



St Mark's Parish Magazine

March 2020

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Your Views & Contributions

Next issue will be available from Sunday 5 April 2020
All contributions to the editor by Monday 16 March 2020

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LETTER FROM THE VICAR

Fulfilling Potential

For my letter this month, I want to quote from the introduction to our Lent course, written by Hilary Brand, and based upon the film *The King's Speech*.



"Over the centuries, Lent has lost its radical edge. For most people now it is a residual custom involving the brief forswearing of chocolate or booze, and perhaps in some church quarters getting together in groups to chat about religious stuff – in these strange things we call Lent courses.

"It was intended to be much more. Historically, Lent was a time for strengthening and for preparation: a time when fasting strengthened flagging will-power; when prayer and meditation prepared for Easter when baptismal vows were renewed. It was based on Christ's forty days in the wilderness. Just as Jesus knew how vital was that strengthening and preparation for what was to come, so it seems did his early followers. In those tough times, they understood, rather more than we do, what a radical and crucial calling they had to fulfil.

"Followers of Jesus Christ are described in the New Testament as "a royal priesthood" (1 Peter 2.9) and as the recipients of a "glorious inheritance" and an "incomparably great power" (Ephesians 1.18-19) – people with incredible potential and enormous responsibility; people with a duty – to speak with authority about that which is loving and true.

"Yet these days many of us seem to have lost our voice. So eloquent are the voices raised against faith – and often so subtly dismissive – that we no longer believe we have a right to be heard. So private has our religion become that propriety prevents us either revealing our pain or offering encouragement. So flabby are our wills and so strong are our fears that we have lost the sense of who we could become and what together we might accomplish.

"That is why Lent remains important and why Lent courses, if entered into with honesty and commitment, can be vital staging posts in the journey towards fulfilling spiritual potential. And why, in this case, a film like *The King's Speech* is such a powerful tool."

I will be running the course in Church on Wednesday evenings at 8pm starting on 4 March and repeated on Thursday mornings at 9.30am starting on 5 March for 5 weeks. All are welcome whether you have followed this sort of course before or not. Later in the magazine we have reproduced the full introduction to the course.

With every blessing.

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

Church Events

World Day of Prayer

The services will be held on Friday 6 March at the following venues:

Holy Trinity Redhill 10.30am

St Mary's Reigate 7.30pm

These services are written by the Women of Zimbabwe so please come along and hear what they have to say.

St Mark's Afternoon Retirement Team – SMART

On the first Thursday of the month – 2.00pm until 4.00pm

In March: Who do you think you are? Our speaker from Redhill history society will lead an interactive session exploring family history. Thursday 5 March at 2.00pm in the Hall

April: A change from the published programme. "Whodunnits"- a discussion. Why is society so fascinated with crime thrillers on TV & in books? Come prepared to have your say or share why you enjoy or don't enjoy them!"

New members are always welcome. Contact Sarah Cousins

Cantamus Reigate Concert

The ever-popular Vivaldi's *Gloria* and other works will be performed by Cantamus Reigate on Saturday 14 March at 7.00pm at St Mark's Reigate. This promises to be an excellent concert as usual.

Graham Williams Decorating

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Finding a Voice: Introduction to the Course

This is an introduction to our Lent Course this year which will be on Wednesday evenings and Thursday mornings. Please consider the course this year.

When I first saw the film, I immediately realised how many of its strands resonated with the teaching of the Bible. The Old Testament is full of tongue-tied and terrified leaders; the New Testament is full of commands to encourage one another. Both Jesus and the apostles had strong messages about the power of words for good and for evil. Both Old and New Testaments are full of the idea being called to a task – and often that calling is to speak out. Beneath all that is the amazing promise of the Holy Spirit as an encourager, standing at our side, unseen by the wider world – a concept I saw as given a memorable image in the character of Lionel Logue.

Fiction and Reality

This film, of course, is about real events and real people, including our own Queen still alive today. Many of us have read biographical material about some of the characters, and some people even remember the events in question! It is important, therefore, to make it clear that for the purposes of simplicity and clarity, this Lent course is based almost entirely on the *film*, which is obviously very much a *fictionalised* account. The events covered are actually spread over a time span of 14 years, and while the film does flag this up in giving dates, the overall impression is inevitably that these things are happening much more closely together than they really did. (The fact that the princesses do not age during this time is also obviously somewhat misleading!)

In point of fact, Bertie would have had to do live Christmas broadcasts from the time he became King, so the speech at the outbreak of war might not have been the major trial it appears, rather a culminating point of many such trials. The film chooses what to the King may have been just one moment in a long process, and condenses it for dramatic effect.

In reality, from the point at which he became King, Bertie's whole life would have been one long slog of speeches – opening hospitals, launching ships, attending dinners, entertaining dignitaries – week in, week out, year in, year out. Understanding the sheer courage and nervous energy that must have entailed makes the fact far more heroic than the fiction. But without the fiction would most of us really have understood?

If you watch newsreel footage of King George VI making a speech you will hear many uncomfortable pauses – and clearly the most uncomfortable of them have been

edited out – but so controlled was he that you rarely hear the stutter. You do not hear the excruciating attempts of the mouth to form the words, you do not see the terror in the eyes, you cannot sense the agonising struggle of the mind. A historian could tell you those things were there, a newsreel could give evidence and you might well accept it as fact. A movie makes you *feel* it – joins head and heart in understanding the truth of it – and therein lays its strength.

The strength of this particular film is that it was written with such integrity by a man who really knew the feeling of being imprisoned by a stammer. Screenwriter David Seidler understood all too well what it was to “live in self-imposed silence because it is too painful to speak.” (David Seidler, *‘How the naughty word cured the King’s stutter’*, Mail Online, 20 December 2010)

Seidler, as a small child in wartime, had heard the King on the radio and been inspired by his courage. As he grew up, he too learned all the tricks to cover his stammer. Nevertheless the childhood emotions remained. It was not until the age of 73 when the film became such a hit, that he felt a freedom he had never had before. It was at a gala showing of the film in Toronto where the entire audience stood to applaud, that, he recalls: “For the first time ever the penny dropped and I felt I had a voice and had been heard. For a stutterer, that’s a profound moment.” (David Seidler, quoted in *‘The pillaged voice’*, *Newsweek*, 11 November 2010)

The reason why this success was so late-blooming is also evidence of Seidler’s integrity. In the early 1980s he wrote to the Queen Mother asking her for permission to use Logue’s notebooks as a basis for his screenplay. She wrote back saying, “Please, Mr Seidler, not during my lifetime, the memory of those events is still too painful.” (David Seidler, *‘How the naughty word cured the King’s stutter’*, Mail Online, 20 December 2010) And although he did not need to, he dutifully complied. He was not to know that she would live for another 20 years! But out of respect he waited – and waited. And he tried in that time to do his research and make the outcome as historically accurate as possible. Of course, as he points out, untidy and unpredictable real life does not always fit within the constraints of drama:

People, even kings, don’t always have the good grace to live their lives in an orderly three-act structure. But I tried as best I could to get to the truth, at least the inner truth. (Ibid.)

The fact that such a relatively low-budget film on such an obscure subject has swept the board at the awards ceremonies and continues to be such a popular work, testifies that he did so.

Speaking at the BAFTA awards, Helena Bonham-Carter pointed out that it was not just about overcoming a stammer, but about gaining self-esteem. Colin Firth said that it was about the journey not just towards becoming a King, but to becoming a human being.

It is about a journey we all tread. In Bertie we see our own anxieties played out. In Logue we glimpse our own disappointments. In King George V, we see those who have discouraged us and in David, Prince of Wales, those who have scorned us. But we also see other things we know to be true: the power of perseverance, of courage and above all of friendship.

C S Lewis in one of his wartime letters wrote: "Is any pleasure on earth as great as a circle of Christian friends by a fire?" (C S Lewis, *Letters of C S Lewis*, 21 Dec 1941) There won't be a fireside in our Lenten gathering, but in the Church, whether we come together as long-term colleagues or strangers on a journey, may we be joined in real friendship and lots of pleasure.

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News from the Church of England

General Synod sets 2030 Net Zero carbon target

The Church of England's General Synod has set new targets for all parts of the church to work to become carbon 'net zero' by 2030.

At its February 2020 meeting, members voted in favour of taking action to reduce emissions, 15 years ahead of its original target.



The Church of England has also announced an energy foot printing tool for parishes to calculate their carbon footprint.

Following the debate, the Bishop of Salisbury, The Rt Revd Nick Holtam, the Church of England's lead bishop on Environmental Affairs said:

"Synod has set an ambitious target for the whole Church of England to respond to the urgency of the Climate Crisis. To reach Synod's target of 2030 will not be easy, and requires each of us to hear this as an urgent call to action. But this is a clear statement of intent across the Church and to wider society about our determination to safeguard God's creation. This is a social justice issue, which affects the world's poorest soonest and most severely, and if the Church is to hold others to account, we have to get our own house in order. There is no serious doubt that climate change is happening, and that people are causing it, so it is very encouraging that Synod is grappling with one of the most urgent issues of our time. We will now need to work out a plan to ensure we do everything possible to meet this target."

Adapted from the original article: <https://www.churchofengland.org/more/media-centre/news/general-synod-sets-2030-net-zero-carbon-target>

Environmental News

Aircraft and the Environment

This is a short report for those who are interested in what is actually happening in the field of Climate Change action. It gives some idea of how many governments are going about achieving carbon CO₂ reduction. It covers only one but important sector, that of the aviation industry.



May I first remind you of last month's article which drew attention to the fact that released carbon does not disperse but builds up cumulatively in the atmosphere? Furthermore as temperatures rise, conditions such as huge fires increase and the thawing of permafrost themselves release more carbon. For a safe climate condition to be achieved we need not only to stop carbon release but, through carbon capture, recover some of what has already been released.



The British aviation industry has grown by 25% between 2010 and 2016, and this reflects the world-wide position so its release of carbon is very significant. Emissions rose by 60% between 1990 and 2017. Currently in the UK 15% of the population accounts for 70% of air travel, so there is plenty of room for much more expansion here and even more need to curb the use of aeroplanes.

In February of this year the report of Sustainable Aviation, a body representing UK airports, carriers, manufacturers and navigation service providers for the industry in its approach to climate change, was published. The Report accepts the seriousness of climate change and sets out to show how the industry can reach the government target of net nil carbon emissions by 2050. It emphasises that success will require extensive co-operation between the industry and government. It is a very detailed and technical report setting out the path by which it will meet government objectives. It intends to do this by:

1. The effect of carbon pricing on demand.
2. Carbon reductions from improved operations, such as using direct routes.
3. Fleet upgrades from known and future aircraft types.

4. Development of sustainable fuels.

5. Market-based measures (MBMs) involving carbon off-setting: carbon capture, about one third of the total.

It emphasises that it can only succeed with government co-operation.

It is a very extensive and detailed report full of tables, graphs and pie charts. To understand its impact fully requires good technical knowledge which I do not have. But the thrust is plain.

Certainly the report makes clear that the industry expects to receive practical and financial support from the government on 3, 4 and 5 above. There is a mention of £1B. These days, although we still think of enterprise funding its own costs, in practice quite often the taxpayer is expected to meet some of them. It's called "Corporate Welfare". So charging the taxpayer with the responsibility of meeting some costs and taking a share in the responsibility for the "Road Map" of the report succeeding, may not seem unfair. So it is all in hand. Can we put our concerns about adverse climate effects from travel to rest and get on with planning our holidays for the year?

In an earlier article I dealt with the problem that industry has never covered: the social costs arising from its activities which here includes dumping carbon directly into the atmosphere. However this report covers this. The industry, it says, will pay for carbon emissions it continues to produce so that a fund can be used for carbon recapture. In this case, however, the report shows that about one third of the savings must come from carbon recapture (5 above) from outside of the industry. So there will actually be substantial actual use of carbon even if the target is achieved.

Reading the report reminded me of so many reports I have read in the past on different subjects. They always delivered the desired result in a plausible, intellectually consistent manner and one had to delve deeply to discover the shortcomings. Often they resulted in costs well above the expected. I expect it was the same for HS2.

Let me try to identify some of the issues taking the Roadmap on its merits:

Firstly, the Report identifies many positive technical improvements in both planes and new fuels. There is a separate report on the latter. There is potential progress here. But the fuels have yet to be used commercially.

Secondly, similar systems would need to operate in most countries otherwise UK companies would take their activities abroad.

Thirdly, all UK companies, as well as the taxpayer, would need to contribute to the actions outlined in the Report and there would need to be compulsion to use evolving power sources and cessation of present practices. This is not an industry based on conformity.

Fourthly, the industry offers to pay for carbon capture equal to about one third of its carbon emissions. Such capture costs would need to be fixed by assessment by a neutral body and transposed into a priority tax assessable on companies by reference to last year's usage, if it were to be collectable at all. It would need to take priority over the payment of other charges on each company. The Audit Commission would need to ensure that this tax went to a reserve for its purpose and was spent effectively, and did not disappear into the Exchequer. It would also have to ensure there was no double counting so that such tax was set against more than one liability. The consequences for the operating companies would be substantial and in the event of default there would need to be alternative sources for collection.

I am sure there would have to be more requirements than this. So, there is a forest of compliances to put in place before the proposals could be expected to work.

Nevertheless, it was a surprise for me to see that that the industry, intent on a successful future, is also planning to increase its carriage of passengers by 70% by 2050. This suggests that continued expansion is as important, if not more so, than carbon release reduction. Should the plans fall short in any way the resultant effect will be not only carbon release from current usage, but from an increase by 70% approved by the government. A situation of shared responsibility for failure. Well, that is certainly enterprising.

Because the effect of carbon pricing on demand cannot be known. Because the nature of future aircraft types by definition cannot be foretold. Because, although much is known about sustainable fuels, they are still very much under development. Because carbon recapture is as yet very hard to predict. For all of these reasons by the nature of the forecasts there must be very considerable doubt as to whether the predictions can or will be met. This report is an advance on a simple target but must necessarily be only of a speculative nature. It is not fit for purpose. Except that it does provide cover for the industry to plan a substantial continued expansion of the trade.

Perhaps the most remarkable feature of this report is that, although it suggests it will pay for an actual shortfall of about one-third on an increased usage of 170% compared with today, a continued substantial carbon release will occur. It expects the government to use that money to magic carbon capture, as it were, out of thinning air. There is not that space for that many trees!

So, at last for me the penny dropped. The report does not provide a road map for nil carbon use by the aviation industry by 2050. It provides for a shortfall of about one-third of an increased carbon release from an increase in activity of 170% which, after it has received government financial support in other areas, it is prepared to pay the government to recapture. Will that happen?

We must forgive those in the industry who wrote this report. They are, after all, only doing what we have always expected them to do, that is retaining their own priorities

of growth, and profit for all their members. It's called: "fighting your own corner." The problem is that this is entirely how plans for the radical change required, are likely to fail, just as on the financial side with HS2. Whilst we might afford the money we cannot afford the carbon release. This report is not fit for the carbon reduction purpose. It is a small but intricate example of what I mentioned last month. That is, a process of justifying how we can go on as before without addressing the real need for change and without ensuring the eradication of carbon release.

To make a judgement on the success or otherwise of such proposals one needs to bear in mind not simply the change envisaged against the needs of the industry, but what we shall face if sufficient action is not taken to fully reverse carbon release. The effects would be serious and worldwide. Climates would change much further, threatening food and possibly water supplies, besides less essential activity. Population movement with all its difficulties will greatly increase. Sea levels would rise threatening many large capital cities. Huge feats of engineering would be required to deal with that. Allowing the continuation of pollution by this industry would give rise to unimaginable economic and social costs throughout the world.

We simply have to eradicate carbon release and recapture some of what is already in the atmosphere. That takes clear precedence over allowing industries to carry on substantially as before. Ineffective or inadequate action must not be allowed.

There must be a temptation for governments (I believe the EU and other governments are following similar processes) to snatch at a report written to show that its aims can be achieved, especially if there other areas which do not respond, but that would be the same as acknowledging failure before the event. Instead, a skilled presence from the department ultimately responsible for eradicating CO₂ emissions is required throughout the process and thereafter to challenge the motivations in play and make sure the priority of carbon reduction at the levels of its own targets are actually universally met.

This is especially a problem when dealing with industries on a one-by-one basis. All the problems of lobbying and special pleadings arise and judgements might easily be made without reference to the overall changed reality.

This example illustrates the problem with giving industry a target and leaving it to them to set out how it will be achieved. It may be the way we have always done these things but in this case it simply does not fit the purpose.

Thank you to Harry Ingram for providing this month's environmental article. If you would like to contribute to the magazine, please email magazine@stmarksreigate.co.uk

REGULAR SERVICES AND EVENTS AT ST MARK'S

SUNDAYS

8.00am	Each Sunday	Holy Communion (Book of Common Prayer)
10.00am	1 st Sunday	Sung Eucharist (with Story Telling)
	2 nd Sunday	Parish Eucharist (with Story Telling)
	3 rd Sunday	Sung Eucharist (with Story Telling)
	4 th Sunday	Sung Eucharist (with Story Telling)
	5 th Sunday	Sung Eucharist (with Story Telling)
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)

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

CALENDAR FOR MARCH 2020

Sunday 1st March	Lent 1	
	3.00pm	First Communion Class
	4.00pm	Family Service
	6.00pm	Evening Prayer
Wednesday 4 th March	8.00pm	Lent Course 1 on <i>The King's Speech</i>
Thursday 5 th March	9.30am	Lent Course 1 on <i>The King's Speech</i>
	12.45pm	Holy Communion (Iona)
	2.00pm	SMART
Sunday 8th March	Lent 2	
	1.00pm	Community Lunch
	5.00pm	ROOTS Youth Club (Lower Kingswood Hall)
	6.00pm	Taizé Prayer
Wednesday 11 th March	8.00pm	Lent Course 2 on <i>The King's Speech</i>
Thursday 12 th March	9.30am	Lent Course 2 on <i>The King's Speech</i>
	12.45pm	Holy Communion (Iona)
	5.00pm	Choral Evensong
Sunday 15th March	Lent 3	
	4.00pm	Messy Church
	6.00pm	Evening Prayer
Tuesday 17 th March	10.00am	St Mark's Buffers
Wednesday 18 th March	8.00pm	Lent Course 3 on <i>The King's Speech</i>
Thursday 19 th March	9.30am	Lent Course 3 on <i>The King's Speech</i>
	12.45pm	Holy Communion (Iona)
Sunday 22nd March	Lent 4 (Mothering Sunday)	
	5.00pm	ROOTS Youth Club (Lower Kingswood Hall)
	6.00pm	Evening Prayer
Wednesday 25 th March	3.25pm	T Time Tales (last of term)
	8.00pm	Lent Course 4 on <i>The King's Speech</i>
Thursday 26 th March	9.30am	Lent Course 4 on <i>The King's Speech</i>
	12.45pm	Holy Communion (Iona)
	5.00pm	Choral Evensong
Saturday 28 th March	8.30am	Spring Clean
	8.00pm	St Mark's Social Dance
Sunday 29th March	Lent 5	
	6.00pm	Evening Prayer
Monday 30 th March	9.30am	Parent and Toddler Group (last of term)

CALENDAR FOR APRIL 2020

Wednesday 1 st April	8.00pm	Lent Course 5 on <i>The King's Speech</i>
Thursday 2 nd April	9.30am	Lent Course 5 on <i>The King's Speech</i>
	12.45pm	Holy Communion (Iona)
Sunday 5th April	Palm Sunday	
	4.00pm	Family Service
	6.00pm	Evening Prayer
Monday 6 th April	8.00pm	Stations of the Cross and Compline
Tuesday 7 th April	9.30am	Easter Club
	8.00pm	Stations of the Cross and Compline
Wednesday 8 th April	9.30am	Easter Club
	8.00pm	Stations of the Cross and Compline
Thursday 9th April	Maundy Thursday	
		No lunchtime Holy Communion (Iona)
	8.00pm	Sung Eucharist and Liturgy
Friday 10th April	GOOD FRIDAY	
	10.00am	Family Service
	12noon	Addresses and Hymns
	1.30pm	Liturgy of Good Friday
Saturday 11th April	EASTER EVE	
	8.00pm	Easter Vigil & First Eucharist of Easter
Sunday 12th April	EASTER DAY	
	6.00pm	Taizé Prayer
Thursday 16 th April	12.45pm	Holy Communion (Iona)
Sunday 19th April	Easter 2	
	1.00pm	Community Lunch
	4.00pm	Messy Church
	6.00pm	Evening Prayer
Monday 20 th April	9.30am	Parent and Toddler (resumes)
Tuesday 21 st April	10.00am	St Mark's Buffers
Thursday 23 rd April	12.45pm	Holy Communion (Iona)
Saturday 25 th April	10.00am	Gift Day
	8.00pm	St Mark's Social Dance
Sunday 26th April	St Mark the Evangelist (Patronal Festival)	
	10.00am	Patronal Sung Eucharist and APCM
	5.00pm	ROOTS Youth Club (Lower Kingswood Hall)
	6.00pm	Evening Prayer
Wednesday 29 th April	3.25pm	T-Time Tales (resumes)
Thursday 30 th April	12.45pm	Holy Communion (Iona)

PARISH ACTIVITIES, EVENTS, GROUPS & CONTACTS

CHURCH FLOWER ROTA
Contact: Mrs Valerie Jones

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

IONA COMMUNION – LUNCHTIME SERVICE
Every Thursday 12.45pm to 1.15pm followed by Coffee/Tea

PARENT AND TODDLER GROUP
Contact: Mrs Louise Wallis

PARISH SAFEGUARDING OFFICER
Mrs Rosemary Absalom

SMART - St Mark's Afternoon Retirement Team
Meetings on the first Thursday of the month
Contacts: Mrs Sarah Cousins

ST MARK'S BUFFERS
Meeting in church on the third Tuesday of the month from 10.00 until 12noon

ST MARK'S COMMUNITY LUNCH
Contacts: Paul Selvadurai & Mrs Alison Stagg

ST MARK'S CHURCH HALL
Regular Lettings Secretary: Mrs Jean Hatton
Party Bookings & Church Bookings via Parish Office

ST MARK'S OVERSEAS AID TRUST - SMOAT
Chairman: Mrs Barbara Perkins

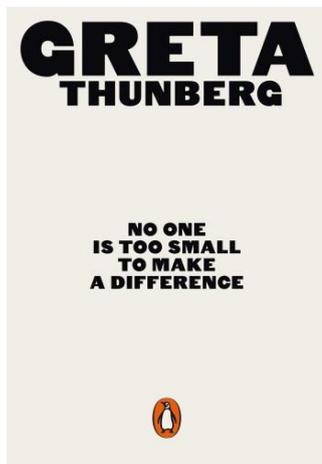
ST MARK'S SINGERS
Rehearsals Monday 7.30pm in the church – all welcome
Contact: Toby Garrod

WEBSITE & FACEBOOK
Contact: Ben Read

YOUTH WORK
Junior Church: Mrs Leonora Corden

Book Review

This month we review *No one is too small to make a difference*.



This month I want to recommend a book, by Greta Thunberg which has only 68 pages. With thinking time it would take no more than three hours to read and costs £2.99 at Waterstones. It is good value for money and it should be compulsory reading.

Before I read this book I wrote down the impression I had gathered of her. I saw her as a very thin, fragile girl who had Asperger's syndrome. Her heart was obviously in the right place but maybe she had not grasped the complexities of Climate Change. Well, now I know that whilst I was right, I could not have been more wrong.

It would be easy to write an appreciation of this book which was many times longer than its text. I shall not do that. Rather I shall struggle and fail to get across its message.

We all now know that Climate Change (or better; the destruction of the environment) is by far the greatest emergency the world has ever faced. Unable to agree over almost anything else our Parliament recognised this almost unanimously. So what is new about her message?

"Your house is on fire and I want you to panic!" is one of Greta's cries. This is because her view is that if we are not panicking, if instead the various media and ourselves are interested in almost anything else, then we have not understood.

In an article elsewhere on the environment I refer to Sustainable Aviation. The EU and our government is gathering environmental plans for many activities with the aim of net nil carbon dioxide release by 2050. The EU has since reduced that time scale to 2035. But Thunberg puts the date at 2030, now ten years from now and counting. Why a particular date? Well that is the date of the tipping point beyond which the scientists tell us, the critical mass of carbon in the atmosphere will be irreversible. (Do you recall that CO₂ is cumulative and does not degrade?) Beyond that date lies a time when Climate Change will be beyond our ability to reverse it.

She does not deal with the period after the tipping point. Unlike 'flu, Climate Change will not "cool off". Rather the effects will gather momentum with higher temperatures, worse storms, more land threatened by higher sea levels, spreading deserts, food shortages and so on.

So actual action is essential now, whereas after decades of doing nothing we are still talking about it. We are still planning beyond the tipping date when our plans will be too late. Such plans as there are, are woefully short of a path to early action. Worse than that, of course, is that our plans based on business as usual, certainly cannot be achieved. For example, 2030 is far too near to put two pennyworth of faith in our capacity to produce say alternative fuels in sufficient quantities for the aviation industry. At the same time the industry wants permission for a seventy per cent rise in people carried.

Whatever the negative effects, the use of carbon must stop well before 2030, and a strong start should be made not next year, but now. In the short term (if there is to be a long term), that means stopping the release of more CO₂ NOW, by giving up certain activities.

Thunberg also reminds us that that date does not take account of speed up through, for example, the thawing of the Permafrost with the consequent release of methane, a highly dangerous greenhouse gas, so don't put any faith in our scientists having been over cautious. The second thing new about her message is that we have to change the whole basis of our values and production systems. I do not necessarily agree with that but that may only reflect my inability to fully grasp the seriousness of climate change. What is crystal clear is that we have to stop using carbon and similar resources at once. Impossible, you say. No, the impossible is to go on using them against the expected consequences.

Beyond the tipping point, though preferably now, there should be further priorities in terms of protecting the biosphere, forests, soil and wild animals and (of even more direct importance to us) insects. Indeed, if we were to weather the crisis, that would be a necessary priority, along with CO₂ recapture, for many years to come.

Nearly all our news and concerns, such as economic growth, Brexit, political clashes home and abroad and so on, even the BAFTA awards, are irrelevant because if we do not respond to this crisis then in time all these will fail anyway. So really there is no room for choice. Yet as she says for decades governments and by extension the rest of us, have turned a deaf ear to the scientists and, like spoiled children, gone our own way so that there is so little time left.

I have heard it said, and I have said it myself, that our hope is in our children's children. Greta will have none of that. There is not the luxury of that time. Ours is the responsibility, both for the past and the future.

There are many more messages in this small book, so much to think about. The style is direct. Sentences serve as paragraphs. Insights cut through the morass of our current thinking and culture. All are challenging. None should be dismissed. It is not the voice of an analyst but the cry of a prophet.

Harry Ingram

Getting some ZZZs

Sleep is one of our most basic human needs like eating and breathing. It can have such a profound impact on our mental health, our physical wellbeing, it can impact our judgment.

A lack of sleep can put us at risk of heart disease, high blood pressure or a stroke. Sleep can even be used as a competitive edge amongst sports teams, the Manchester United football team, under Sir Alex Ferguson had their own sleep coach.



We have all heard the magic 7-9 hours which is the amount of time, each night, an adult should be sleeping but research shows less and less people are achieving their required slumber, 70% of Britons are sleeping for 7 hours or less. There are many things keeping people awake at night; health issues, children, anxiety and technology. Research shows men are getting better sleep than women and those who share a bed get the best sleep.

Experts agree that a good bedtime routine is important for a good night sleep. Cutting out screens such as TVs and phones can help; the Sleep Council has coined the term 'Junk sleep' for the impact technology is having on the quality of our sleep. However, Nick Littlehales, an elite sports sleep coach goes further in his recommendations including changing your sleeping environment and structuring your day around maximising your sleep. He claims that professional athletes like Team Sky have seen massive performance improvements as a result.

The sleep market is massive from mattresses to apps; it is worth billions of pounds. As we become more tired the hunt for a good night sleep is becoming more valuable. But with the benefits, it is easy to see why. As Adriana Huffington, the founder of the Huffington Post put it; "there's practically no area of your life that's not improved with sleep."

So with that, I am off to get some ZZZs.

References

<https://www.sleepcouncil.org.uk/wp-content/uploads/2013/02/The-Great-British-Bedtime-Report.pdf>

Nick Littlehales, Sleep

The Sleep Revolution: Transforming Your Life, One Night at a Time by [Arianna Huffington](#)

Letter to the editor

Spring Village

This is a true story with a steep learning curve concerning an area of life I had never before encountered. The time is about 1994. The names and initial are fictitious. Because of its length I am making it into two instalments and the conclusion is not perhaps what the reader might imagine. It began when I was approached by a friend to see if I would go briefly to India to recruit someone to run a very large orphanage and look into its accounts.

Father Ron, in his mid-sixties, ran a village for orphans in West Bengal. He had been supported for many years by an English trust. He was the son of a senior Indian Army Officer and he and his brother Fred were brought up in a Catholic Boarding School in England. After graduation Ron went to Canada and was ordained priest. Straight away he went to India to teach. Soon after, there was an epidemic which orphaned many of his pupils and he set up a home for them which grew into Spring Village.

Father Ron was also supported by a rich Swiss organisation and when in his later years he was very badly injured in a car accident, they took him to Switzerland for much surgery and for his recovery. Then he went back to Spring Village. The Swiss and the English trusts agreed that a successor was required in case Father Ron were forced to retire. Someone should go to India to consider the prospects for a successor both from Delhi and from the current managers of Spring Village, themselves originally orphans under Father Ron.

My friend put me forward as a volunteer for this job and I had to write my first CV. Apparently this caused some amusement since apart from my Head Office experiences it was no more than a list of Districts of which I had been DI. However, my friend's recommendation must have carried weight for I drew the long straw to go to India with a trustee, Ron's brother Fred.

We landed at night, the blackness relieved by flairs, fires and some house lights. We waited to be collected outside Delhi airport. I was introduced to a tall slim white bull with long horns which wandered freely about amongst people and rubbish seeking food. It was a very hot humid night so I was in shorts and T-shirt, but the road workers were heavily clothed with sacking round their shoulders clearly feeling the cold. It was all very strange.

Our modest hotel was otherwise populated by Indians and although Fred and I had the comfort of a room each, most rooms seemed to accommodate families or groups

of men. My morning view was of a rubbish tip with children competing with very large crows for valued items of rubbish. I took my anti-malaria tablet and went down stairs to meet Fred. Hardly had we exchanged a few words when my world began to slip sideways with headache, nausea and dizziness. I felt very vulnerable as I fought against fainting. Fred poured large quantities of bottled water down my throat and gradually the feeling subsided. I then remembered the instruction to take the tablets with food, and after a boiled egg, about the safest thing on the menu, I felt better.

The candidate we had come to see was a nominee of the Delhi Brotherhood, a sect of CofE monks who used to give welcome support to Mahatma Ghandi. The interview with Edward, the candidate, seemed to go very well largely because he spoke excellent English and in my judgement responded frankly and openly. Both Fred and I were impressed by his history, quick, relaxed mind and qualifications in child-care. Already Edward had arranged a short itinerary which was not exactly sight-seeing. First we had a chat with the head Brother, and then we visited an "old people's home!" and other areas of work by the Brotherhood which Edward had been involved in. We learned much about the sub continents crumbling social structure now under pressure from materialism, but it also enabled us to extend our knowledge of Edward from that gathered at the interview; see where he had worked and begin to understand the cultural dimension we were operating in.

Edward agreed to our suggestion that we all go to Spring Village for the several purposes of seeing his reaction to conditions there, of introducing him to Father Ron, to get his view, and, of course, continue the process of assessment. During all this I was, of course, enjoying the sights both physical and human. For example, imagine my surprise on turning a corner in Delhi to be confronted by four bearded men fully equipped with swords, bucklers, helmets and chain armour.

The sight of a roundabout controlled by traffic lights on Luchens' circular road stays with me still. Before the huge roundabout had cleared of traffic the lights turned green. Off plodded a black elephant at the top of the queue followed by a tut-tut, two camels and then a mixture of cars, ancient lorries and horse drawn overloaded carts, all sounding their horns at the same time and overtaking each other. Before the elephant had reached half way the lights changed and a similar stream of mixed traffic exploded from the road to the left and they met mid-way to form a solid phalanx. I could have watched this performance all day.

The next day we took the flight to Siliguri in West Bengal. At Arrivals we were ponderously entered in a log like a day book from Victorian times and then released to the waiting car owned by Spring Village.

The countryside was, of course, a complete change from the streets of Delhi. Monkeys abounded and I recall three women sitting in a dusty road under construction, breaking stones with club hammers. Judging by the amount of broken stones around them. they must have been at it for some months, or perhaps years. Mal proved to be a sprawling town of shacks in small gardens. The walls surrounding

Spring Village were at least ten feet high and the very heavy wooden gates were ponderously operated by an elderly man. Inside we were met by a small choir who sang us a welcome which, of course, I could not understand. However, I was struck by their solemn faces. We were then taken to Father Ron on the second floor of his house which commanded a view down the road within the compound. We received a measured welcome and introduced Edward who Father Ron received quite coolly.

Over the next three days Father Ron showed us round. There was the plentiful two-story living accommodation for large numbers, but also classrooms and workshops for vocational training; a library which I noticed took *The Economist*, and pride of place, a fully equipped computer classroom. We were introduced to a young Englishman there on holiday who had set this up also with training programmes the previous year. In the compound was also a small multi-faith chapel.

We visited the Spring Village Farm where the methane gas from the animals was used, I think, to power a generator. We were also shown a small straggly village which Ron had built on disused railway land for which no owner could be found. This was for the homeless and they obviously respected him greatly. It was clear to me that Ron was very much up with modern methods discovered from his wide reading and had introduced them where-ever he could. The many achievements were extremely impressive.

I also visited the nearby secondary school which Ron had financed by the bequest from his father. It had two-story blocks round a central quad with all facilities including fields for cricket and football for the boys and netball for the girls. It is a truly remarkable school and said to be the best grammar school in West Bengal. Ron was a governor but otherwise it is entirely separate from Spring Village. In the morning one can see the students emerging from their somewhat modest homes immaculately dressed in school uniform of snow white shirts, blue trousers or skirts and heavy homework satchels.

Edward was very impressed by everything we saw, except he commented on the wastage of food at meal times. He had plenty of his own ideas too. We got to know the mangers with one exception and met the boys over a game of hand ball into which I was reluctantly drawn into by the teenagers. For me it was a novel experience to have overt respect from teenagers. I blamed it on my white hair.

Next month I will outline the second reason for my visit and the problems which led to radical change.

Harry Ingram

Spring is in the air

With the spring equinox due on the 21 March and the clocks going forward this month, we look at what the best things are about this season.

Baby animals

There is nothing cuter than lambs, calves and all the other baby animals which are born in the spring-time, as the weather improves and food becomes more plentiful.



Blossom

The trees start to grow back their leaves and the fruit trees are covered in their snowy blossom, which is so beautiful. After months of grey, it is such a wonder to see the colour return.

Flowers

From the crocus and daffodils to the bluebells, Spring is the time when the most joyful flowers bloom; it is such a pleasure to walk in the woods and fields to see the bulbous flowers appear.



More daylight

It is always a treat to be able to leave the house in daylight and come home in the daylight, spring brings longer days. Whether it means an evening walk or an early morning cycle, everyone is more active when the sun appears.

Spring cleaning

Some may not agree with me but after being cooped up inside, a prisoner to storms and ice, being able to let the air in, blowing away the dust and freshening up the home is a real treat. You finally have energy for all those jobs you've been putting off.

Brockham Choral Society Performance

Haydn 'Nelson Mass' along with 3 Bruckner Motets and Mozart Symphony No.40 on Saturday 28th March at 7.30pm in St. Martin's Church, Dorking, RH4 1UX

Music Director: Cole Bendall with the Covent Garden Sinfonia and Soloists: Tamsin Raith, Lauren Macleod, Joshua Baxter & Niall Kennedy
More information & Tickets www.brockhamchoral.org

Reader recipes

Gingerbread People

Ingredients:-

400g plain flour
¾ teaspoon bicarbonate of soda
2 teaspoons ground ginger
2 teaspoons ground cinnamon
½ teaspoon ground allspice
¼ teaspoon ground nutmeg
½ teaspoon salt
180g unsalted butter
125g soft dark brown sugar
1 egg
125g black treacle



1. Sift together flour, bicarbonate of soda, ginger, cinnamon, allspice, nutmeg and salt.
2. In a separate bowl, mix butter and sugar until light and fluffy.
3. Beat in an egg and treacle to the butter and sugar.
4. Add flour mixture spoonful at a time to mixture.
5. Wrap in cling film and leave overnight in the fridge.
6. Remove dough from the fridge and leave to soften for 10 minutes.
7. Roll out to 4mm thick, cut into shapes, arrange on a baking tray.
8. Cook at 170C for approx. 10-15 minutes or leave to cool.

This recipe has been taken from the Hummingbird Bakery Cookbook. 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.

Pilgrimage to The Holy Land

Fr Martin and Revd Chris Colton will be leading a Pilgrimage to the Holy Land **next year**. The dates are **5 to 14 January 2021**. The cost, which includes flights, coach travel, a local guide, entrance fees and all gratuities, and staying in comfortable 3* and 4* hotels on a **full-board** basis is £1,995 per person. Brochures and forms are available. If you have any questions, please ask.

Candlemouse Returns

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

"Pancake Surprise"

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!

The other day I was hiding in the vestry and I overheard the servers talking about Shrove Tuesday. I listened carefully and heard them mention pancakes and melted chocolate. I decided to go along on the next Tuesday and find out for myself just what they were up to because it sounded too delicious to miss!

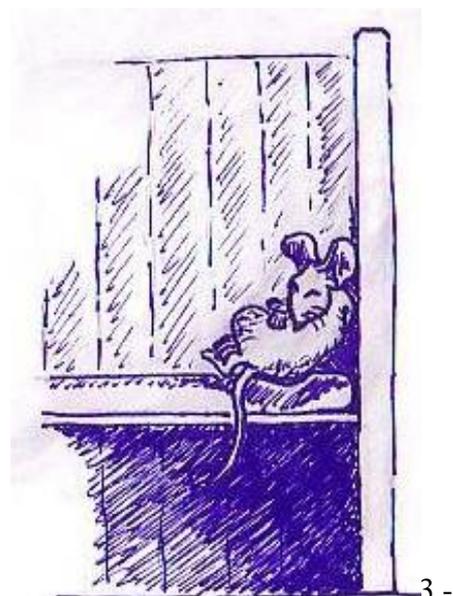
I hid on a shelf behind a mug while everyone from the serving team came into the kitchen and started cooking their pancake mix. It smelt really delicious and I couldn't help creeping out from behind the mug to get a better view.

A very tall server said to one of the smaller servers, "Watch me, I'm going to flip it." So he did and the pancake turned over in the air and landed with a plop safely in the frying pan.

Everyone watched while the smaller server asked to have a go. I sat down on the shelf and held my breath while she checked with a plastic knife to see if the pancake was loose.

Then with a loud cry of "Whee!" she tossed it high into the air right over the shelf and all over me!

Oh goodness gracious dearie me! Everyone laughed and laughed. It was hot and it tasted



delicious as I fell quickly to the floor covered in pancake, nibbled my way out and escaped into a cupboard before they could sweep me up into the dustpan.

I won't forget that in a hurry!

*Story and prayer copyright of Sarah Cousins
and illustrations copyright of Roger Lloyd.*

Let's pray

If we never risk anything for God
Never put our talents on the line,
We may find ourselves bereft of glory,
Side-lined to the safe bet, always onlookers
To God's gift of
Kingdom coming in our midst.

If we risk all for Christ
Put our talents on the line,
We may find ourselves
Challenged and uncertain
But we *will* find ourselves and
Share in God's surprise for us all!

Puzzles

March Sudoku Challenge

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

February Sudoku Solution

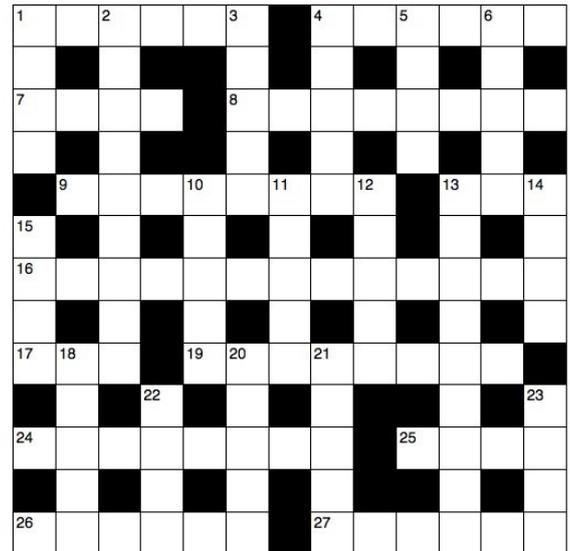
1	9	7	2	6	4	5	3	8
4	2	6	5	3	8	1	7	9
8	3	5	1	7	9	4	6	2
5	7	1	3	9	2	8	4	6
3	4	9	8	5	6	2	1	7
2	6	8	4	1	7	3	9	5
9	5	4	6	8	3	7	2	1
7	8	3	9	2	1	6	5	4
6	1	2	7	4	5	9	8	3

March Crossword Challenge

Biblical references are from the New International Version

Across

- 1 The earth is one (6)
- 4 'On a hill far away stood an old — cross' (6)
- 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
- 8 The Caesar who was Roman Emperor at the time of Jesus' birth(Luke 2:1) (8)
- 9 'Your — should be the same as that of Christ Jesus'(Philippians 2:5) (8)
- 13 Jesus said that no one would put a lighted lamp under this(Luke 8:16) (3)
- 16 Involvement (1 Corinthians 10:16) (13)
- 17 Armed conflict (2 Chronicles 15:19) (3)
- 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
- 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
- 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
- 27 Come into prominence (Deuteronomy 13:13) (6)



Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
- 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
- 3 Gospel leaflet (5)
- 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
- 5 Tugs (anag.) (4)
- 6 To put forth (5)
- 10 Nationality associated with St Patrick (5)
- 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
- 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
- 13 At Dothan the Lord struck the Arameans with — at Elisha'srequest (2 Kings 6:18) (9)
- 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke22:34) (4)
- 15 Spit out (Psalm 59:7) (4)
- 18 'When I — , I am still with you' (Psalm 139:18) (5)
- 20 Concepts (Acts 17:20) (5)
- 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
- 22 Does (anag.) (4)
- 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

February Solution

ACROSS:

8 Cross-examined 9 Ash 10 Apocrypha 11 Sci-fi 13 Typical 16 Visited 19 Offer 22 No account 24 RAC 25 Sovereign Lord

DOWN:

1 Oceans 2 Hophni 3, Islamist 4 Exhort 5 Omar 6 On spec 7 Add all 12 CBI 14 Plotting 15 Awe 16 Vanish 17 Starve 18 Daub it 20 Furrow 21 Recede 23 Cure

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