small purple flowers which are attractive to bees. The stems, which grow to 2 metres, are blown about by the wind but never seem to break. They are best reserved for the back of the border.

Somewhat rarer, *Verbena rigida Polaris* and *Verbena rigida Venosa* lilac can be used in the narrower cottage garden border or at the front of a deeper border. They are just as attractive as their tall cousins at 60 cm in height. Seed is available.

The month of February is the time to order your seeds or plants and I will be recommending good growers in the next edition, some of them new and quite exciting. Watch out for the February magazine!

2025 could be a great year in your garden.





# Marketing the Mini in Japan

## 日本でミニをマーケティングする

As we start a new year, time for a change on these pages. For almost exactly ten years now, I have tried to relate this monthly article to Kings Norton in some way: its history, nearly 1000 years of it, its people across those centuries, events that have shaped it, and so on. That's more than a hundred articles, and I'm starting to run out of ideas!

So from now on, from time to time, I'm going to focus on another theme: my career. Please don't let that put you off, because the most significant part of that career had a strong local link. It was a career in press and public relations for two very significant organisations and employers: the region's National Health Service and the one of its most important and visible industries, Leyland Cars and in its subsequent evolutions BL, Austin Morris,

Jaguar Rover Triumph, Land Rover with its Sherpa Van/Freight Rover wing, Rover Cars and then the Rover Group as a whole.

Particularly through its biggest factory, Longbridge, but also in many other plants and offices, BL/Rover was a vital economic force, providing jobs for tens of thousands of local people. I was one of the team who spoke to the media on behalf of the company, or who helped senior executives to do so, promoted its products through the journalistic media, and generally tried to maximise positive press coverage of key events (and, equally significant, to minimise negative press coverage!)

As many of you will realise, trying to develop a positive image for the company and its products was a continuous and very demanding battle. The company's image was tarnished, seemingly irretrievably, by the dispute-torn era of the 60s and 70s and by the consequent lack of investment available for the development of new products that could compete on an international basis. But we



MICHAEL  
WRITES  
ABOUT HIS  
CAREER IN  
PUBLIC  
RELATIONS

persevered, and significant progress was made in the 80s and 90s.

There's nowhere near enough space in these pages to go into further detail. I want to focus instead on stories from my time at Rover which will inform, entertain and even amuse readers.

One key element of presenting an automotive manufacturer's product to the world, and gaining coverage in the media was, and is, of course, by exhibiting at international Motor Shows. These are the showpiece for the industry, with the very latest new cars on view in all their glitter and technological brilliance. I was fortunate enough to attend literally dozens of motor shows; the main ones across Europe, normally happening once every two years, in such major cities as Geneva, Frankfurt, Paris, Turin, Barcelona, Brussels and Amsterdam and, of course, in London, originally at Earl's Court and then at our very own NEC. From time to time, particularly when we were launching new products into other markets, I attended other major shows beyond Europe in, for example, the USA and, perhaps most memorably of all Japan.



I'd like to tell you about my visit to the Tokyo Motor Show one year in the early 1990s. International Motor Shows usually lasted for two weeks. The first day was normally reserved for the national and international motoring press, to interview senior company executives from the various exhibiting companies, and to 'scoop' stories about new products being launched at the show.

On press days, companies normally provided on stand 'hospitality' for the media, which they didn't do on public days. Our company, Rover Japan, had decided that they

I was interested to see a swimming pool in the centre of the main dining room. I imagined this was a Japanese idiosyncrasy, but it seemed to be working, because there was a lot of splashing.

would emphasise the Britishness of our products, ranging from the Mini, a major legend in Japan, to the large Rover saloons, by providing typical British hospitality.

But they didn't get it quite right! When my group of executives arrived, it was to be confronted by a display of comestibles which included Guinness, HP Sauce, Scottish marmalade, Stilton cheese, packets of Typhoo tea (unopened) and one of the most lastingly popular British products in Japan, McVitie's Digestive biscuits. That was it, a relatively indigestible selection but beautifully presented on elegant tables with lacy tablecloths. It was too late to change, though, to our surprise, most of the Japanese press seemed to enjoy it. The

Europeans looked for sustenance on other stands!

So my British colleagues and I spent the day going hungry, and we were looking forward to dinner, hosted by our Japanese colleagues. This was to be in one of Tokyo's best restaurants, famed, we were told, for its fish.

Sure enough, it was an extremely stylish venue and, as we walked through, I was interested to see a swimming pool in the centre of the main dining room. I imagined this was a Japanese idiosyncrasy, but it seemed to be working, because there was a lot of splashing in the pool area. Then I realised with dismay that the pool was full of fish: the idea was that a diner identified the fish he wanted to eat, a waiter would seize it with a large net, tap it expertly on the head, and it would be served up within a few minutes! Talk about fresh! Slightly unnerved, I contented myself with wagyu beef: there were no cattle grazing outside waiting for their fate.

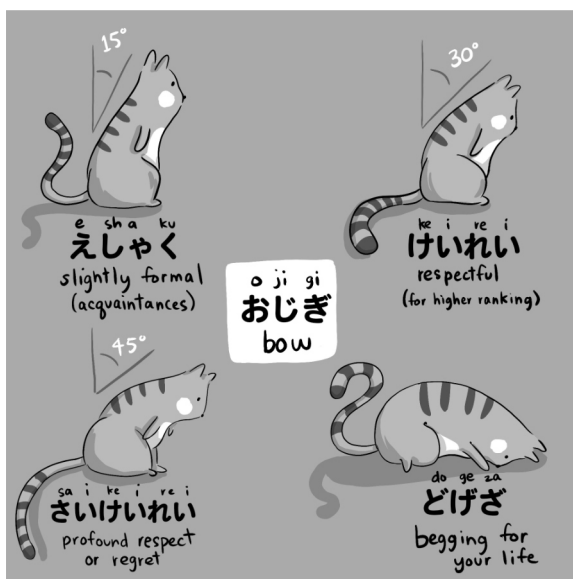
Back at the show, one other anecdote. As the press day came to its end, I noticed with fascination that, on each stand, the hostesses who had been on duty were lining up on one side and bowing gracefully to visitors as they passed by to go home. I couldn't resist the chance of a picture, so I asked





a friendly photographer called Stan from Autocar magazine to stand in a suitable spot as I staged my own departure.

There were at least a dozen Rover Japan hostesses poised on the side of the stand as I strode by.... and they stayed bolt upright! Stan was convulsed by my embarrassment. It turned out that hostesses only bowed to people from other stands. I did manage to fix that picture in the end!



# BMAG Reopens (Partially)

Birmingham Museum and Art Gallery (BMAG) in Paradise Square is one of the West Midlands' most historic civic treasures and places of learning. Its extensive museum is complemented by a vast art collection spanning many centuries and styles, a truly magnificent venue. Due to major refurbishment, it has been closed for a few years but in November it reopened its doors to visitors, though not entirely. More refurbishment is needed and therefore, for now, only the first-floor galleries, the new Made in Birmingham exhibition, the gift shop and the tea rooms are open and only from Wednesday to Saturday.

I was eager to visit this gem of a building. It was a special moment to enter once again through Yeoville Thomason's stunning grand portico entrance, first opened in 1885, and to cross the threshold into the impressive interior, which features a spacious central hall with a soaring glass ceiling,

ornate plasterwork, and grand staircases.

The reopening of BMAG is a testament to the commitment of Birmingham City Council and Birmingham Museums Trust to preserving and celebrating the city's rich history and cultural heritage. The refurbishment project has seen a significant investment in the building's infrastructure, galleries, and visitor experience. The reopening is more than just the return of a beloved institution. It marks the beginning of a new era for the museum, with a focus on engaging visitors with the city's history and culture in new and exciting ways.

One of the highlights is the 'Made in Birmingham' display, which celebrates the city's industrial heritage and its role in shaping the modern world. Visitors can explore the stories of Birmingham's innovators, entrepreneurs, and artisans, and see iconic objects from the city's past.

BMAG is committed to being a welcoming and inclusive space for all. The museum has made



**"MGM" writes  
on cinema,  
theatre and  
the arts.**

significant efforts to improve accessibility with new lifts, ramps, and accessible toilets. The museum also offers a range of activities and events for families, schools, and community groups. This new beginning is a major boost for Birmingham's cultural scene. BMAG is a place where people can learn about the city's history, discover new ideas, and be inspired.

For now, an inevitable disappointment is the knowledge that the current exhibitions are only a fraction of what is housed elsewhere in the vast, unopened majority of the building. Due to the expense of refurbishment and the uncertainties of funding it may be many years before the building is fully open again. Despite this, we are fortunate to have what is on offer.

One of the glories of BMAG is its extensive collection of Pre-Raphaelite artefacts. None are on display in the newly reopened galleries but many can still be seen around the corner at The Gas Hall gallery in a show entitled 'Victorian Radicals'. This splendid exhibition has been extended into 2025 and is proving very popular. However, whereas the main galleries are still free to enter, there is a fee to enter the Gas Hall. Maybe this is a sign of things to come?



## **YOUR PARISH CHURCH**

If you cannot find what you are looking for here, you will probably find it on the Parish Website ([www.kingsnorton.org.uk](http://www.kingsnorton.org.uk)). Alternatively, please ask questions at the Parish Office, which is open between 10.00 am and 1.00 pm, Monday to Friday.

**81 The Green, Kings Norton, Birmingham, B38 8RU • [parishoffice@kingsnorton.org.uk](mailto:parishoffice@kingsnorton.org.uk)  
0121 458 3289 • [www.facebook.com/kingsnortonteam](http://www.facebook.com/kingsnortonteam)**

## **THE MINISTRY TEAM**

Rector ..... The Revd Larry Wright  
Parish Lay Minister ..... Pauline Weaver  
Curates ..... The Revd David Booker, The Revd Christine McAteer  
Honorary Assistant Priests..... The Revd Jayne Crooks, The Revd Mark Bennett  
Lay Readers ..... David Ash, Cate Bennett, Fay Fearon,  
..... Ruth Howman, Parisa Pordelkhaki  
Lay Preacher ..... Steve Wright  
Music Minister..... Sylvia Fox  
Pastoral Care Team Coordinator ..... The Revd Jayne Crooks  
Pastoral Care Advisor ..... Susan Farrell

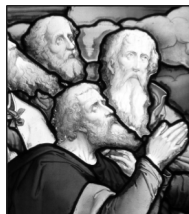
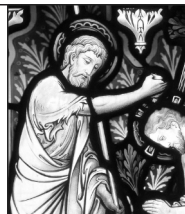
## **THE CHURCH WARDENS**

St. Nicolas' Church..... Annette Dickers, Mark Sandilands  
Hawkesley Church ..... Jim Clarke

## **OTHER CONTACTS**

Parish Administrator..... Anette Mascaro  
Treasurer ..... David Badger  
Finance Officer ..... Amanda Kaye-Wright  
Verger and Groundskeeper ..... Shane Williams  
Safeguarding Coordinator ..... Annette Dickers  
Regular Giving ..... The Revd Jayne Crooks  
Flower Arranging (0121 486 2837)..... Alison Blumer

We are a Church of England Parish serving all in Kings Norton through St Nicolas' Parish Church, and, in partnership with the Methodist Church, through Hawkesley Church, meeting in the Primary Academy.



We believe that the church in Kings Norton exists to be a worshipping, transforming partnership in Christ, to live out God's radical hospitality for all and to be equipped for work in God's world

1 <sup>st</sup> Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	Holy Communion
12.30 pm	Baptisms
6.00 pm	Taizé Prayer

2 <sup>nd</sup> Sunday of the Month	
9.00 am	Sung Matins (Book of Common Prayer)
10.30 am	Holy Communion (Iona Liturgy)
6.00 pm	Holy Communion with Anointing & Prayer for Healing

3 <sup>rd</sup> Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	Holy Communion
12.30 pm	Baptisms
6.00 pm	Evening Worship

4 <sup>th</sup> Sunday of the Month	
9.00 am	Holy Communion with Choir (Book of Common Prayer)
10.30 am	Morning Praise for All Ages
6.00 pm	Compline (Night Prayer)

5 <sup>th</sup> Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	United Service with Hawkesley Church
6.00 pm	Celtic Worship

All services are held at St Nicolas' Church. For further details, see the weekly newsletter on the Parish Website at [www.kingsnorton.org.uk](http://www.kingsnorton.org.uk)



# January Diversions

## Visions & Visitations



PHOTO BY CHRIS FITHALL

▲ AN AMATEUR PANTOMIME IN AUSTRALIA, ONE OF THOSE FORMER 'OUTPOSTS OF EMPIRE'.

It's January and it's Panto season – oh yes, it is! Pantomime is a peculiarly modern British custom, loved by those who take part and those who watch. Performance of pantomimes spread across the British Empire, but it is regarded as quaint, peculiar or even deviant by our American cousins. After all, the principal boy is played by a girl and the Dame by a man! There is disguise and trickery, misunderstandings and slapstick, and good always triumphs over evil. There is music and dancing and comedy at the expense of local situations and a bit of risqué humour. What's not to love?

In outposts of Empire, or anywhere where groups of British ex-pats gather, some sort of amateur production will almost certainly be performed. During my brief time in the early 2000's teaching English in Medan, on the island of Sumatra, the British ex-pat community was a mere handful. But, with

others who spoke English, including two Australians, two Germans, one Canadian and two Dutch, a Christmas meal followed by a panto was being planned! Panto was performed by the British abroad in Afghanistan, the Indian sub-continent, China, wherever we landed.

Panto as we know it is a modern custom with its roots in antiquity. It was the Romans, influenced by Greek tragedy, who established the earliest form of pantomime, the Commedia dell'Arte. Performances took place in Italian streets across the country and the actors wore character masks which became recognisable to the audiences. It also allowed them to make jokes and comments about local officials and others with impunity.

These travelling groups of artists started to make their way across Europe and eventually reached Britain. Shakespeare and other playwrights began to introduce the popular characters into their work.

Originally the panto opened with a nursery rhyme or short play in couplets. This was the prologue to the harlequinade, the main play. A handsome hero, a pretty sweetheart, an old, undesirable suitor and a feeble father were transformed by the fairy into Harlequin, Columbine, Clown and Pantaloon, the grasping papa.



◀ A SCENE FROM THE COMEDIA DELL'ARTE, LATE 18<sup>TH</sup> CENTURY



THELMA MITCHELL WAS FORMERLY LEAD CHAPLAIN AT BOURNVILLE COLLEGE. OH YES, SHE WAS!

Over time, the opening lengthened, and the harlequinade was shortened. It had been dropped by 1880. The transformation scene became part of the story, such as the young suitor and his sweetheart. The dull father or uncle and the clown were kept.

More than 400 stories have been identified. Fairy stories were very popular in Victorian times. The tales of Aladdin and Sinbad came from *The Arabian Nights*. Others, such as Little Red Riding Hood, from the Brothers Grimm and Puss in Boots from Italy. Dick Whittington is, of course, an English story. Perhaps the most popular pantomime is Cinderella, from a French tale. Our modern version dates back to 1864. The character of Buttons was established during the First World War. The character of the Dame dates back to 1812 and to Joe Grimaldi (*below*), of the Grimaldi family of clowns, who is really the founder of our modern pantomime. The character was originally Queen Roundabellia, played by a man, and the tradition stuck. Many a



famous name has delighted in playing the Dame, and some have made a career from it. Oh yes they have!

For Christians, January is first and foremost the season of Epiphany. In the church calendar, Christmas is not over until Candlemas, which this year is on 2nd February. We can rejoice that Christmas is a season, not a day.

The word *epiphany*, which comes to us from Ancient Greek, means a moment of sudden and great revelation, or realisation (*ἐπιφάνεια*). For Christians, the feast of the Epiphany falls on 6th January and marks the revelation of Jesus as the Christ, the Messiah, to outsiders, Persian astrologers, seers with visions of the future. It was, and still is, a more important day of celebration than Christmas in some Christian traditions and in some countries, such as Italy.

The story is found in St Matthew's Gospel and brings those not of the Jewish faith into the fold, the Kingdom of God. The number of seers (wise and learned men or Magi) is not given but, traditionally, the story has three. This is based on the three symbolic gifts offered to the baby in the manger: gold for a King, frankincense for holy anointing and myrrh for

death and burial. The Magi are led by a star until they arrive in Jerusalem. There they make the mistake of looking in Herod's palace for the baby born to be the eternal king. Herod is not happy at this threat to his fragile, puppet kingship under the Romans and sends them off to Bethlehem. This King Herod is called 'The Great'. A grandiose builder, he restored the Jewish temple and built many fine palaces and fortresses. Yet his nature was brutal. He happily 'removed' family members who got in his way. Herod's massacre of the infants is not recorded historically but it fits the depiction of a jealous and dangerous king.

Herod redirects the Magi to Bethlehem, thinking to thwart them. But there they found 'the child with his mother Mary, and they bowed down and worshipped Him. Then they opened their treasures and presented Him with Gold, frankincense and myrrh'. (Matthew 2:11) They are then warned in a dream not to return to Jerusalem but to go home via another route.

As we embrace 2025, we need to remember the past, pay close attention to the present, and imagine a better future. This poem by Howard Thurman develops Jesus' Great Commission to take the wondrous message out to all



the world, which we find at the end of the Gospel of Matthew (20:16-20).

*When the carols have been stilled,  
When the star-topped tree is taken down,  
When family and friends are gone home,  
When we are back to our schedules,  
The work of Christmas begins.  
To welcome the refugee,  
To heal a broken planet,  
To feed the hungry,  
To build bridges of trust  
not walls of fear,  
To share our gifts,  
To seek justice and peace for all people,  
To bring Christ's Light to the world.*

May 2025 bring hope, joy and peace to us and to a world which cries out for justice and freedom from strife and may good finally triumph over evil.

# MAKING MUSIC

If you use the music app Spotify (an app on your phone or tablet that lets you listen to music and podcasts from around the world) you will know that, in December, each user could see something called 'Wrapped'. 'Wrapped' gave an individual breakdown of your music listening across the year. It told you how many minutes of music you had listened to on the app, your top artist and your top five most listened to songs.

Mine for this year (and I'm new to Spotify) were tracks from the musicals *Rent*, *Come from Away* and *Wicked*. By the way, and as a complete aside, if you want to see a great film over the holidays go and see *Wicked*.

I wondered what our parish equivalent of 'Wrapped' would be. We have lots of music in our services, so that must add up to quite a few minutes over the course of a year. At a very rough calculation, I think it works out to about thirty hours of music and that's just thinking of Sunday services and not including music played before the service, funerals, weddings or baptisms. Then there is First Friday Hymns, handbells, choir practice and concerts. That is a lot of music!

Sylvia, our Music Minister, and I have had a think and we reckon that our top five for this year across our three Sunday services would be. I wonder if you agree with our list:

- *Will you come and follow me?*
- *Let us build a house*
- *We have Gospel to proclaim*
- *Put peace into each other's hands*
- *All my hope on God is founded*

All of this makes you realise what an enormous job Sylvia, our musicians and our choristers do. We can all be critical of the music choices if it features songs we don't like or if we don't



PAULINE IS THE  
LAY MINISTER AT  
ST NICOLAS'  
CHURCH, KINGS  
NORTON



get to sing our favourites very often. Choosing music for services isn't an easy task and it is really hard to please everyone. Trying to find hymns and songs to match readings and the style of a service while providing enough variety for everyone is a real challenge.

Live music and making music together are such an important part of our lives. I can remember the sheer exhilaration of going to the theatre for the first live performance after the pandemic. We had gone to see the musical *Six*.

Now, if you don't know, *Six* tells the stories of the six wives of King Henry VIII, but it's not like a history lesson. It is a competition in the style of a pop concert in which each wife tells her tale. It is very high energy and was such a buzz for the first drop of live theatre and music after Covid.

Music is an integral part of our worship. Remember how much we missed it when we couldn't sing together during lockdown? It is something we may have gone back to taking for granted, but I think it is something we should celebrate.

Choosing music for services isn't an easy task and it is really hard to please everyone.



PHOTOS BY DAVID ASH

# The Crown of Thorns returns to Notre Dame

*This article was written before the opening ceremony held at Notre Dame Cathedral in Paris on 13th December 2024. It is republished from The Conversation under a Creative Commons license.*

A lot of my research involves examining relics from Jesus' final days. Over the years, I've had the privilege of working closely with some of the custodians of the sacred objects at Notre Dame.

Five years after the devastating fire of April 15 2019, I'm looking forward to participating in the ceremony staged to commemorate the return of the relic of the Crown of Thorns to the cathedral on December 13.

The crown is one of many objects associated with the passion of Christ (the story of Jesus' arrest, trial and crucifixion). The Gospels state that a group of Roman soldiers wrapped Christ in a purple or scarlet robe, forced a reed sceptre into his hand and placed a Crown of Thorns on his head, mocking him as the 'King of the Jews'. The Crown of Thorns relic, believed by many to be the real crown

worn by Jesus Christ, was brought to France from the Holy Land by Louis IX in the 13th century.

The ceremony staged for the crown's return takes its inspiration from a famous parade that marked the initial arrival of the object. For many Christians, these abject instruments of torture were also latent symbols of Christ's celestial kingship and, for the medieval kings of France, the crown relic had a particular power.

On August 19 1239, King Louis IX, the future Saint Louis, carried the crown relic into Paris in an extraordinary parade. For some contemporary eyewitnesses, the arrival of the relic in France revealed that 'Christ had crowned France with His Crown'. Louis had become 'a New King David' and Paris a 'New Jerusalem'. The presence of this specific object was seen as a sign of divine blessing.

Louis IX's relic parade was attended by thousands of people. Having removed his crown, the king wore only a simple linen tunic. He walked barefoot for miles while carrying the relic in a double-bier (a litter for safely

transporting the sacred item) on his shoulders.

Local clerics carried the bodies of saints in the procession, so it also seemed that the patrons of Paris were celebrating the arrival of Christ in their city. The ceremony culminated with a service in Notre Dame before the Crown of Thorns was deposited for safety in the royal palace.

After its relocation from Jerusalem and then Constantinople, the Crown of Thorns remained in Paris for nearly 800 years. It has spent most of this time in the stunning Sainte-Chapelle. A short walk from Notre Dame, it's a resplendent royal chapel designed to house the relic, and was consecrated in 1248.

Cherished by French royalty, the crown remained there until the French Revolution (1789), before eventually entering Notre Dame in 1803, where it formed part of Napoleon's dramatic coronation. Since then, it has been displayed in the cathedral as both a sacred and civic treasure; but it was almost lost in the fire of 2019.

Jean-Marc Fournier, chaplain to the Paris fire brigade, orchestrated the rescue of dozens of sacred items from the treasury of Notre Dame. He gave Captain Franck the special mission of retrieving the crown, but this proved to be difficult because the relic was carefully hidden. He recounted his heroic exploits in the Netflix documentary 'Mysteries of the Faith' in 2023.

Through a cloud of ash, Franck searched underneath altars and behind altarpieces until he found what looked like the relic and was then able to leave safely. However, what he found initially was merely a duplicate. The sacred item



PUBLIC DOMAIN

▲ KING LOUIS IX OF FRANCE, LATER ST LOUIS, REIGNED FROM 1226 TO 1270. HERE HE IS SEEN CARRYING THE CROWN OF THORNS IN PROCESSION. 13<sup>TH</sup> CENTURY STAINED GLASS FROM TOURS. ON DISPLAY AT THE METROPOLITAN MUSEUM OF ART, NEW YORK.



remained inside. Luckily, the cathedral manager arrived on the scene and described its location.

Captain Franck risked his life once again and finally managed to save the Crown of Thorns, which was concealed inside an indestructible grey safe, inaccessible without various codes.

In the wake of the disaster, Anne Hidalgo, the Mayor of Paris, said that

the Crown of Thorns would be kept safe in the Salle Jean, a historic chamber in the Hôtel de Ville. It was stored alongside a tunic belonging to Saint Louis, which may be the one he wore during his relic parade.

Soon after the easing of Covid lockdown restrictions in 2022, the crown was displayed to the faithful on special feast days at the nearby parish church of Saint-Germain L'Auxerrois. This included veneration during Good Friday and Easter, as well as a special service in honour of the Olympics in Paris on 2nd August 2024.

From 18th October 2023 until 29th January 2024, over 120 objects from the treasury of Notre Dame were assembled at the Louvre for an



DR EMILY GUERRY IS  
STIPENDIARY LECTURER  
IN HISTORY, ST PETER'S  
COLLEGE, OXFORD.

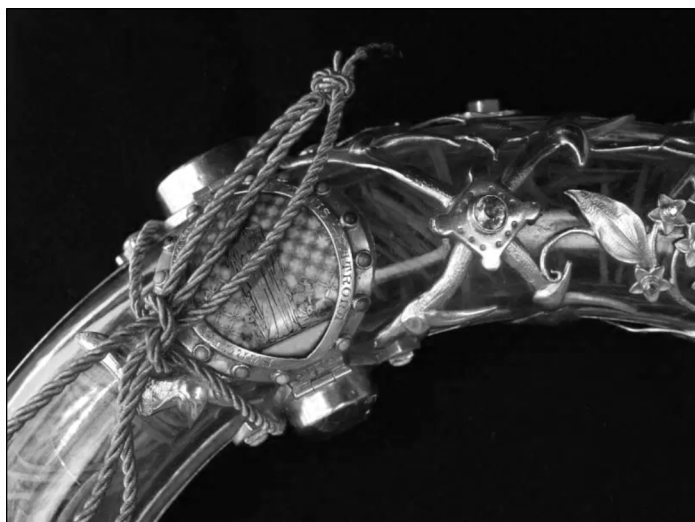


extraordinary exhibition. This collection of shimmering but empty 19th-century reliquaries (containers for holy relics) included a bejewelled but transparent casket for the Crown of Thorns. While the reliquaries were conserved and displayed in the Louvre, the crown remained next door at Saint-Germain.

A new reliquary screen now awaits the installation of the crown. Designed by the architect Sylvain Dubuisson and made of gilded cedar wood, this frame, over three metres wide, surrounds the relic like an eye.

The crown is still enclosed in its golden reliquary designed in 1896, but now the sacred circlet glows in contrast to an ultramarine-blue background. It evokes the blue and gold aesthetic of the Sainte-Chapelle. The crown will be situated at the heart of this shining screen, illuminated by 396 shimmering pieces of glass.

On 13th December, the Crown of Thorns will enter Notre Dame once again and take its place inside this luminescent altarpiece. A jubilant ceremony, orchestrated by the cathedral chapter with the help of the Knights of the Holy Sepulchre, will commemorate its glorious return, followed by a solemn service of vespers. Some of this ceremony will evoke the initial parade led by Saint Louis and so a new chapter begins for the history of the crown in Paris.



◀DETAIL OF THE  
TRANSPARENT,  
CIRCULAR  
RELIQUARY (1896)  
WHICH PROTECTS  
THE CROWN OF  
THORNS. THE  
RELIC WITHIN  
'LOOKS LIKE A  
WREATH  
COMPRISED OF  
BRITTLE BUT  
ELEGANTLY  
WOVEN MARINE  
RUSHES.'



# THE HUNGRY GARDENER

## New Beginnings & Garden Plans

Isn't it exciting? The winter solstice is behind us and we are at the start of the new year. It's time for our new food-growing adventure. In January, there is a lot to be joyful about.

I keep a garden journal and, last January, it was cold. We had some minus temperatures. My son Charles found joy. He loved the satisfying crunch of the crisp grass under his feet after a hard frost. For me, I found joy in the robins who kept me company while I gardened. I cleared a bed of brambles to grow garlic and it was well worth the labour as I had a glorious crop.

Perhaps, while I was clearing the bed, the robin found joy in the worms and slugs. I planted the garlic in old fruit containers (they have pre-made holes for drainage) and then planted the garlic later when conditions were dryer in March and April, to avoid rot in my heavy clay soil. It worked really well and I will try this again.

One of the wild joys of this season for Charles is catkins. He brings them home and insists that they be put into water: one of the first flowers of the season.



Claire is a keen kitchen gardener, ably assisted by her son Charles.

These are our plans for the year ahead:

### January

*Sowing in a propagator or warm place in the house:* Bird's Eye or Dwarf variety chillies and 'Czech Early' aubergines.

*Harvesting:* Babington leek, Jerusalem artichoke, kale, horseradish, crosne (*Stachys affinis*), rocket and sorrel. The first five of these are perennial.

### February

*Sowing in a propagator or warm place in the house:* Bird's Eye or Dwarf variety chillies and 'Czech Early' aubergines. From my birthday (14th February) sow tomatoes: cherry: yellow pear, white cherry, galina, black cherry, tigerella.

*Greenhouse sowing:* peas, mangetout, broad beans (beryl), sweet peas, Brussels sprouts; roma, orange

banana and purple Ukraine tomatoes.

*Harvesting:* Babington leek, Jerusalem artichoke, kale, horseradish, crosne.

## March

*Sowing in a propagator or warm place in the house:* chillies, aubergine, tomatoes.

*Greenhouse sowing:* green purslane, chop suey greens, edible chrysanthemum, chicory, peas, mangetout, broad beans (beryl), Brussels sprouts, yarrow, coriander.

*Sowing direct:* chard, celeriac, swede, Jerusalem artichoke, salad potatoes.

*Harvesting:* Babington leeks, Jerusalem artichokes, kale, horseradish, crosne, broccoli, kai lan.

## April

*Sowing in the greenhouse:* courgettes, pattipans, summer squash, pumpkins, tromboncino, cucumbers, sunflowers, achocha, peas, broad beans, chard, chop suey greens, edible chrysanthemum, cosmos, delphiniums, yarrow, clary sage, coriander, pumpkins, courgettes, achocha, chervil.

*Sowing direct:* roots, including carrot, salsify, scorzonera, beetroot, parsley root, turnips and radish, calendula, nigella, nasturtium, Californian poppies, salad potatoes.

*Harvesting:* Welsh onions, kale, sweet cicely, rocket, broccoli, mustards and kai lan.

## May

*Sowing in the greenhouse:* French beans, soy beans, chop suey greens, edible chrysanthemum, asparagus broccoli, purple sprouting & nine-star broccoli, broccoli raab, romanesco, cucumbers, edamame beans, climbing French beans and runner beans, sunflowers, Thelma Sanders winter squash, Jack-o-Lantern, pâtisson blanc, Victor winter squash, huauzontle aztec broccoli, quinoa.

*Sowing direct:* achocha, calendula, nasturtium, nigella, Californian poppies, pink fur apples, second early potatoes; roots (carrot, salsify, scorzonera, beetroot, parsley root, turnips, radish).

*Harvesting:* Welsh onions, kale, sweet cicely, fennel fronds, rocket, broccoli, mustards, kai lan, Turkish rocket broccoli.

## June

*Sowing direct:* winter radishes, land cress, mustards, roots (carrot, salsify, scorzonera, beetroot, parsley root, turnips, radish), calendula, nigella, nasturtium, Californian poppies.

*Planting out:* pumpkin, tromboncino and courgette.

*Harvesting:* peas, broad beans, Welsh onions, kale, sweet cicely, fennel fronds, broccoli,

mustards, kai lan, Turkish rocket broccoli.

### **July-August**

*Sowing direct:* chicory, winter radishes, land cress.

*Harvesting:* courgettes, the start of the tomatoes, last of the peas and broad beans, French beans, achocha, rocket, chard, sweet cicely, roots, nasturtium, chives, Welsh onions.

### **September - October**

*Sowing greenhouse:* chop suey greens, edible chrysanthemum, winter radishes, crocus, tulips.

*Planting out:* brassicas in winter beds, broccolis.

*Harvesting:* tomatoes, courgettes, French beans, achocha, rocket, chard, roots, nasturtium, medlars, apples, quinces, quinoa.



### **November**

*Sowing direct:* broad beans (varieties: Aquadulce, Vespa), crocus, tulips.

*Harvesting:* Jerusalem artichokes, oca leaves, sorrel, rocket, kale.

### **December**

*Sowing in the greenhouse:* garlic, crocus, tulips.

*Sowing direct:* crocus, tulips.

*Harvesting:* oca roots, Jerusalem artichoke, rocket, sorrel, kale.

I will be planting by the moon which means:

*During the new moon - full moon:* planting crops that develop above the ground.

*During the full moon - moon day 21:* planting crops that develop below the ground.

*During the last week of the moon:* gardening maintenance like pruning and mulching.

I find that planting by the moon helps to keep me organised and avoids garden overwhelm as it allows me to pivot and focus on particular aspects. Sometimes, life gets in the way and I forget and I just need to plant something

when I remember before it is too late. That's OK, it happens. However, this usually helps to make sure that my garden activities feel like a pleasurable, curious pastime where I am always learning.

If some of the things I plan to grow are new to you and you would like to try them, my usual suppliers are shown on the right.

I get nothing for sharing these links, I am simply a customer.



### **Perennial Plants and Seeds**

[pennardplants.com](http://pennardplants.com)

*Located in a Victorian walled garden in the sleepy village of East Pennard in Somerset.*



### **Seeds**

[realseeds.co.uk](http://realseeds.co.uk)

*A family-owned company on a small farm in Wales selling over 400,000 packets a year.*



### **Seeds**

[otterfarm.co.uk](http://otterfarm.co.uk)

*A 17 acre smallholding, growing a hugely diverse range of edible plants.*




### **Plants & Seeds**

[backyardlarder.co.uk](http://backyardlarder.co.uk)

*Alison Tindale's family business specialising in perennial vegetables.*

# YOUR DAILY WALK

## 5 ways to make it more beneficial




Physical activity doesn't need to be complicated. Even just a brisk, ten-minute daily walk can deliver a host of health benefits, lowering the risk of several diseases, including heart disease, stroke and several cancers. And by making a few small changes to the way you walk, you can transform this simple everyday activity, making it even more beneficial for your health.

If you're looking to get more out of your walks, here are five ways to supercharge them.

### **1. Vary your speed**

One way to enhance the benefits of walking is to vary your speed. Rather than maintaining a steady pace, try incorporating intervals of faster walking followed by slower recovery periods. This technique, known as interval walking, can improve cardiovascular fitness more effectively than walking at a constant speed.

In one study conducted over a four-month period, alternating three minutes of fast walking with three minutes' walking at a moderate pace showed greater improvements in blood sugar control and fitness levels in adults with Type 2 diabetes than those who walked at a steady pace for the same time period. Interval walking also





lead to reductions in body fat and better overall physical endurance.

## **2. Pick up the pace**

Walking faster not only gets you to your destination sooner but also provides greater health benefits. Data analysed from over 50,000 walkers found that a pace of at least five kilometres per hour (about three miles per hour) was associated with a reduced risk of death from any cause, including a significantly lower risk of death from cardiovascular disease and cancer. Researchers have also shown that increasing your walking speed can improve heart health and aid in weight management.

If you're unsure about your pace, aim to walk at a speed where you're breathing harder but can still hold a conversation.

## **3. Add some weight**

Carrying extra weight while walking can increase the intensity of your workout. Wearing a weighted vest or backpack forces your muscles to work harder, boosting strength and burning more calories.

If you're keen to give this a try, it's important to start with a light weight to avoid strain or injury. Ideally, you should begin with a vest or backpack that's about 5% of your body weight. So someone who weighs around 80kg could start by adding just 4kg of extra weight to their backpack. Gradually increase the amount of weight you carry as you become more comfortable. Ensure that the weight is



evenly distributed and maintain good posture throughout your walk.

## **4. Incorporate hills or stairs**

Adding inclines to your walk can make a significant difference. Walking uphill or climbing stairs engages different muscle groups, particularly in your legs and glutes (your buttocks) compared to walking on flat terrain. This not only increases strength, it also burns more calories since uphill walking increases the intensity of your workout without actually needing to walk faster. Walking downhill on your return also improves muscle function and balance as well.

5. Practise mindful walking

Walking isn't just beneficial for your physical health. It can also improve your mental wellbeing. Mindful walking is one way of doing this. It involves paying close attention to your movements, your breathing and your surroundings. Research has shown that people who regularly walked mindfully for a month saw reductions in their stress levels, as well as improved mood and overall mental health.

To give mindful walking a try, start by focusing on the sensations of each step, the rhythm of your breath and the sights and sounds around you. This not only boosts your mental health but can also make your walks more enjoyable.



How to get started

Enhancing your walk doesn't require drastic changes, but there are some things to keep in mind to stay safe, lower the risk of injury and maximise benefits.

*Warm up and cool down:* Begin with a few minutes of easy walking to warm up your muscles. End your walk by slowing your pace down and finish with some gentle stretches to cool down.

*Wear proper footwear:* Choose comfortable shoes with good support to prevent injuries.

*Stay hydrated:* Bring water, especially on longer walks or in hot weather to avoid dehydration.

*Listen to your body:* If you experience pain or discomfort, slow down or take a break. Speak to your doctor if the problem persists.

*Gradually increase intensity:* Whether you're adding weight, tackling hills or increasing your speed, do so gradually to allow your body to adapt. This

Funerals November 2024

8 Nov	Edward John Briggs	77	In.CY
15 Nov	Betty Thurstance	76	In.CY
19 Nov	Robert John Shipley	75	In.CY
26 Nov	Kathleen Mary Hurney	99	SN.Bu.BE

SN : Service at St Nicolas' Church, Bu : Burial, In : Interment of Ashes  
CY : St Nicolas' Churchyard, BE : Brandwood End Cemetery,

means doing a little more each time to gauge how you're feeling.

Walking is a fantastic way to improve and maintain your health. By making small adjustments to the way you walk, you can make this daily habit even better.

*This article is republished from The Conversation under a Creative Commons license.*



JACK MCNAMARA IS A SENIOR LECTURER IN CLINICAL EXERCISE PHYSIOLOGY AT THE UNIVERSITY OF EAST LONDON

## COPYRIGHT NOTICE

The contents of this magazine are copyright © Kings Norton Parish 2025 and may not be reproduced in any form without the written permission of the Editor. The views, opinions and comments expressed in these pages are not necessarily those of the editorial team of the Kings Norton Parish Magazine, the Kings Norton Parish Ministry Team or its staff. Material submitted for publication must be accompanied by the name and contact details of the provider including an email address if available. When possible, submissions will be produced in full, but the Editor reserves the right to make changes. If content submitted for publication contains quotations from other sources, the written permission of the copyright holder to reprint it must be supplied.

# Advertising in the Parish Magazine

Since contracts with all our regular advertisers ended on 31 December 2024, we are taking this opportunity to reflect on the future of advertising in the Parish Magazine. More information will appear on the Parish Website and in future editions once we have decided on a way forward. The Editor would like to take this opportunity to thank all those businesses and individuals who have supported the magazine thus far.

### Quiz Answers from page 8

A1. Elizabeth 1st. A2. March. A3. 6th. A4. 27th. A5 Queen Victoria died. A6. Garnet. A7. . Rio De Janeiro. A8. Changed his name to Paul. A9. King Charles 1st. A10. Matthew. A11. 1912. A12. Pepys. A13. Januar. A14. Carnation. A15. Katharine Duchess of Kent.



St Nicolas' Patronal Festival on 8th December 2024