

2.2.2023

Hello Everyone

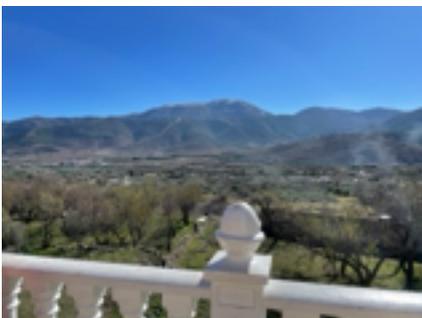
Once again, greeting from Spain. Its been a chilly week however yesterday (Wednesday) afternoon, things began to warm up and it seems that spring is here! On Sunday, we were unable to go to church as the road here was closed for a big cycle race, which Trevor watched with great pleasure. The church is 10 miles away so not walking distance.

Today we have been out for the day, visiting Laujar de Andrax, which is in the Alpujarra Valley to the east of Granada. Its a small town which we have visited for many years and we have seen it develop into a thriving community, having been a very sleepy place with very little work for local people. One of the reasons for this development is the drive and determination of a group of local people who work tirelessly for their community. Small businesses have been set up including a wonderful biscuit bakery. Today we went to a bodega to which we were first

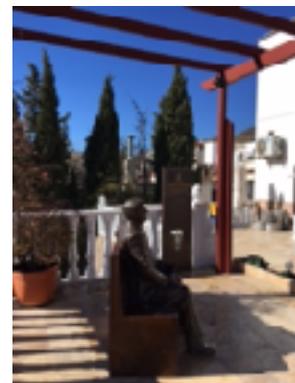


introduced by our Spanish friend Jesus Contraras. This is producing bio dynamic wines and again we have seen this business develop over the years. This is us outside the bodega, with snow covered mountains in the background. It was chilly but by the afternoon when we were in Laujar, it had warmed up.

There is much to learn from this community, who were losing their young people rapidly as they left for work in the cities. However, with the new local businesses, improved road systems and good internet connections, things are changing for the better. The local schools are able to function as there are now children to fill them!



This is the view of the valley from Laujar and the village on the right and yes the sky really was that blue.



We in Tickhill are so fortunate to have an amazing community, served by great shops and services.

This week in the press, there have been several articles about slow cookers and air fryers, all saying how relatively inexpensive there are to run. However, it seems to many people would like to use these but are not sure of exactly what can be done with them. These are some of the things we can address in our Skills project. I know that many of you have recipes which you use automatically, without having written quantities or instructions. It is just these recipes which we would like to gather together so that we can pass on our knowledge to those who need it. Our next meeting, a week on Tuesday will be looking at what we all know and can contribute to the project.

The prayer for today is especially relevant for the work we as a branch do.

We pray, Lord, for people who don't have the means to look after themselves. We thank you for the MU literacy and financial education programmes, which help women in particular to become more self-sufficient and able to support their families with confidence. Amen.

Love to everyone from Helen on behalf of the committee
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also there for a chat Elaine 743842 and Liz Rennison 742830