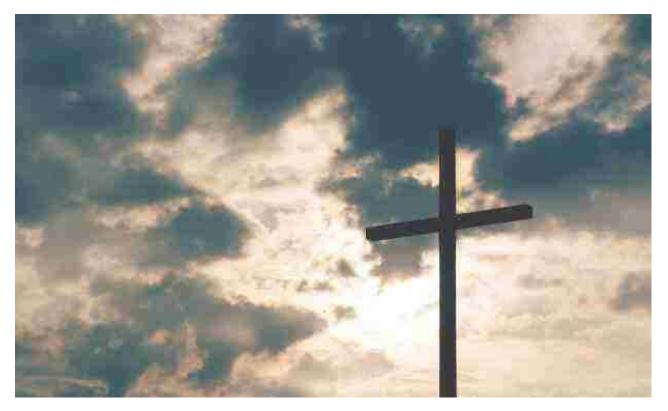
St Mark's Parish Magazine



Good Friday 30th March

MARCH 2018

THE CHURCH OF SAINT MARK, REIGATE

Vicar: The Reverend Martin Colton
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Assistant Curate: The Reverend Anna Moore 5 Buckland Road, Lower Kingswood, Surrey KT20 7DN Tel: 07939 388607 Email: curate@stmarksreigate.co.uk

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ELECTORAL ROLL

Mrs Alison Stagg, 9 Pilgrims Way, Reigate RH2 9LE 243992

Visit our website: www.stmarksreigate.co.uk

LETTER FROM THE VICAR

Dear Friends

Cracks in our lives

How are you getting on with your Lenten discipline? Perhaps you are struggling, or maybe the change of behaviour you committed to hasn't been easy to keep up. Possibly you can't see the point, questioning why anyone would want to try and change their behaviour anyway.

Recently I was having a chat with a friend over coffee. By chance a song that we both liked started to play in the café which, like a piece of bait, caught our attention, drawing us into a conversation about pieces of music which stirred our hearts. The discussion continued for some time as we reminisced over what we were doing when certain songs were in the charts. We then started quoting lyrics from songs which had become almost like totem poles in our lives; words that had held a deep spiritual significance at key times in our existence.

My friend explained that there was a line in Leonard Cohen's song 'Anthem' which he had returned to many times over the years. These words held a special significance, as a reminder to him to pay attention to those places in his life where dissatisfaction and hurt lurked. The collection of words drawn from the chorus simply say 'There is a crack in everything. That's how the light gets in'.

The more I have thought about those words, the more I have come to realise that we all have cracks in us and that these cracks are a good thing. Whether they are caused by the discomfort from living in the wrong way, the ache of guilt hanging on from the past or the self-imposed suffering from viewing ourselves negatively, most of us are held back from living life to the full. But cracks are necessary because they act as a conduit for light. Without a crack we would be sealed off, immune to the growth that light facilitates.

Lent is a time of seriousness and restraint, a period of preparation before we enter the movement from death to life during Holy Week. It's the season where we turn inward to our own hearts, seeking out those spaces of emptiness in us, those cracks in our wholeness which we so often ignore. This may involve giving up a habit which in some way restricts our sense of wholeness or it may mean making a determined effort to cultivate a new way of being which will make us feel more alive.

Lent gives us the opportunity to follow Jesus out into the wilderness, to recognise and struggle with our inner demons, to name and feel the sorrow that comes with a deepening awareness of the cracks which are in all of us. I hope and pray that as Lent continues we all have the courage and strength to find our cracks, turning them gently to the source of light which is Christ. For it is only by allowing the light to penetrate through our fractures that we will discover the healing and new life gifted to us through the Resurrection at Easter.

With my best wishes

CALENDAR FOR MARCH

Thursday 1st March

Wednesday 14th March

Thursday 15th March

Saturday 17th March

	12.45pm	Lent Course Holy Communion (Iona) Choral Evensong sung by the Godfrey Searle Choir
Sunday 4th March	Lent 3	
Wednesday 7th March		-12noon Vintage Tea in the Church Lent Course
Thursday 8th March	12.45pm	Lent Course Holy Communion (Iona) Choral Evensong sung by the Godfrey Searle Choir
Saturday 10 th March	6.30pm	Concert – Trio Alma
Sunday 11th March	1.00pm	Mothering Sunday) Community Lunch Taizé Prayer
Monday 12th March	8.00pm	Finance & Buildings Committee

St David (Wales)

St Patrick (Ireland)

8.00pm Lent Course

Lent Course 12.45pm Holy Communion (Iona)

9.45am

Sunday 18th March	Lent 5	
	4.00pm	Messy Church
Monday 19th March	8.00pm	PCC Meeting
Wednesday 21st March	3.25pm 8.00pm	T Time Tales (Last of term) Lent Course
Thursday 22nd March	9.45am 12.45pm	Holy Communion (Iona) followed by Lent Lunch
	5.00pm	Choral Evensong sung by the Godfrey Searle Choir
Saturday 24th March	8.00pm	St Mark's Social Dance
Sunday 25th March	-	Palm Sunday) 7.00pm ROOTS Youth Group
Monday 26th March	8.00pm	Stations of the Cross and Compline
Tuesday 27th March	8.00pm	Stations of the Cross and Compline
Wednesday 28th March	8.00pm	Stations of the Cross and Compline
Thursday 29th March	Maundy 8.00pm	Thursday Sung Eucharist, Washing of Feet, Stripping of the Altars and Watch (until 1030pm)
Friday 30th March	12.00noc	iday Family Service on Meditations Liturgy of Good Friday
Saturday 31st March	Easter E	ve Easter Vigil & First Eucharist of Easter
APRIL	отоор	Laster Vigil & First Lastid lot of Laster
Sunday 1st April	Easter S	unday
Wednesday 4th April	10.00am	-12noon Vintage Tea in the Church
Thursday 5th April	12.45pm 2.00pm	Holy Communion (Iona) SMART
Saturday 7th April	1.30pm	Wedding
Sunday 8th April	Easter 2 10.00am 1.00pm 6.00pm	Sung Eucharist & APCM Community Lunch

Thursday 12th April Easter Holiday Club

12.45pm Holy Communion (Iona)

Friday 13th April Easter Holiday Club

Sunday 15th April Easter 3

4.00pm Messy Church

Thursday 19th April 12.45pm Holy Communion (Iona)

Saturday 21st April GIFT DAY

10.00am Revd Anna receiving donations

Sunday 22nd April St Mark the Evangelist

(Patronal Festival)

5.00pm -7.00pm ROOTS Youth Group

Wednesday 25th April 3.25pm T Time Tales (First of new term)

Thursday 26th April 12.45pm Holy Communion (Iona)

Saturday 28th April 8.00pm St Mark's Social Dance

Sunday 29th April Easter 5

FROM THE PARISH REGISTERS:

Holy Baptism

The Community of God's People welcome you with love.

4th February Chimamanda Kimberly Ezeobi

Funerals

Bring us, O Lord, at our last awakening into the house and gate of heaven; to enter into that gate and dwell in that house where there shall be no darkness nor dazzling, but an equal light; no noise nor silence, but an equal music; no fears nor hopes, but one equal possession; no ends nor beginnings, but one equal eternity; in the habitations of thy glory and dominion, world without end. Amen.

8th February Peter Richard Albert Violet

IAN ARCHER: MY MINISTRY AS A READER

At an early meeting in St Mark's, I annoyed some by precociously suggesting churchwardens should retire who had been there a long time. So when after some years I was elected churchwarden, I resigned after 3 years at the age of 46, wondering what I should do next. Wanting to learn more about my faith, I went to a meeting in Southwark in 1979 about the ministry of Readers and soon joined the course of training on Thursday evenings. This was, I believe one of the best decisions of my life. I put out of my mind until later what was the daunting challenge of having to preach from the pulpit, just concentrating on the course which I so enjoyed. The commitment at that time was the instruction once a week during term time, a few weekends away during the course, and the need to write essays which were a challenge to those of us who hadn't written essays for some years.

After my daily work at the Church Commissioners, I walked via the Elephant and Castle, first to an adult education centre and later to Southwark Cathedral itself for training. On the way I stopped for my evening meal of cod's roe and chips at a fish shop.

I enjoyed the course so much, appreciating the time with others who worshipped in a different way than mine. I remember especially Alan, who when he became excited about something, would shout "Alleluia!" Not what I in my reserved way would do, but it was right for him.

My New Testament studies were conducted by a Deaconess by the name of Liz Cannon. She told us she was going to America because she felt called to be a priest which was not possible then in England. If I had any doubts about it being right for women to be ordained, she helped me to think it was right. My Old Testament instruction was by the Reverend Henry Morgan, who for 38 years has been my Spiritual Director and has helped me to see God though many parts of my life.

Realising that I would have to preach, I enrolled for an adult public speaking course conducted by our friend, Sylvia Weatherald, which helped me to project my voice so most could hear what I had to say.

My vicar at the time, the Reverend Melville Lewis, would read my early draft

sermons before I preached them but never asked for any alterations.

I was licensed as a Reader in Southwark Cathedral in October 1981 but had to do a final year of training after licensing, which was more relaxed. I have been very lucky in my ministry as a Reader as all 5 vicars of St Mark's for the last 36 years have welcomed my support and have allowed me to do as much as I felt able to do. Apart from preaching about every 6 weeks and assisting at the altar, I have taken Communion to the sick at home and in nursing and retirement homes. This has been a great privilege for me, the people I have visited becoming close friends.

For years Jenny has supported me in this by providing small bouquets of flowers, usually from our garden, in jam jars for all those whom I visit. She has accompanied me on those visits, which has made them much better for both me and those whom we visited. More recently Jenny and I have concentrated on collecting people to bring them to church in our car rather than taking Communion to them as this enables such people to relate to other members of the congregation.

It is only because I had become a Reader that I was able to take the role of Chaplain in the Sea Cadets which was a joy for me for some 28 years. That role involved leading prayers at their parades but more importantly giving pastoral help where needed to the cadets and instructors.

There was a time when I thought I had been 'running away' from offering myself for ordination to the priesthood so, in my mid 50s, I explored this possible calling and, with the encouragement of the Bishop of Southwark at that time, I started on the Ordination Course and attended a selection conference. However I was not selected but was advised to continue in my Reader ministry. Although disappointed at the time I am sure their decision was right.

God has blessed me in so many ways and I shall always be grateful.

Ian Archer

READINGS FOR MARCH

Sunday 4th	3 rd of Lent	1 Corinthians 1.18-25 John 2.13-22
Sunday 11th	4 th of Lent (Mothering)	Exodus 2.1-10 Luke 2.33-35
Sunday 18th	5 th of Lent	Jeremiah 31.31-34 John 12.20-33
Sunday 25th	Palm Sunday	Philippians 2.5-11 Mark 14.1-15.47

ST MARK'S PASTORAL TEAM

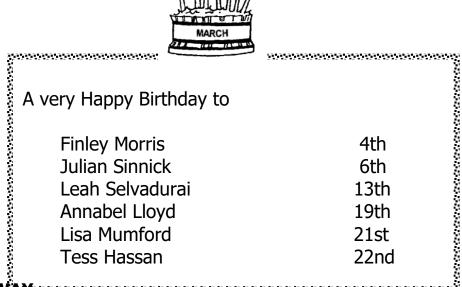
St Mark's pastoral team is available to support and help those in need in our community. If you know anyone that would benefit from a visit from our team, or would like to speak confidentially about personal matters, please feel free to approach members of the team directly, by email or alternatively there are referral slips available at the front and back of the church. All referrals are treated with the strictest confidence.

Team members are:

Ian and Jenny Archer, Marilyn Assender, Patricia Bird, Sarah Cousins, Stephanie Lawrence, Ken Packer, Alison Stagg, Louise Wallis, Fr Martin and Reverend Anna.

For more information Email:

Reverend Martin Colton vicar@stmarksreigate.co.uk



I was working at home, wrestling with a particularly tiresome report I had been putting off writing for a few days when, fortunately, Alison came in with two cups of tea and a 'finger' of cake each. "Hmm", she said, looking at my laptop, "I can see you're finding that heavy going. Can you afford a few minutes for a quick nibble?" "That is truly a nibble. Is this some sort of compulsory diet for Lent?" "No, and yes," Alison replied. "My paper says 63% of British adults are either overweight or obese. You ought to look in the mirror a little more, when you get up in the morning."

That's the trouble with Alison. She always grabs the paper and has a habit of quoting reports and statistics at me while I'm watching 'Antiques Road Race.' Now, I'm more interested in the statistic that, since Terry's has been taken over by an American company, Chocolate Oranges are now 10% smaller than they were, for the same price (if you're lucky).

Alison was now in full flow; "You may well scoff, but you have lost the sylph-like figure you once had, and the food you and I eat needs careful watching. Have you read any of the headlines about additives in ready-made meals and processed foods and possible links to health risks? Take that finger of cake you're eating..." "I am, and I could manage another. I believe you called it 'Country Slice' and you bought it in a highly reputable supermarket. So, this isn't going do me any harm, is it?"

"I haven't the remotest idea," Alison replied, turning the packet round, "But I will tell you what it's got in it. Sugar (the largest ingredient), Wheat Flour, Rapeseed Oil, Pasteurised Free Range Egg, Sultanas, Currants, Humectant, Glycerol, Sugar Nibs, Potato Starch, Glucono-Delta-Lactone, Sodium Carbonate, Lemon Zest, Guar Gum, Cinnamon, Clove, Nutmet, Ginger, Caraway, Potassium Sorbate Salt, Polyglycerol Esters of Fatty Acid, Monoand Diglycerides of Fatty Acids and Maltodextrin. "Amazing," I exclaimed, "And we can buy all those chemicals for only one shiny new £1 coin!"

"It's all very well, you complaining when I try to educate you about the pros and cons of living off a diet of alcohol and sugar, but I'm the one out of our little committee who's responsible for putting food on the table and trying to keep us fit for the next 40 years. I'm not sure who decided that, but it seems to have happened by default. Probably something to do with computers," as she looked balefully at the machine on my lap; "Most things are."

Although I make jokes about Alison steering me towards healthy eating, I do realise that she's right. In fact, I suspect the whole population of UK knows she's right, though a large number of them (us, that is), don't do a great deal about it. But it seems the message is getting through, if very slowly. Kantar Worldpanel, a consumer research company, says that there

is a strong trend towards vegetarian food, quoting big increases in the sales of spinach and aubergines (aubergines? That sounds rather like the affluent South, doesn't it?). It has been calculated that half the population now eats meat only three times a week, or less, which will help to slow climate change and reduces the risk of obesity.

"I must confess," said Alison, "I get very frustrated when I look for tips on how to do better in keeping house and feeding us. At least I do try to use a little imagination: apparently one in six people admits to eating a ham sandwich for lunch every day and have been doing so for several years. But as the years go by, it seems that scientists keep changing their advice. I remember when we had to keep off prawns, eggs and proper butter because of the dreaded cholesterol. Now, it seems we're allowed to eat them after all, and we're still likely to live to a ripe old age. One thing I can say with confidence: the Lent lunches we attended are probably the most healthy meals that you and I will eat this year."

"I agree," I said. "All respect to you, but the latest statements I saw on the subject were that your corn flakes and my ready meals can be a health risk. And even if you go for brown bread, you've got to read the label first. But, logically, what are some of the biggest burdens on the NHS? Probably diabetes, quite likely due to over-eating, and each generation growing older and older. So we can't be that unhealthy, can we?"

One thing seems certain: a Lent Lunch at least once a week throughout the year would be an excellent idea. That would surely entitle us to a turkey and mince pies at Christmas. Oh, and if you're going into Reigate to get your bread, make sure you walk rather than taking the car - it's so terribly good for you!

Time to go!

Roman Arch

FOOD FOR THOUGHT

He was a bold man who first swallowed an oyster.

King James I

Man cannot live by bread alone: he must have peanut butter.

James A. Garfield



Last month, I gave a brief report on the work of Doctors for Nepal and it was a well-timed article as we then went on to support them at our Family Bingo on Sunday 4th February, when we welcomed over 80 people, ranging from toddlers to octogenarians! It was a most successful and enjoyable event, with wonderful homemade cakes in the interval and a tombola for the children (and some of us older children) to enjoy. We raised £520, a great achievement for a 'small' event on a Sunday afternoon.

We also recently received £124 from St Bede's School, resulting from an Enterprise week held by Year 10 students, when each class had to come up with a business idea which culminated in them selling goods to other students in the school to raise money for different charities. We are adding this amount to the £520 raised at the Bingo and topping the amount up (from our regular giving) to £1,000 to send off to Doctors for Nepal.

We are supporting a young man called Kamal Hamal, a 2nd Year medical student, whose ambition in life is to be a doctor and it wouldn't be possible without the help of Doctors for Nepal. Kamal comes from the Jumla District of Nepal, one of 77 Districts. Jumla covers an area of 2,531 km and in 2011 had a population of approximately 109,000. According to current statistics, there is likely to only be one doctor covering that whole District. That



underlines the importance of helping young people in their ambitions to be become doctors. With an area so large, people must die unnecessarily every day simply because they can't get medical help.

Kamal is enormously grateful for the support he receives. We wish him luck in his ambitions and hope that he, along with his fellow students, will begin to make inroads into the shocking shortage of doctors in the remote areas of Nepal. Thank you for your support.

Barbara Perkins (Chairman SMOAT)

SMART

SMART will meet between 2 - 4pm on 1st March to make simple floral arrangements to take home.

We shall be guided by Ruth Percival.

Please bring secateurs and old scissors if you have them.

There will be a small charge of £1 to cover

the cost of fresh flowers.

Tea and biscuits will be served. Lifts will be available as usual from Louise Wallis and Sarah Cousins: just ring!

NEW EDITOR URGENTLY REQUIRED!

Last August I wrote in the Magazine that after 11 years in the job, I am giving up editing the magazine after the APCM this year, so the April issue will be the last one I shall be putting together.

It seems that so far, no one has offered to take the job on. This is unfortunate: I believe that the Magazine can benefit from a new pair of eyes and, maybe, a new look. The job of Editor is not very time consuming. In the bad old days, we used to fold and staple all the copies, resulting in rather sore fingers. Nowadays, the office copier performs those tasks and the editor's role is to assemble the various contributions into a decent order and send it as an email to St Mark's Office.

The Magazine is important to those who don't communicate on-line and for visitors to St Mark's, so I hope that someone will come forward to take the job on - either long term or for a trial period. Assistance to get started will be available!

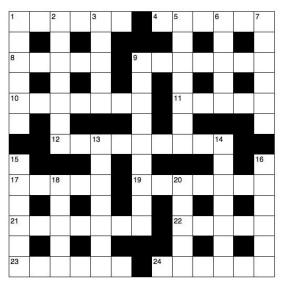
Malcolm Toye

CROSSWORD FOR MARCH

(Bible references are from the New International Version)

Across

- 1 Arouse (Song of Songs 2:7) (6)
- 4 Extinguish (Isaiah 1:31) (6)
- 8 "They — ," you will say, "but I'm not hurt!" (Proverbs 23:35) (3,2)
- 9 Unhappiness (Nehemiah 2:2) (7)
- 10 Jewish (7)
- 11 Dirge (anagram) (5)
- 12 'A truthful witness gives honest , but a false witness tells lies' (Proverbs 12:17) (9)
- 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
- 19 'Do not use your freedom to the sinful nature' (Galatians 5:13) (7)
- 21 'As you can see, he has done nothing to death' (Luke 23:15) (7)
- 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
- 23 'All the people — one man, saying, "None of us will go home" (Judges 20:8) (4,2)
- 24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)



Down

- 1 Appalled (Job 26:11) (6)
- 2 'In an to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 'But I have a baptism to , and how distressed I am until it is completed!' (Luke 12:50) (7)
- 'Of the increase of his government and peace there will be -- ' (Isaiah 9:7) (2,3)
- 7 Hurry (Psalm 119:60) (6)
- 9 'For I desire mercy, not , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)

- One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul's first converts in Philippi was Lydia, a in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anagram) (5)

SOLUTION TO LAST MONTH'S CROSSWORD

ACROSS: 1 Credit 4 Tackle 7 Cain 8 Kenaniah 9 Strength

13 Beg 16 Salvation Army 17 ARC 19 Every day 24 Admonish

25 Dire 26 Sneeze 27 Bronze

DOWN: 1 Cock 2 Epistolic 3 Taken 4 Tenet 5 Cane 6 Leave

10 Erase 11 Guide 12 Honey 13 Barbarian 14 Guys 15 Asia

18 Rod in 20 Voice 21 Rahab 22 Hope 23 Mene

SUDOKU

THIS MONTH

LAST MONTH

4 8
1 8
7 2 1
3 1 4
6 5
4 9 3
8 3 6
9 7 8
6 5 7

REGULAR SERVICES AT ST MARK'S

SUNDAYS

8.00am	Each Sunday	Holy Communion (said) Book of Common Prayer
10.00am	1 st Sunday	Parish Eucharist (with Junior Church)
	2 nd Sunday	Sung Eucharist (with Junior Church)
	3 rd Sunday	Sung Eucharist (with Story Telling)
	4 th Sunday	Sung Eucharist (with Junior Church)
	5 th Sunday	Sung Eucharist (with Junior Church)
4.00pm	3 rd Sunday	Messy Church
6.00pm	1 st Sunday	Evening Prayer (said)
	2 nd Sunday	Taizé Prayer
	3 rd Sunday	Evening Prayer (said)
	4 th Sunday	Evening Prayer (said)
	5 th Sunday	Evening Prayer (said)

MONDAY TO THURSDAY

9.15am Morning Prayer

WEDNESDAYS (during school term-time)

3.25pm 'T' Time Tales

THURSDAYS

12.45pm Holy Communion (Iona) followed by tea or coffee

Growing poverty is taking its toll on our health and relationships

In response to the recent Joseph Rowntree Foundation's UK Poverty 2017 report, the Bishop of Durham, the Rt Revd Paul Butler said: "I am deeply concerned by the Joseph Rowntree Foundation's latest findings, showing a rise in poverty over the past five years, and the negative impact this has on people's health and relationships.

The very high rates of poverty among single parent families (46%) and larger families (39%) are especially worrying, knowing that worse is to come with the continuing freeze in benefits and the introduction of the two-child limit. It was encouraging to hear of the Government's amendments to Universal Credit in the recent Budget, which are a step in the right direction. But it is now clear that much more will need to be done to achieve the policy's aims to make work pay and reduce poverty."

Parish Pump

BROCKHAM CHORAL SOCIETY CONCERT

On Saturday 24th March at 7.30pm in St Martin's Church, Dorking, Brockham Choral Society will present a programme of Vaughan Williams' works:

A Sea Symphony for Choir and Orchestra Soloists Steven Page and Claire Daniels

The Lark Ascending for Violin and Orchestra Soloist Natasha Petrovic.

The British Sinfonietta Orchestra will be conducted by Patrick Barrett.

Admission: £12 in advance, £15 on the day, £5 under 25 in full time education. Tickets from Pauline Whitehead 01306-881821, or Maria Chadwick c/o Michael Frith, 40 South St, Dorking, 01306-882728 or online www.brockhamchoral.org/tickets

Contributions for the April magazine should be sent to Malcolm Toye at 10 Raglan Road, Reigate, Surrey RH2 0DP Tel: 01737 247016 or email mctoye@hotmail.com by 10th March 2018 please.

PARISH ACTIVITIES AND GROUPS

DAILY BIBLE READINGS – 'NEW DAYLIGHT' Parish Office 210785

CHOIR PRACTICE

Each Thursday in Church - all parts at 7.00pm - other practices as notified

CHURCH FLOWER ROTA

Contact: Mrs Valerie Jones 246538

PARENT AND TODDLER GROUP

Contact: Mrs Louise Wallis 242129

PARISH SAFEGUARDING OFFICERS

Mrs Rosemary Absalom 240351 Mrs Kate Lovegrove 226776

SMART - St Mark's Afternoon Retirement Team

Contacts: Mrs Sarah Cousins 789943 Mrs Louise Wallis 242129

ST MARK'S COMMUNITY LUNCH

Contacts: Mrs Angela Daniels 247162 Mrs Alison Stagg 243992

ST MARK'S HALL

Letting Secretary: Mrs Jean Hatton, 139 Carlton Road, Reigate 765759 E-mail: jean.hatton@btinternet.com Children Party Bookings: via Parish Office

ST MARK'S OVERSEAS AID TRUST - SMOAT

Chairman: Mrs Barbara Perkins, 6 The Mount Drive, Reigate 226632

ST MARK'S PARISH MAGAZINE

Advertising: Mrs Jane Artis, 2 Westwood Close, Reigate RH2 9AW E-mail: janeartis@hotmail.com 07831 269866
Editor: Mr Malcolm Toye, mctoye@hotmail.com Reigate 247016
Distribution: Mrs Jenny Toye, 10 Raglan Road, Reigate 247016

YOUTH WORK

Junior Church Contact: Mrs Leonora Corden, I.corden@btinternet.com 224534 'ROOTS' Youth Group (4th Sunday of each month 5.00pm until 7.00pm)

Contact Reverend Anna 07939 388607

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