



St Mark's Parish Magazine

August 2019

Donations to cover the cost of this publication are welcome

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Your Views & Contributions

Next issue will be available from Sunday 1 September 2019

All contributions to the editor by Friday 16 August 2019

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LETTER FROM THE VICAR

Dear Friends,



The service of Compline (or 'Night Prayer') is one of my favourite services. At St Mark's we usually only have Compline in Holy Week when it ends our journey through the Stations of the Cross, but perhaps we should have it at other times of the year as well.

A service of quietness and reflection, Compline has deep roots in the Church. It is mentioned from the 4th Century and commended by the great monastic innovator, St Benedict. Its name comes from the Latin for 'completion'. I like to think of it as a way of gathering together the pieces of the day and the different, sometimes fragmented parts of my own self in order to surrender them, before sleep, to God.

All prayer is a kind of surrender to God, a surrender of that territory we try to keep for ourselves. We so often hide from God parts of our lives and ourselves; either out of fear that God will disapprove (of the dingy, unkempt or embarrassing bits) or out of the strange belief that there are parts in which God has no interest! Whatever we surrender (which God has all along known and loved), that territory is transformed into the beautiful, fruitful garden we really desire it to be.

Mother Julian of Norwich wrote that when we are full of peace and love (which we seek in prayer), "then we find no striving in ourselves and are not hindered by the strife that is in us now. For that strife is the cause of our troubles and sorrow." The glory of our redemption through Jesus our Saviour is that God takes our strivings, our hidden struggles and worries, and sends them to heaven, where, Julian says: "they are made more sweet and delectable than heart can think, or tongue can tell. And when we get there we shall find them waiting, all turned into lovely and lasting glory."

Perhaps over the summer we can all reflect on our personal and corporate prayer life and return in September with renewed zeal and a hunger to listen to God in prayer. Together we can learn better how to surrender in prayer and so build that heaven here in Reigate.

With my best wishes

A handwritten signature in black ink, appearing to read 'Martin'.

National Allotment Week

This month we celebrate National Allotment Week between the 12th and 18th August, an initiative set up in 2002 to help draw awareness to the benefits of growing your own fruit and veg. Allotments can help people live healthier lifestyles and develop friendships.

It seems in the light of Brexit and an increased interest in environmental awareness allotments are very popular, with over 90,000 people on the waiting list for an allotment¹.



This year, in the rise of food bank usage, up 19% year on year², the National Allotment Society has set up an initiative it is calling 'A Shared Harvest'³. It calls to allotment owners who have a surplus of fruit and vegetables to donate it to their local food bank. They have even created a handy guide to help people get started with food donations:

<https://www.nsalg.org.uk/wp-content/uploads/2019/07/donations-to-food-banks.pdf>.

However, the idea of giving surplus food to the poor and needy is not a new one. The Old Testament encourages farmers to leave overlooked produce for the poor, strangers and more specifically widows and orphans⁴.

"Now when you reap the harvest of your land, you shall not reap to the very corners of your field, nor shall you gather the gleanings of your harvest." Leviticus 19:9

Whether you have an allotment or not, if you are interested in donating food to those in need, you can contact the St Matthew's Food Bank:

<https://www.redhillfoodbank.org.uk/>

1. <https://www.theguardian.com/lifeandstyle/2019/apr/13/how-brexit-made-the-allotment-cool-again>

2. <https://universalcreditsuffer.com/2019/04/25/trussell-trust-foodbank-use-up-19-in-2018-19/>

3. <https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>

4. <https://www.bbc.co.uk/news/business-49098780>

News from the Church of England

Welcare is 125 years old!

Our Diocesan family support charity, Welcare, has been helping parents and children for 125 years, and on June 15th a special service was held at Southwark Cathedral to celebrate this achievement.

At the present time social care services are under huge pressure through funding cuts and increased workloads. Welcare can deliver services to families who may otherwise fall through the net, often working with parents and children affected by domestic abuse, violence, social isolation and/or financial hardship.

Anna Khan, Welcare's CEO, says of plans beyond 2019: "We will continue to provide one-to-one and group work for families in need with children up to the age of 13. This enables us to work with the whole family, and give parents the skills, confidence and support to be the very best parent they can be, whatever their circumstances. Our services are constantly evolving to fill gaps in provision and meet changing needs. This is what inspired us to extend the age range of the children we work with up to 13 years old. This covers the point of transition from primary to secondary school which can be a turning point, where the wrong path can lead to poor self-esteem, risky behaviour, exclusion from school and possibly serious youth crime."

Our own Welcare in East Surrey, based in Warwick Road, Redhill, has had an extremely busy year, working intensively one-to-one with 94 families including 172 children during the twelve months ending on 31 March 2019. The Children's Centre, based in Warwick Road, had 394 families through the doors in this period. Weekly groups included Bumps and Babes, Stay and Play, Playtime at Playlink and Toy Libraries in Merstham and at Warwick Road. Welcare also hosted a weekly group for home-based child carers.

Other groups included a four-week course entitled 'Talking Teens'. Three separate 'Parenting Puzzle' courses took place. This course encourages parents and carers to enjoy bringing up children and get the best out of family life. Occasional courses for Baby Massage and First Aid were also run during the year.

In the autumn, families in need were invited to a 'Toy Choosing' event, where new toys, donated by local church congregations, were laid out shop-style. Parents were given vouchers which they could 'spend' on those toys and books which they

felt were appropriate for their children. This event also helped parents to budget ahead of Christmas, often a very difficult time for families on low incomes.

During the year Welcare in East Surrey gave out 88 foodbags, each with a £5 Sainsbury's voucher, to families in need. Food stocks come from local congregations, and at the present time supplies of tea, coffee, biscuits and cereal are running low. This year Welcare is running 'Top up Tuesday' for families who will struggle during the summer holidays without the provision of free school meals. Referred families will have the opportunity to receive a foodbag plus extra tinned goods.

If you are interested in volunteering at Welcare in East Surrey, please contact the office on 01737 780884 for an informal chat.

Local News

New Governor needed at St Bede's School

St Bede's School is judged as Outstanding by Ofsted and also as Outstanding by the independent Diocesan Anglican school inspectors – for the excellent Christian education it provides for young people within our Deanery.

The school has a wonderful mission statement – that it “tries to appreciate the skills and talents of each child, to realise their full potential, and help them to face the future with confidence by taking up the challenge of the gospel.”

The Deanery is now seeking an Anglican to join St Bede's friendly and effective team of governors. The governors approve the strategy of the school, hold staff to account and encourage them.

They are looking for an open-minded team player, who can make two short meetings a term and values a Christian school for our young people.

If you would be interested in taking on this role, or finding out more, please get in touch with Victoria Clifford (Chair of Governors): gov.clifford@saintbedes.net.

Fundraising



S · M · O · A · T

ST MARK'S OVERSEAS AID TRUST
REGISTERED CHARITY No. 280091

Another SMOATathon is approaching fast. SMOATathon2019 will take place in St Mark's Church on **Sunday 29 September**, when the aim will be to provide live continuous music between 11.30am and 5.00pm and, through sponsorship and donations, to raise much-needed funds for a project to help relieve poverty in a developing country.

If you can sing or play a musical instrument and would like to take part the SMOAT committee would love to hear from you! Time-slots of varying length are available, from a few minutes upwards. If you don't see yourself as a performer, then come along anyway and enjoy the music (and refreshments!) for as long as you wish.

David Lear (david@smoat.org.uk) will be pleased to provide further details.

Church hall tables

We will be replacing the square blue tables in the Hall with new tables of a similar design and size. The new tables cost £48 each. If you would like to make a donation towards the cost of purchasing the tables, please pass on your donation to the churchwardens or the Parish Office marked as "Donation towards tables". If you are a tax-payer this donation can be gift aided. Donations can be made by cash, cheque, or in person by card. More information is available from the churchwardens and the Parish Office. This is a continued part of our upgrading of the hall facilities.

The Children's Society

A huge thank you to everyone who contributed to our box-opening coffee morning on 29 June. Proceeds from the stalls raised £511.05, from the boxes £463.66 and, together with donations of £190, we were able to send £1,344.71 to the Society. This made everybody's efforts well worthwhile in support of the charity, which we at St Marks have been supporting for years.

If anyone would like a collection box please let us know.

Tony and Patricia Bird
01737 247941

Church events

Community Lunches

On the second Sunday of the month we provide a Community Lunch at St Mark's...



A lovely Sunday roast with all the trimmings followed by a traditional dessert provided by our wonderful team of volunteers for the senior members of the community, who would otherwise be on their own.

Members should RSVP by the 26 August to join us on the 8 September, this will enable us to reallocate any spaces. There won't be a lunch in August.

We need more volunteers to enable us to host more guests!

For more information or to volunteer as a driver or helper please contact:
Robert Cramp on: **07887 600 190** or Alison Stagg on: **01737 243992**

St Mark's Afternoon Retirement Team – SMART

On the first Thursday of the month – 2pm - 4pm



In September: Planting bulbs ready for Spring. Come and plant bulbs in a bowl, with instruction.

Thursday 5 September at 2pm in the Hall

New members are always welcome. Contact Sarah Cousins - **01737 789943** or Louise Wallis - **01737 242129** for more details.

More Tea Vicar?

National Allotment Week shares its date this year with Afternoon Tea Week and in preparation, we have listed 3 local places which offer a lovely Afternoon Tea. The key question is who will you take?

Hartsfield Manor

Just outside Reigate, Hartsfield Manor is a beautiful setting for Afternoon Tea, especially if you get the opportunity to sit outside in the sunshine. The food is delicious and the amount you get makes it very good value. If that wasn't enough, their sparkling afternoon tea is on offer throughout August.



Langshott Manor

This beautiful 16th century building is a grand setting for Afternoon Tea. Its historic charm greets you from the moment you enter the front door. The restaurant is small but looks out over the beautifully manicured gardens. For £23 per person on a week day, the staff are very attentive and service is very quick.



The Tea House – Reigate

Located on Church Street, it is a cosy little setting. The fresh cakes are delicious and the choice of teas is vast, from Assam to Yerba Mate Tea.

The venue is small so booking is essential. There is very little outdoor space and what there is looks out on a busy road so it is best saved for a rainy day. But inside the Tea House is a treasure trove of pretty trinkets, available to purchase. It is a pleasant setting and one of the lower cost venues for Afternoon Tea at just £17.50 per person.

St Mark's Pull-Out Guide

REGULAR SERVICES AND EVENTS AT ST MARK'S

SUNDAYS

| | | |
|---------|------------------------|--|
| 8.00am | Each Sunday | Holy Communion (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) |
| 1.00pm | 2 nd Sunday | Community Lunch |
| 4.00pm | 1 st Sunday | Family Service |
| | 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 WEDNESDAY

8.30am Morning Prayer in the Lady Chapel (20 minutes)

MONDAY

9.30am St Mark's Toddler Group in the hall (term-time only)

TUESDAY

10.00am 3rd Tuesday St Mark's Buffers (in the church)

WEDNESDAY

3.25pm T Time Tales (term-time only)

THURSDAY

8.30am Informal Morning Prayer in the Lady Chapel
12.45pm Holy Communion (Iona) followed by tea or coffee
2.00pm 1st Thursday SMART

SATURDAY

8.00pm 4th Saturday St Mark's Social Dance

A Handy Pull-Out Guide to 'What's On' at St Mark's

CALENDAR FOR AUGUST 2019

| | |
|--------------------------------------|--|
| Thursday 1 st August | 12.45pm Holy Communion (Iona) 2.00pm SMART |
| Sunday 4th August | Trinity 7 No Family Service 6.00pm Evening Prayer |
| Tuesday 6 th August | The Transfiguration of our Lord |
| Thursday 8 th August | 12.45pm Holy Communion (Iona) |
| Sunday 11th August | Trinity 8 6.00pm Taizé Prayer |
| Thursday 15 th August | The Blessed Virgin Mary 12.45pm Holy Communion (Iona) |
| Sunday 18th August | Trinity 9 No Messy Church 6.00pm Evening Prayer |
| Thursday 22 nd August | 12.45pm Holy Communion (Iona) |
| Saturday 24 th August | St Bartholomew the Apostle 8.00pm St Mark's Social Dance |
| Sunday 25th August | Trinity 10 6.00pm Evening Prayer |
| Thursday 29 th August | 12.45pm Holy Communion (Iona) |

CALENDAR FOR SEPTEMBER 2019

Sunday 1st September Trinity 11

4.00pm Family Service
6.00pm Evening Prayer

Thursday 5th September 12.45pm Holy Communion (Iona)
2.00pm SMART

Sunday 8th September Trinity 12

1.00pm Community Lunch
5.00pm ROOTS Church (at Wisdom of God)
6.00pm Taizé Prayer

Monday 9th September 9.30am Parent and Toddler Group resumes

Wednesday 11th September 3.25pm T Time Tales resumes

Thursday 12th September 12.45pm Holy Communion (Iona)

Saturday 14th September **Holy Cross Day**
10.00am Lay Conference at St Bede's School

Sunday 15th September Trinity 13

4.00pm Messy Church
6.00pm Evening Prayer

Tuesday 17th September 10.00am St Mark's Buffers
8.00pm PCC Meeting

Thursday 19th September 12.45pm Holy Communion (Iona)

Saturday 21st September **St Matthew the Apostle**

Sunday 22nd September Trinity 14

5.00pm ROOTS Youth Club (Lower Kingswood Hall)
6.00pm Evening Prayer

Thursday 26th September 12.45pm Holy Communion (Iona)

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

Sunday 29th September Michael and All Angels

11.30am SMOATathon
6.00pm Evening Prayer

PARISH ACTIVITIES, EVENTS, GROUPS & CONTACTS

CHURCH FLOWER ROTA

Contact: Mrs Valerie Jones 01737 246538

CHOIR PRACTICE

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

DATA REQUESTS

Contact: Parish Office – 01737 210785

HOME GROUP

Contact: Mrs Susannah Dyde – 01737 221638

IONA COMMUNION – LUNCHTIME SERVICE

Every Thursday 12.45pm to 1.15pm followed by Coffee/Tea

PARENT AND TODDLER GROUP

Contact: Mrs Louise Wallis 01737 242129

PARISH SAFEGUARDING OFFICER

Mrs Rosemary Absalom 01737 240351

SMART - St Mark's Afternoon Retirement Team

Meetings on the first Thursday of the month

Contacts: Mrs Sarah Cousins 01737 789943 or Mrs Louise Wallis 01737 242129

ST MARK'S BUFFERS

Meeting in church on the third Tuesday of the month from 10am - 12noon

ST MARK'S COMMUNITY LUNCH

Contacts: Mrs Angela Daniels 01737 247162 & Mrs Alison Stagg 01737 243992

ST MARK'S CHURCH HALL

Regular Lettings Secretary: Mrs Jean Hatton 01737 765759

Party Bookings & Church Bookings via Parish Office 01737 210785

ST MARK'S OVERSEAS AID TRUST - SMOAT

Chairman: Mrs Barbara Perkins, 01737 226632

ST MARK'S SINGERS

Rehearsals Monday 7.30pm in the church – all welcome

Contact: Toby Garrood 01737 241979

WEBSITE & FACEBOOK

Contact: Ben Read Email: benread@hotmail.com

YOUTH WORK

Junior Church: Mrs Leonora Corden, l.corden@btinternet.com 01737 224534

Book Review

This month we review *Retired and Inspired: making the most of our latter years*



This book is a Christian view of retirement. The author, Wendy Billington, is the Director of the Christian Counselling Service and a keyworker in St Nicholas' Church in Sevenoaks. This book draws on her pastoral skills and life experience to ask the question: what is a Christian view of retirement?

She uses a fictional character 'Jim' to bring to life some of the experiences she writes about.

Wendy takes the view that as life is a gift from God, we should be viewing retirement as part of an integrated whole and see our latter years as part of God's plan.

The book is written in two sections: 'Uprooting the weeds' which covers "anything which stunts the growth of seeds." The second section is 'Sowing the seeds' which is about growth in retirement.

The book starts with a bible passage and includes questions for group discussion at the end of each chapter, followed by a meditative thought for the day and a closing prayer.

The author deals with some of the concerns and fears people may have as they enter retirement, such as loss of identity, their health and purpose. It also deals with how to serve God in later years.

Have you read this book? Got a suggestion for a book review? We would love to hear your thoughts. Please get in touch at magazine@stmarksreigate.co.uk.

Letter to the editor

The Ockle Cockle World

The meeting was for those staying on in the sixth form next year.

"Next Year, you will be in the sixth form," said Sam Armstrong, Deputy Head and head of Chemistry and Biology. Six-foot-three, broad-shouldered with piercing eyes, he never had discipline problems. "That will give us just two years to get some of you to think for yourselves. That way you may be fit to benefit from University, not to mention facing the world."

He paused to let his dry words sink in, his eyes sweeping the room; his lips pursed in that well-known way which meant that he had little hope that anyone was taking in what he said to them. "So, I am setting you all a project for the six weeks of your holiday. Otherwise you will be lying fallow in your beds. I want you to devise some invention or chemical experiment quite different from catapults or other instruments of medieval torture or anything else I have heard of. And then I want you to write up a report describing what you have done. This will be good practice for any budding scientist we may have here by chance. For the rest it will hopefully introduce some balance into your imagination by introducing the beginnings of reasoning into your thinking. I shall read them all and pass on conclusions to those who will suffer from you for the next two years. Oh, and I wish you all the best of luck for next year. You may need it." We were well used to Sam's sardonic sense of humour. In fact we revelled in it.

We were released to bid farewell to those would not be there next year but also to share our reactions to Sam. How dare he. Some reward this for all the effort we had put into GCSEs which would no doubt bring the school the kudos it seemed to worship. Underneath, already, we were wondering how we might shine on this project. We all had a high regard for Sam.

Personally, I found the report more challenging than the project I chose, but in the end it was completed in time to hand in on the first day of term. This was more than some could muster bowed down as they were by parental demands and foreign holidays spent in the sun.

About two weeks passed before we were summoned to hear the results. "I have not given marks," said Sam. "You need to learn that what you do now is for yourselves and not to please teacher." He proceeded to throw reports back to their composers with terse remarks like: "Not clear; good start; good, I suspect,

but your writing is unreadable; what does your dad do for a living? You must have a patient mother," and so on. Then my one floated through the air nearly decapitating my neighbour because it was quite thick. "Not sure your invention can match the description," he said.

My friend Freddy piped up: "It does, sir. I have seen it. It's just like the report says. It's unbelievable. It takes up the entire shed and it works!" Sam turned to regard my crimson face. "So, tell the room, what is an Ockle Cockle," he said.

I really tried hard to describe the machine. My father's shed was filled with moving parts. The whole was driven by a bicycle with tyres replaced by a driving belt which in turn drove all the wheels, cogs and connections for a conveyor belt along which stiff plastic was cut and then sliced and bent to form two sizes of box punctured by holes. Finally, the conveyor belt disappeared through the window and returned without the boxes. Outside was a large tub filled with water. Freddy again put in his oar. "And as they sink, the boxes really do create a noise like Ockle Cockle," he said.

Sam's eyes were turned upward as a sure sign that his patience was diminishing. "To what purpose?" was his question. I summoned up my courage. "It represents the pointlessness of modern life," I said, "influenced as it is by newspapers, media, advertising, pop music (an attempt to remain adolescents for ever), celebrity culture and all the other trivia of the market place. Modern civilization is not fit for purpose and the emergence of Trump and the immorality of the Far Right are but symptoms. Climate change is one outcome. It's a world of nothing but meaningless Ockle Cockle."

"Don't you realise," said Sam, "that biology alone has solved more problems of disease in the last twenty years than any other science. Is that meaningless? Perhaps you have chosen Art? You have much to learn."

"Well," I said, "you may be right, but what about the values of society? I am not down for Chemistry or Art but Economics which is said to be the science of value but it can see no further than the rationality of self-interest which unfortunately is all too true of human behaviour. The world is quite deaf to values outside of self, such as "love thy neighbour."

"I should have known there would be one of you," said Sam. "Already you have trashed your own subject. Broadly there are two types of people. Those who want to make the best for themselves out of what is available, and those who want to make the world a better place. Do please come back and tell us when you have changed the world. Meanwhile, I shall pass on your report to Mr Jones with remarks suggesting some form of distinction. I shall leave him two years to work out which meaning of that word applies."

Harry Ingram

Local business spotlight

This month in our local business spotlight we meet Graham Williams. A local painter and decorator, Graham started at the beginning of the nineties working with his Dad before he retired. He has been working alone ever since. His work includes some commercial decorating but mainly homes of all sizes in Reigate and the surrounding area.

Graham completes work both interior and exterior; he does painting, wallpapering, repairs of various kinds and he can do guttering as well. He has customers whom he has worked with since the beginning and who he now regards as friends.

Graham says, "Decorating is a job I enjoy doing, which is nice, because not everyone enjoys their work! I like to think I'm hard working and try to do a good job in a friendly manner."

Outside of work, Graham's time is taken up with being a Dad, doing stuff in Church and a lot of running. He started in 2017 and has done 4 half-marathons and will hopefully be able to run his first full marathon in the New Forest in September.



Graham Williams Decorating

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Mobile: 07985 940083

grahamw777@hotmail.co.uk

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Environmental news:

Tin foil

What do you do with your used tin foil? Councils are asking us to give it a good rinse from any food or grease, so that it can be recycled. Foil trays could be added to your dishwasher, so that you don't waste time or water washing them separately. As the Aluminium Recycling Packaging Organisation says, "It doesn't have to be squeaky clean.... But if it is really greasy, wash it with soap." Most councils can now recycle aluminium foil.

The newest recruit in the fight for sustainability

The black soldier fly is being hailed as a super fly. They are being farmed in the UK as the larvae eats waste products without producing large amounts of greenhouse gasses. The larva grows up to 5,000 times its initial body weight and the nutrients they hold make them great for fish and animal feed.



The benefit of using the larvae as feed is that it replaces soya production and fishing, reducing over-exploitation. The black soldier fly larvae are great at composting; a quick search online and you can watch the larvae devour a whole pizza, the film is speeded up but it took them just 2 hours.

If that wasn't enough, the larvae can also be moulded into a substance which resembles plastic and the black soldier fly is not a pest to humans as it doesn't carry disease. In fact, the larva is actually suitable for human consumption, if you can stomach it.

It really is super.

Reader recipes

Cod baked in pesto with sweet potato mash

This recipe is a mealtime favourite in our household. It is full of colour and it can be enjoyed by adults and children (Paw Patrol plates are optional).

Ingredients:

Serves 2

400g piece of cod loin

Pesto (you can use standard pesto or experiment with some of the more interesting flavours)

2 medium sized sweet potatoes

Butter

Veg to serve

Method:

Prep: 10 min Cook:

1. Pre-heat the oven at 180C/ fan 160C.
2. Place the cod loin onto a baking tray lined with tin foil.
3. Smother with pesto, add a generous amount and cover the top of the cod loin.
4. Bring the sides of the tin foil up and scrunch at the top to create a parcel.
5. Bake in the oven for 25 minutes.
6. In the meantime, peel and chop the sweet potato and place in a pan with cold water.
7. Cook on the hob for 15-20 minutes until soft.
8. Drain and add a knob of butter to the sweet potato, then mash.
9. Serve together with carrots, peas and sweetcorn for a colourful meal.

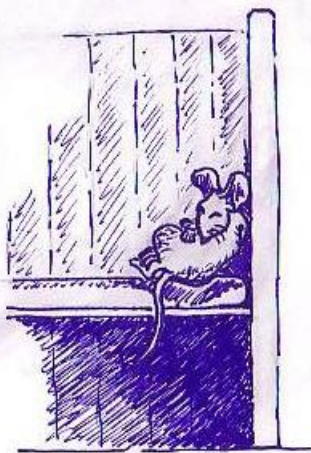


We would really like to hear from you with your favourite recipes. It really can be anything. Please email them to magazine@stmarksreigate.co.uk or leave them with the Parish Office.

Candlemouse returns

"Pews and Good News"

Another Tale about a Church Mouse for younger readers, written by Sarah Cousins and illustrated by Roger Lloyd



Hello, it's me again, Candlemouse. I live in St Mark's church near the railway station in Reigate. I'm as small and as quiet as a mouse can be, so most people don't notice me, which gives me plenty of time to see them and the things that they do!

I'm such a nosy, curious mouse that I just have to find out what's going on. On Sunday mornings people go into God's house and sit in hard, old, wooden seats called **pews** which face the front in rows like a cinema.

In the middle of the service a small group of people, carrying a shiny cross and a big red book, walk from the front to the middle of the church. They stop and line up in the shape of a cross.

The people in the **pews** turn and stand, so that they can all see the cross. We all listen as a man dressed in white reads from the big book, part of a story called The Gospel of Jesus Christ. I feel happy because I can see so many lovely faces looking at each other inside a huge circle. Being part of that circle makes me feel part of the **church** which is another name for God's family. The same word that is used for people who love God is also used for the building they meet in.

I asked someone what the big, red book was about. The person told me that it was called the ***gospel*** which means **good news**. So the man in white was telling us some good news about Jesus Christ. This sounds exciting so it's a good thing that I live in the church because I don't want to miss the story each week!

Let's pray

Good news good news read from the Bible all about it!
 Let my ears listen and take into my heart
 this news, that
 Jesus Christ took on himself
 the worst of the world and my woes,
 giving me a life of peace instead.
 Good news good news
 new lives for old!

Puzzles

August Sudoku Challenge

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

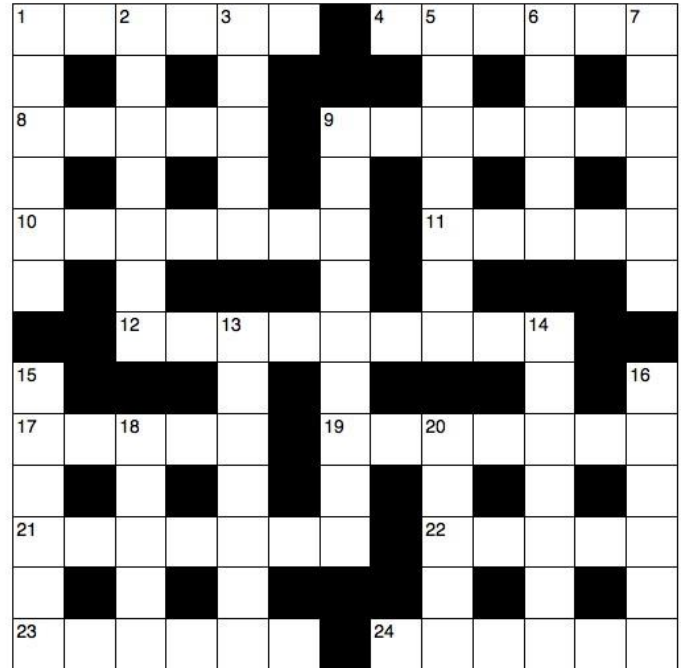
July Sudoku Solution

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

August Crossword Challenge

Across

- 1 'The people were — at his teaching' (Mark 1:22) (6)
 4 'He saved —; let him save himself' (Luke 23:35) (6)
 8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5)
 9 Father of James and John (Matthew 4:21) (7)
 10 One who charges another with an offence (Job 31:35) (7)
 11 '— thy ministers with righteousness' (Book of Common Prayer) (5)
 12 and 15 Down 'All — is God-breathed and is — for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
 17 'No — of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)
 19 Made to feel embarrassed (Isaiah 24:23) (7)
 21 This man built his house on sand (Matthew 7:26) (7)
 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this — you' (2 Samuel 11:25) (5)
 23 Detest (Job 10:1) (6)
 24 'God made two great lights, the greater light to govern the day and the — light to govern the night' (Genesis 1:16) (6)



Down

- 1 To make a serious request (1 Corinthians 1:10) (6)
 2 Launches an assault against (Genesis 32:8) (7)
 3 'The wicked man — deceptive wages' (Proverbs 11:18) (5)
 5 Tuba ale (anag.) (7)
 6 'The day thou gavest, Lord, is — ' (5)
 7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)
 9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
 13 Paul said of whatever was to his profit, 'I consider them — , that I may gain Christ and be found in him' (Philippians 3:8) (7)
 14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
 15 See 12 Across
 16 Rioted (anag.) (6)
 18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)
 20 Maltreat (1 Chronicles 10:4) (5)

SOLUTION TO LAST MONTH'S CROSSWORD

ACROSS: 1 Riches 4 Abner's 7 Soul 8 Damascus 9 Statutes 13 Add 16 Craftsmanship 17 Old
 19 Redeemer 24 Walls are 25 Wise 26 Target 27 Thief
DOWN: 1 Rest 2 Courtyard 3 Sadhu 4 Arm he 5 Nose 6 Round 10 Tutor 11 Timid 12 Sense
 13 Ashbelite 14 Dips 15 Echo 18 Lhasa 20 Exact 21 Erect 22 Flog 23 Mede

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