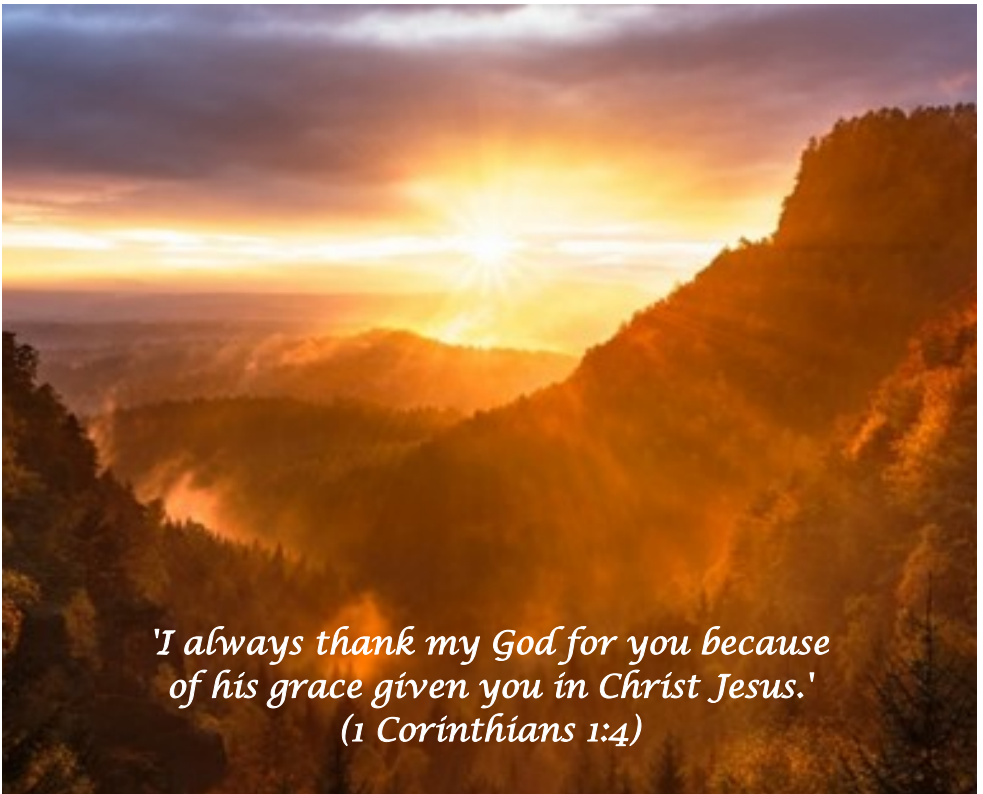




St. Paul's Church Ansdell & Fairhaven  
Working In Unity To Share The Good News Of Christ

# PEWS NEWS EXTRA

Issue No 156 ~ October 2021



*'I always thank my God for you because  
of his grace given you in Christ Jesus.'  
(1 Corinthians 1:4)*

*(Photo by Artem Sapegin on Unsplash)*

## *Church Officers*

<b>Vicar</b>	The Rev Paul Bye
<b>Curate</b>	The Rev Kyle Mulholland
<b>Licensed Lay Minister</b>	Miss Janet Kimber
<b>Church Wardens</b>	Mrs Pamela Rowell Mr Alan Curtis
<b>Parish Secretary</b>	Vacant
<b>Treasurer</b>	Mrs Loraine Lee



## *Useful Information*

<b>Vicarage</b>	01253 734562
<b>Parish Office:</b>	01253 732939
<b>Fundraising Shop:</b>	01253 732253
<b>Website:</b>	<a href="http://www.stpaulsfairhaven.weebly.com">www.stpaulsfairhaven.weebly.com</a>
<b>E-mail:</b>	<a href="mailto:stpaulsoffice2@gmail.com">stpaulsoffice2@gmail.com</a>



**Help St Paul's Church, Ansdell & Fairhaven to raise money every time you shop online.**

Every time you shop online using the Easy Fundraising website or the Easy Fundraising app, St. Paul's will receive a donation from the online store that you visit. There are more than 3,000 to choose from and it doesn't cost you any more than the price of your purchases!  
Visit: <https://www.easyfundraising.org.uk/causes/stpaulsansdell>

# Letter from the Vicarage...

If you look in the shops, October 31st is about one thing – Halloween. Masks, costumes, sweets – you name it.

But originally, the event marked the eve of All Saints Day (or All Hallows), and it was the children of Christians who dressed us, using mockery to declare to Satan that he had lost the battle, for in Christ light triumphed over darkness. All Saints day is an opportunity to remember and rejoice in God's victory for his people.



On earth, we are the *church militant* – we continue to struggle on, following Jesus empowered by his help. But in heaven right now are the *church triumphant* – those faithful believers in Jesus who have gone before, and are safe in his presence, having triumphed in his power.

Saints in the Bible does not mean a special class of Christian who have a superior access to God. They are certainly not to be the focus of our worship or prayers. Wonderfully, in Jesus we can pray straight to the Father. Rather all Christians are 'saints' – God's holy ones.

Yet some of those saints have finished the race ahead of us. All Saints Day is a day in which to delight in Jesus' faithful work to them, and in all that they now experience – 'unspeakable joys' in the words of the Book of Common Prayer Collect (and which we will do one day if we are trusting Jesus!)

The saints aren't looking down on us, watching over us in the way it is often portrayed. But we are connected to them deeply by faith. Though we on earth, and they in heaven, we are part of Christ's one body together.

The writer to the Hebrews says those saints have a role in encouraging us:

*'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.'*  
(Hebrew 12:1-2)

It's as if those who have gone before in the faith are in the stands of the stadium, spurring us on as we run the Christian life. They do so by *their witness* – of how God worked in their life, how he was faithful to them, how he heard their prayers, strengthened them, returned them to himself and forgave them. And by their *example* – of how they persevered when things were difficult, of how they sought to live Jesus' way. These act to cheer us on as we finish the race, fixing our eyes on Jesus.

So on 31st October, let's recapture thanksgiving for God's faithfulness for those faithful ones who have gone before, grow in assurance of Jesus' triumphant power, and model ourselves on their godly examples. The Collect for All Saints Day expresses it well:

*O ALMIGHTY God, who hast knit together thine elect in one communion and fellowship, in the mystical body of thy Son Christ our Lord: Grant us grace so to follow thy blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which thou hast prepared for them that unfeignedly love thee; through Jesus Christ our Lord. Amen.*

With love

*Paul*



**St Paul's  
Tots**

St. Paul's Tots is a baby and toddler group for **0-3s**; their parents, carers and grandparents.

With toys, songs, crafts and Bible stories.

**Tuesdays**

**10am - 11:30am (Term time)**

St. Paul's Church Hall, Lake Road North,  
Lytham St. Annes, FY8 1BZ

£1 per family, which includes a hot drink for adults.

Booking not required

[stpaulsfairhaven.weebly.com/st-pauls-tots](http://stpaulsfairhaven.weebly.com/st-pauls-tots)



## *The Triennial Re-Licensing of Licensed Lay Ministers (LLMs)*

*by Janet Kimber*

Just before 6pm on Saturday 11th September, 2021, The Dean of Blackburn Cathedral, The Very Revd Peter Howell-Jones, stepped forward to welcome the congregation, who had been invited to the Triennial Re-Licensing of Licensed Lay Ministers. He commented on the fact that it seemed strange to welcome so small a congregation on such an important occasion; and continued to point out that the participants at this service were in fact all around him; to his left and his right and behind the screens. After a short preparatory silence, he introduced the processional hymn, 'Alleluia, sing to Jesus'; and by the time the hymn came to its conclusion, the nave of Blackburn Cathedral was a mass of black, white and blue.

The Triennial Re-Licensing has been a long time in coming, having been postponed from September 2020 to March 2021; and then to September 2021. Even the time was changed for the final date, from 3pm to 6pm!

Despite the wait, it was still a joyful occasion and took place within the format of Evening Prayer. There were hymns a-plenty and the air resounded with the sound of unrestrained singing.

Emphasising the importance of the event, all three Bishops of the Diocese were involved in the service. Rt Revd Julian Henderson, Bishop of Blackburn, led the service; Rt Revd Philip North, Bishop of Burnley, was the preacher and Rt Revd Dr Jill Duff, Bishop of Lancaster, led the intercessions.

In his sermon, Rt Revd Philip North, Bishop of Burnley reminded us of our three-fold ministry

- 1) To teach the Christian faith through our involvement in church worship and elsewhere
- 2) To lead in church and society, again through church worship and within the community
- 3) To enable mission by personally sharing the good news of Jesus Christ in words and deeds; and enabling others to do the same.

As Licensed Lay Ministers, we were then asked to make important declarations about our calling to this ministry, our commitment to prayer and to studying the scriptures; and our commitment to teaching the faith to others. This was followed by the initial licensing of a new Licensed Lay Minister; and the licensing of a Licensed Lay Minister who was transferring into the Diocese. At the same service, the Diocesan Warden of Lay Ministry, Ruth Haldane and her Assistant Wardens were also commissioned.



*(Unfortunately, I'm just off this photograph to the left!  
You can't see Paul either. He's sitting down behind the LLMs on the right.)*

The service concluded with a grand procession out of the cathedral and a huge group photograph in front of the West Door.

\*\*\*\*\*

Speaking after the service, Bishop Julian said: "As a Diocese we are committed to enabling as many people as possible to play a full part in the life of our local churches and so it was a joy to be able to commission more than 100 LLMs for ministry. It is important to stop and give thanks for all that has been; and to step expectantly into all that God has in store for us as we seek to serve the people of Lancashire."

The Diocesan Director of Vocations, Revd Nick McKee, explained: "Our LLMs come from all walks of life and from all kinds of parishes across the country. All of them are volunteers who generously give of their time to work alongside our parish clergy."



*(You can just see me peeping over Bishop Philip's right shoulder.)*



## *What is a Licensed Lay Minister?*



Licensed Lay Ministers are local people who are key members of their congregations, exercising leadership in teaching the faith, enabling mission, and exemplifying faith in their personal lives. They are often active members of the PCC, leaders of homegroups, missionally focussed, preachers and teachers, discipleship coordinators and trainers, and they can encourage, train and mentor other lay ministries. Their distinctive role is to be a focus, beacon, and enabler for all forms of lay ministry.

At the heart of licensed lay ministry is the call of God to teach the faith, enable mission, and lead in church and society – reflecting the light and love of Christ wherever they are. Licensed Lay Ministers are licensed by the Bishop of Blackburn to exercise their ministry in their parish, and this license is renewable every three years.

For more information Licensed Lay Ministry in the Diocese of Blackburn, please visit: <https://www.blackburn.anglican.org/licensed-lay-ministry>

## *Bible Sunday - 24th October*

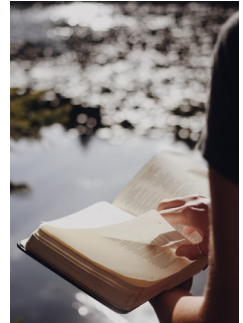
This special Sunday in the church's calendar is an opportunity to stop and consider the enormous blessing that the Bible has brought to people down the centuries. Without it, we would know nothing about God our Father, Jesus Christ, or the Holy Spirit. It is God-breathed – full of His love and guidance to us. World history would have been radically different without it.

Whether or not you are able to get to church on 24<sup>th</sup> October, Bible Society has some excellent resources on Bible Sunday at <https://www.biblesociety.org.uk/get-involved/bible-sunday/>



### *How to Read the Bible*

Reading the Bible is much easier if you follow some simple steps and get prepared. And, as you delve into it, you might find that you are more familiar with the Bible than you expected: it crops up in everything from Shakespeare to Hollywood movies; it's inspired musicians, historical figures down the centuries, and campaigners.



The Bible is complex. It's not one book but a collection of 66 books, split into two sections: the Old Testament and the New Testament. Each one of these books are divided into chapters and verses. People often find it easier to begin at the opening of the New Testament, which starts about three-quarters of the way through.

The New Testament begins with four accounts of the life of Jesus Christ, the founder of Christianity, known as the Son of God. These accounts are known as the gospels. They include eye-witness reports of what happened. Matthew and John were among Jesus' 12 closest followers. Here you can read about what Jesus did and said – His profound teaching, how He healed people of sickness and how He challenged the authorities. The Gospels also tell us about His death by crucifixion and how He came back to life and then returned to heaven.

The first Gospel, Matthew, opens with the story of Jesus' birth (the event which is celebrated at Christmas) and then jumps forward 30 years to when Jesus began travelling around what is now Israel and the Palestinian territories telling people about God. Starting with a Gospel introduces you to the person of Jesus and the basics of Christian belief.



## Early Christian teaching

A good next step is to read some of the teaching given to the early Christian Church. Much of the New Testament is a series of letters written by early Christian leaders such as Paul. He travelled around the lands of the eastern Mediterranean, telling people about Jesus. He then wrote to the various newly-established churches and individuals to encourage them in their beliefs. Letters such as Philippians or Colossians are short, bite-sized letters full of advice about how to live a Christian life.

Getting to grips with the whole Bible takes some time, but it is worth the effort. In his second letter to a young leader called Timothy, Paul says the Bible is *“inspired by God and useful for teaching, rebuking, correcting and training in righteousness”*.

## How reading notes can help

Many people find it helpful to find a quiet and comfortable place to sit and read the Bible and make sure that they read it every day. Take time to digest what it says. You could say a quick prayer – asking God to help you understand what you are reading and its relevance to you



## *The Friend at Midnight*

*Canon Paul Hardingham considers Jesus' encouragement to pray.*

The Parable of the Friend at Midnight (Luke 11:5-8) is found in a passage where Jesus is teaching His disciples to pray.

### **Pray Shamelessly**

The parable concerns a man coming to his friend at midnight and asking *'Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him'* (5-6). Despite the hour, the rules of hospitality would mean this was not an unreasonable request.

But the friend refuses to help because everyone in his house is asleep. Jesus adds, *'though he will not get up and give him anything because he is his friend, yet because of the man's boldness he will rise and give him whatever he needs'*. Jesus uses this parable to encourage us to come in *shameless boldness* to our heavenly Father with our needs. In contrast to the parable, God is not slow in responding to us. It's not God who is reluctant to answer, but we to ask. Do we pray with shameless boldness?

### **Pray Persistently**

Such confidence is the basis for persistent prayer: *'Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.'* All three verbs indicate a continual habit: *'Keep on asking... seeking...knocking'*. We will not be content simply to ask once and then move on. Jesus tells us to bring our prayers to God persistently. Do we give up too easily in prayer?



### **Pray Expectantly:**

*'For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.'* Do we pray expectantly, believing that God delights in answering your prayers? Why not begin this adventure of prayer today!

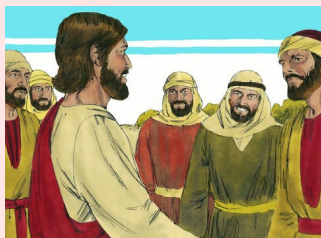
*Picture credit: The La Vista Church of Christ, Nebraska.*

## *St Luke ~ The Doctor Who Brought Good News*

*Canon Paul Hardingham considers the signs of God's kingdom.*

This month we remember St Luke (18<sup>th</sup> October), the author of the third gospel and the Book of Acts. Throughout his writing Luke makes clear that the good news of salvation is available to all people regardless of their gender, social position, or nationality. It is believed that Luke was a doctor, and he certainly sees the importance of healing in the ministry of Jesus and the Church. The signs of the presence of God's kingdom include the healing of sickness, hurts, as well as unforgiveness.

This is evident when Jesus sends out the 72 disciples in Luke 10, a reading for St Luke's Day:



*'The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field...When you enter a town and are welcomed eat what is set before you. Heal the sick who are there and tell them, 'The kingdom of God is near you.'*" (Luke 10:2,8).

What challenges do we find in these verses?

Firstly Luke, as a **Gentile** (a non-Jew) recognises the revolutionary way outsiders are welcomed into the faith community, e.g. Zacchaeus (Luke 19) and Cornelius (Acts 10). How can we engage with those who are outside the community of faith? We have to avoid the tendency to regard ourselves as insiders! As we reach out to those who are ready to welcome the gospel, we have an opportunity to share good news and healing in the name of Jesus.

Secondly, as an **Evangelist**, Luke wants us to share the love of Jesus with all those we encounter. However, as these verses indicate, this has got to be rooted in prayer, if we are going to be led by God in our response to others. *'Mission is seeing what God is doing and joining in'* (Rowan Williams).

*Excuses, excuses!*

## *Sorry, Lord, I Just Couldn't Make It*

The bells ring out on Sunday morn,  
O did you hear their call?  
They call the faithful ones to prayer  
To Church they summon all.



But Lord, I cannot come today,  
I live a busy life,  
Still, when there's something special on  
I'll try and send the wife.



It poured with rain last Sunday  
An inch or two, I bet.  
You surely can't expect me then –  
I'd get my new suit wet.



Today the sky is blue and clear,  
but the car's as black as ink.  
And if I do not clean it soon,  
What will the neighbours think?



You know I do my bit, dear Lord  
I have a golden rule,  
I sometimes send my kids along  
To be at Sunday school.

But I really couldn't come as well,  
There's grass to mow, and beds to weed  
Shelves to fix, a dog to walk, and  
Sunday newspapers to read.



And now this day has ended, Lord  
How fast the weekends go!  
I ask for faith and strength this week  
For I feel (spiritually) quite low.

Inflame, O Lord, my feeble faith  
My lamp burns rather dim,  
For God depends on me, of course,  
And I depend on Him.



*Author unknown*



## *Like a Pumpkin*

*A light-hearted reflection for October,  
the month for pumpkins.*

A lady had recently become a Christian and been baptised. Curious, one of her colleagues at work asked her what it was like to be a Christian.

The lady was caught off guard and didn't know how to answer. Then she saw the office 'jack-o'-lantern' on a nearby desk and blurted: "Well, it's like being a pumpkin."

Her colleague asked her to explain that one. So she said: "Well, God picks you up out of the patch and brings you in and washes off all the dirt on the outside that you got from being around all the other pumpkins.

"Then He cuts off the top and takes all the yucky stuff out from inside you. He removes all those seeds of doubt, hate, greed, etc. Then He carves you a new smiling face and puts His light inside of you to shine for all to see.

"It is our choice to either stay outside and rot on the vine, or come inside and be something new and bright."

Are you something new and bright? Will you be smiling today, and shining with His light?

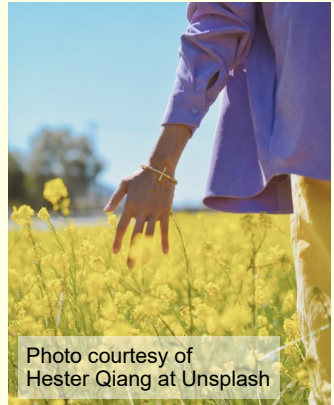


Photo courtesy of  
Hester Qiang at Unsplash



## **Would you like to be involved in the Community and help support St Paul's?**

**St Paul's Fundraising Shop** would love to welcome new volunteers. There are a range of jobs to get involved in as best suits you, from working on the till, restocking the shop, sorting and more.

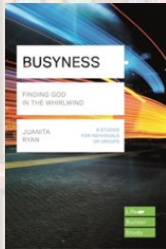
**No experience needed. All training and support given.**

To find out more email: [stpaulscharityshop@gmail.com](mailto:stpaulscharityshop@gmail.com)  
or call 01253 732253.

## Book Reviews

*Have you read a good Christian book recently that you could recommend to others? How about writing a review, which could be published in the Pews News Extra?*

*Here are two book reviews, which have been published on the Parish Pump website.*



### **Busyness: finding God in the Whirlwind (Lifebuilder Study Guides) by Juanita Ryan, IVP, £4.99**

Most of us have lives that are too busy, with many demands upon us. It may seem impossible to make time to focus beyond the noise and activities to anything more 'spiritual'.

This study guide suggests way we can live 'centred' in God's loving presence, in a way that allows all our activity to flow from that centre. As we entrust ourselves to God's care, so we can live in the present, where God is with us, providing for us.

### **Stories Jesus Told by Tim Dowley, Candle Books, £15 (for a pack of five)**

Here is a book that young children will love. Parents will find it very useful on long car drives, in Sunday school, for awards, and even just on a rainy afternoon at home.



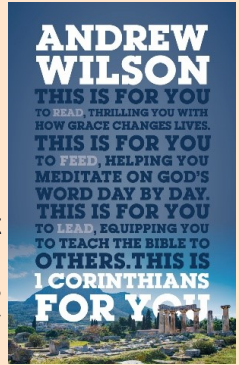
The puzzles and activities are based around the stories Jesus told. They include dot-to-dot, 'spot the difference', colouring, 'match the pairs', 'put the story in the right order', mazes, 'complete the drawing' and 'spot the deliberate mistakes.' The Bible story that the activity is from is explained at the bottom of the page.

## *Book Reviews Continued:-*

### **1 Corinthians For You:**

**Thrilling You With How Grace Changes Lives  
by Andrew Wilson, Good Book Company £9.99**

The 'God's Word For You' series is aimed to help each of us 'read' the Bible for ourselves, perhaps part of a daily time of reading the Bible, 'feeding' on it and praying through what it means for our life. As well as to help those who 'lead', in preparing a Bible study or talk. But if the last of those isn't you, it doesn't mean the book isn't.



Andrew Wilson, in an accessible and engaging way, takes us into the Apostle Paul's first letter to the Corinthian church helping us understand some of the big things God is seeking to teach us through it. It is not technical, so you don't have to have a theology degree to read it, and gives questions at the end of each chapter to help you reflect. He helps work through some tricky passages sensitively and faithfully. Andrew's big aim is to show from 1 Corinthians how God's grace changes lives. At a few points, my understanding of the text differs a little from Andrew's, which caused me to reflect again, which it always helpful. I found this book to be a tonic and benefit as I read it. I would recommend it for those wanting to think more about the series in 1 Corinthian we have just begun.

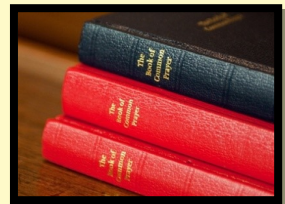
*Paul Bye*



## **Mid-Week**

## **Book of Common Prayer**

## **Service of Holy Communion**

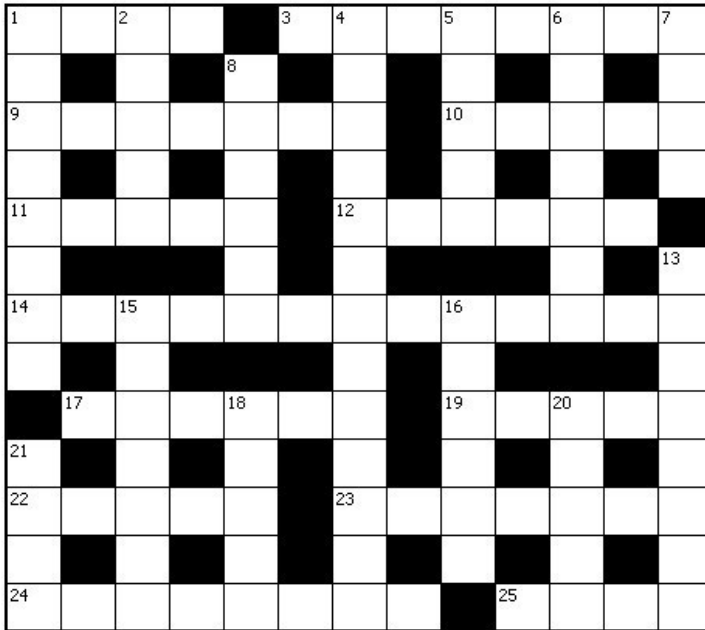


*From CofE website*

**Wednesdays weekly – 10am,  
*followed by refreshments in the hall.***

# OCTOBER 2021 CROSSWORD

(The Bible version used in these crosswords is the NIV.)



## Across

- 1 'Those who were standing near Paul said, "You — to insult God's high priest?"' (Acts 23:4) (4)
- 3 They were assigned to guard the tree of life (Genesis 3:24) (8)
- 9 'Elkanah son of Jeroham, the son of Elihu, the — of — , the son of Zuph, an Ephraimite' (1 Samuel 1:1) (3,4)
- 10 Surrender (Joshua 24:23) (5)
- 11 Where American livestock can be reared (5)
- 12 Listen (anag.) (6)
- 14 Alternative name for Kiriath Jearim (2 Samuel 6:2) (6,2,5)
- 17 He founded Westminster Abbey, — the Confessor (6)
- 19 Hebrew word for the place of the dead (5)
- 22 Allies of Persia in the fifth century BC (Esther 1:3) (5)
- 23 Where John Wesley was forced to preach a lot (4,3)
- 24 Rebellion against God; abandonment of religious belief (8)
- 25 Note (anag.) (4)



**Down**

- 1 Give an account of (Mark 4:30) (8)
- 2 'I — — the path of your commands, for you have set my heart free' (Psalm 119:32) (3,2)
- 4 'He took the ephod, the other — — and the carved image' (Judges 18:20) (9,4)
- 5 'You are a chosen people, a — priesthood' (1 Peter 2:9) (5)
- 6 The meek, the merciful and the mourners are all this (Matthew 5:4-5, 7) (7)
- 7 Musical Instrument Digital Interface (1,1,1,1)
- 8 He was the son of Nun (Deuteronomy 34:9) (6)
- 13 'Let the little — come to me' (Matthew 19:14) (8)
- 15 'About three thousand were — — their number that day' (Acts 2:41) (5,2)
- 16 In John's vision, the wall of the new Jerusalem was made of this (Revelation 21:18) (6)
- 18 'Our citizenship is in heaven. And we eagerly — a Saviour from there, the Lord Jesus Christ' (Philippians 3:20) (5)
- 20 'Glorify the Lord with me: let us — his name together' (Psalm 34:3) (5)
- 21 Young Men's Christian Association (1,1,1,1)



**Crossword Solution September 2021**

A	C	C	E	S	S	B	L	I	N	D	S
D	R		I			A	A	Y	A		
R	H	Y	M	E	L	O	Y	A	L	T	Y
I	S	G	A		B	O	I				
A	N	T	W	E	R	P	A	E	N	O	N
N	A				P	R					G
		L	O	F	T	I	N	E	S	S	
A		U		D		P					T
S	A	T	A	N	O	B	A	D	I	A	H
H	E		E	T		I		T		O	
O	N	E	A	R	T	H	S	T	O	R	M
R	T		A			L	U				A
E	X	H	A	L	E	D	E	P	T	H	S



www.parihpump.co.uk

*Many of the articles and pictures in the Pews News Extra are sourced from the Parish Pump Website and the*



the association for

**Church Editors**

Member editor 2021

*Association of Church Editors monthly edition of "Ideas Forum".*



**ARTICLES FOR THE NOVEMBER PNE**

If you have an article for inclusion in the November PNE, please make sure that I have a copy by **Sunday 10th October**. My contact details are on page 2.

Thank you.

*Janet Kimber*

# Time for a Smile

## Fitting God in

A little girl said to her mother: "The minister's sermon this morning confused me." Her mother was surprised, so the little girl continued: "He said that God is bigger than we are. Is that true?"

"Yes, that's true," the mother replied.

"He also said that God lives within us. Is that true, too?" Again, the mother agreed.

"Well," said the girl. "If God is bigger than us and He lives in us, wouldn't He show through?"

## What you need

A Sunday School teacher had just concluded her lesson and wanted to make sure she had made her point.

She said, "Can anyone tell me what you must do before you can obtain forgiveness of sin?"

There was a short pause and then, from the back of the room, a small boy spoke up. "Sin?"



AUTUMN



R<sup>c</sup>N  
*After his induction, Harry met the leaders of the other denominations.*

## Too clean

My mother is a cleaning fanatic. One Saturday she told me and my brother to get down to the living room and straighten it up. We had held a party there the previous evening, and she was none too happy about the mess.

As she watched us work, it was clear that Mum was completely dissatisfied with our cleaning efforts and let us know it. Finally, my brother, exasperated with having to do it all over again, reached for a broom and asked Mum, "Can I use this, or were you planning to go somewhere?"

# October



## Musings on everyday life

If you can smile when things go wrong, you probably have someone in mind to blame.

The easiest way to find something lost around the house is to buy a replacement.



**PARAPROSDOKIANS** are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
10. I thought I wanted a career. Turns out I just wanted the pay cheques.

# And finally ....

Every generous  
act of giving,  
with every  
perfect gift,  
is from  
above,  
coming  
down  
from the  
Father of  
lights,  
with whom  
there is  
no variation  
or shadow  
due to change.



James 1: verse 17

## Safeguarding

St Paul's Church takes safeguarding very seriously. You can view all of our safeguarding information at:-

<https://stpaulsfairhaven.weebly.com/safeguarding.html>

*If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others please seek advice from the Parish or Diocesan Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.*