



St Mark's Parish Magazine

April 2020

THE PARISH CHURCH OF SAINT MARK, REIGATE

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Your Views & Contributions

Next issue will be available from Sunday 3 May 2020
All contributions to the editor by Monday 20 April 2020

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LETTER FROM THE VICAR

Instead of my usual letter, I have included here several general emails that I have sent out to everyone we have an email address for. They are in date order, and some of the information in the earlier emails has been revised in the later ones. On page 20 you can find out how everyone can listen to our Easter Sunday service live.

Best wishes



Recent emails from Fr Martin

St Mark's Church and Coronavirus – Update 16 March 2020

The current situation is changing at a rapid pace and first of all I wanted to assure you, as someone who engages with St Mark's, that we are actively working to consider how we should respond and how to do everything we can to ensure the safety of you and other visitors to our church.

We are also actively looking at what role St Mark's should play in supporting you and the wider community in the Parish of St Mark's with spiritual and practical support. Whether you feel you might need help, or might be able to offer help, please read on to find out how you can let us know.

With so many people being involved in different aspects of the role we play in our community, I wanted to share with you the full range of actions we are taking and different scenarios we are considering.

What advice are we receiving?

The Parish of St Mark's Church, Reigate is part of the Diocese of Southwark. We are getting specific advice from the Diocese and from the Church of England. That advice, which is regularly updated, is available here

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

We are also paying close attention to advice given by our government and the current situation in local schools. All of the actions we take will be guided by these sources and our own assessment of how that information affects our ability to safely fulfil our role within the local community.

We anticipate that regular corporate worship will be suspended in the near future. The Church will remain open for private prayer by individuals during daylight hours. In addition, I will prepare a weekly 'broadcast' on our website which will include prayers, Bible reading and a reflection. Other online resources will also be available via our website. For those unable to access these, printed copies will be available in church for collection or delivery. [The Church is now closed]

What do we see as being our role?

This is something I discussed at length with our Churchwardens and have shared with the Parochial Church Council. With the situation changing so quickly, it may evolve, but in broad terms we see our role as being to provide spiritual and practical support to those more vulnerable or less able to support themselves in this time of need.

We already know who many of those people are or might be from the work I and the wider pastoral care teams do in the community. But we are certain there will be other people in need that we don't currently know.

If you feel you may need support from St Mark's in some form, please let me know, whether you need that support now or anticipate needing support as the restrictions placed on our daily lives increase. Our offer of help is extended to anyone within the Parish of St Mark's who might need help, irrespective of their faith.

What can you do to help?

As a church, we are already well placed to provide pastoral care within our community as well as practical help to those who need it. Our many clubs, groups and gatherings are examples of this. But the way we do things will inevitably have to change. And we may not be able to do everything ourselves. We will be looking to engage with other churches and organisations locally as well as liaising with local government where appropriate.

But we need help in doing this. If you feel you have something to offer, whether it be a practical skill or just compassion and a willingness to do something practical, please let us know. Some of the things we anticipate being required include:

- General pastoral and spiritual support, a task I am asking a small team to plan in more detail;
- Practical support for those who may not be able to get out personally and may ordinarily rely on others who become unable to provide the help. This could be anything from support with shopping or collecting prescriptions, delivering church communications to those who are unable to access them via digital means, help setting up technology to enable social interaction at a deeper level (eg video calling) or general help fixing, mending and repairing things in the home.
- Please keep an eye on our website, your email and social media. We will use these channels to communicate any changes to the normal services, clubs and support that we offer. If for any reason you know someone who does not receive these channels, please let me know so we can make alternative arrangements to communicate with them, if they want us to do so.

Our message to our local community is very much that 'no worry is too small' and St Mark's and its community will do what it can to help and support people.

If you can help in any way, please let us know. If you need help, please let us know. Anyone who provides help will be screened, including DBS checking as appropriate, so you can have confidence in our volunteers.

How to get in touch:

Please contact us in either of the following ways for general requests for help or offers of support:

Telephone: **07979 788601 (a new number set up for use at this time)**

Email: **help@stmarksreigate.co.uk (a dedicated email address we have set up to co-ordinate activity.)**

If your need is urgent, it is most likely that you should contact one of the emergency services in the first instance. There are however a number of key individuals within the community of St Mark's who may also be able to assist and you can find their contact details on the website. <http://www.stmarksreigate.co.uk/contact-us/>)

Thank you for your support in these challenging times.

Revd Martin Colton Ben Read Louise Wallis

Vicar and Churchwardens of St Mark's Reigate

St Mark's Church and Coronavirus – 18th March 2020

Thank you to everyone who has responded with offers of help so far. There is no commitment to do anything specific, but by letting us know that you might be able to help, we are better placed to respond to any specific requests for help if and when they arise.

Things are moving at a very fast rate, so apologies for another lengthy email so soon.

A couple of updates

- We have now created a space on our website to update you. Please see <http://www.stmarksreigate.co.uk/useful-resources/coronavirus/> and also keep an eye on <http://www.stmarksreigate.co.uk/parish-news/>
- The Church of England have now issued an update saying that 'our usual pattern of Sunday service and other mid-week gatherings must be put on hold'. **All normal services on Sundays and during the week are now cancelled.**
- In line with this advice, we will now be **cancelling all other church groups and meetings until further notice.** This includes Messy Church, the Monday morning Toddlers Group, T-Time Tales, the Lent Course, the remaining Lent Lunches, SMART and the Community Lunch as well as our planned Easter Club. If you had booked your children into Easter Club, Mel Crighton will be writing to you about that.
- Although normal services have been suspended, we still wish to deliver the Parish Easter card but have printed an addendum to go with it. Nigel Perkins is arranging for these to be provided to those of you who have already collected your cards for delivery. In you have already delivered cards, please don't worry about delivering the insert. We still have streets that need to be covered. If you can help, please call into the church and check the list for an unallocated street, and take the cards to be delivered.

The Church will remain open at all times if we are able to do so. It is normally open from around 8.30am until dusk, 7 days a week. Please do use the church for any private prayer or reflection. You are welcome to leave a note of anyone you wish to be included in our normal prayers and I will ensure that they are included. [The Church is now closed]

What does this mean for us?

Firstly, let me assure you that whilst our normal routine of spiritual and pastoral care, community activities and groups may be suspended, it does not mean that our work grinds to a halt. Indeed quite the opposite. For many of you, the cancellation of these services and events may be a nuisance. But for some in our community – and by this I mean both our congregation and the wider Parish community – these changes take away one of their significant support networks. I am committed to ensuring that as a community, those of us able to do so ensure that we come together and support those in need.

What are we doing?

- Our usual pastoral care team is now switching to a telephone-based support network. But it is likely they will need more help to do this.
- Our Community Lunch team are contacting our guests to let them know what we are doing. If you are normally a driver for Community Lunch and have not yet spoken with Paul Selvadurai or Robert Cramp, please do so.
- In delivering our Parish Easter card, with the addendum, we are reaching out to those who may need our help. Please encourage any of your neighbours who may feel vulnerable to contact us if they feel St Mark's can offer them spiritual or practical support.
- I will be starting to provide regular prayers, sermons and spiritual support via our website and email to those who want to access that. These will be accessible from <http://www.stmarksreigate.co.uk/our-services/regular-services/online-spiritual-support/>

What sort of help do we hope to be able to offer?

St Mark's is a trusted part of the community and we want to ensure we respond to that trust in this time of need. We will make no judgment of people and we will offer our help to anyone within our congregation or the Parish, regardless of faith or beliefs.

We anticipate being able to offer help such as:

- Pastoral and spiritual care, whether it is to people who already engage with our pastoral care team or want to do so for the first time.
- Practical help – anything from errands, minor DIY or maintenance, help with housework, shopping, collecting prescriptions. The kind of help that may ordinarily have been provided by family or friends who might be unable to offer such support due to the restrictions on our lives now being put in place.

- Being a contact point for relatives who are not able to respond locally. If you would like us to hold next of kin details for you, or give our details to your next of kin in case they are unable to contact you and want someone local to do so, please speak with me or Alexia Hartman in the office.
- Continuing to collect food for the local Food Bank at St Matthews – it will be no surprise that they are suddenly in desperate need of food items and (no surprise) loo roll. Please leave donations in the church as usual.

Remember, no worry is too small to ask.

As well as any practical health related safety precautions we will need to take, we take the safeguarding of everyone who requests help seriously. We will take actions to ensure that where you ask for and receive help, you know who the person is who will be assisting you and can positively identify them.

If there is anything you feel I, one of the wider team, or one of the many volunteers who have already offered their help can do, please let us know. You can contact us using:

Telephone: 07979 788601 (We will be doing our best to answer this personally for an extended period, but do leave a message if we are unable to do so.)

Email: help@stmarksreigate.co.uk

If your need is urgent, it is most likely that you should contact one of the emergency services in the first instance. There are however a number of key individuals within the community of St Mark's who may also be able to assist and you can find their contact details on the website.

Thank you for your support in these challenging times.

Revd Martin Colton

Vicar

21 March 2020

Dear Friends

As I am sure you are aware, there will be no public acts of worship in St Mark's this Sunday or until further notice. This is probably the first time in the 160-year history of St Mark's that all public worship has been suspended. However, the Church remains open for private prayer every day and I am continuing to say my daily prayers, alone, in St Mark's, thus continuing the Church as a House of Prayer. I encourage you to join with me virtually, but not physically, by using the Daily Prayer app from the Church of England or following it online – links are on our website www.stmarksreigate.co.uk/useful-resources/other-spiritual-resources/

Every Sunday, at a time when the Church is locked, Chris and I will celebrate the Eucharist so that Holy Communion remains at the heart of the Church. Under the current arrangements this cannot be a public service.

I am recording an audio act of worship and you will be able to access this from 8am onwards on Sunday morning at www.stmarksreigate.co.uk/media. By using this we can worship together as a community. The Archbishop of Canterbury will be leading worship on Radio 4 at 8.10am on Sunday, and Songs of Praise is on BBC1 at 1.15pm, so there are these opportunities to participate in worship as well.

I have attached this week's news sheet. There are some paper copies in the Church that can be collected. If you know of someone who won't be able to access the internet and would like a copy, perhaps you can print off a copy for them and send me a message to say who you have given it to so that we can ensure they get a copy in future. [Since sending this out originally, the Church is now closed and locked so nothing can be collected] On the website there is the text of the service as well which can be printed off for those who might appreciate it.

One other worship initiative is to pray for our nation, and especially those in the health service, on Sunday evening [and perhaps every evening] at 7pm and to place a candle in your window, but please ensure safety by placing it well away from any curtains, etc.

Let us worship together and look out for each other as in these worrying times we strengthen our links one with another and with our Lord and Saviour Jesus Christ.

With my best wishes

Martin

26 March 2020

Dear Friends,

If you are feeling frightened by what the world is facing at the moment, and if the latest announcements scare you, that's totally understandable. Fear is deeply human and an incredibly important emotion. We use it to make ourselves do things out of the ordinary in order to protect ourselves and those we love. So use your fear - but don't let it use you. If we don't recognise, understand and respond appropriately to fear then we end up acting irrationally, and that can, and will, make things worse. Breathe deeply and check how you're feeling.

We believe in, and follow someone, who said on many occasions, "*Don't be afraid.*" He also promised that He was with us. He made us, even our ability to be afraid and frightened. He made us able to recognise and use that fear in such a way that we don't need to live 'afraid'. We have wonderful abilities within ourselves to choose healthy ways to act when we're afraid. Let's exercise that God-given ability.

Our times have been described as like shifting sands but I hope you feel a little more stability as time goes on and we get used to a different way of living. As a church community we have been busy, co-ordinating our response to what is happening in our country at the moment. We have mobilised our troops, as it were, and are providing the support which was set out in my emails last week. This seems to have been well received and I hope you won't hesitate to make use of what we offer.

For spiritual support, our first weekly broadcast service went out last Sunday and was listened to by a good number of people. The next service will be available from 8am on Sunday and remain online for the next week. **Although all church buildings are now closed for private prayer as well as public worship**, let me assure you that I continue to pray daily in the Vicarage for everyone in the Parish.

There are also links to prayer and bible study resources on the parish website, www.stmarksreigate.co.uk/useful-resources/other-spiritual-resources

For many, there will be savings through not having the opportunity to go shopping for non-essentials, on holiday, or out for meals and entertainment. I would encourage those who are on a fixed income, to continue paying the likes of your cleaner, gardener or dog-walker, even if they are unable to attend to your needs. The self-employed seem to be the hardest hit. The financial help that has been offered to them is very complicated and it will take many months before any money comes through, months when they will still have to buy food and other essential items. I have made provision for this in my own household.

It is admirable that the Government has made such provisions to help businesses and employees with financial arrangements. However, nothing has been offered in order to mitigate the losses that Churches suffer from not holding services, from the loss of the hire of premises etc. and from being prevented to hold any fundraising events. We are grateful to those who already give by Standing Order to the Parish but we are still incurring a loss of approaching £2,000 each month by not having the weekly collections in church (and that does not include the loss of hall income). If you would ordinarily contribute to the weekly 'offering' in this way, then please would you consider now, either going over to Standing Order, or to paying your weekly contribution directly into our Bank Account. There is very little saving for us at this time of year through utility costs and we stand to have a significant deficit by the end of the year even though our ministry in the parish continues and is more vital than ever. We are supporting the elderly and vulnerable in the parish in practical ways. We are being the Church in this community in new and vibrant ways which even a few weeks ago we did not think were possible.

If you could support the parish in a financial way, please call for our Bank details. Or perhaps you feel you could make a donation to the parish via our website, where a donation facility is in place, or send a cheque equalling your weekly giving to me at St Mark's Vicarage, 8 Alma Road, Reigate, RH2 0DA. All contributions will be greatly received. I have often said that I will never ask you to do anything that I am not prepared to do myself. As I already give by Standing Order, I have just increased this amount by 10%. This is a personal decision as all yours will be, and I understand that for some, your income has been hit and so you may feel that you cannot give to the Church at all or may wish to reduce your giving in the short term.

I apologise for having to mention our financial situation at this worrying time. It goes against the grain. Yet we are living in a very fearful world at the moment and it would be easy to give into that fear and ignore the day-to-day decisions that individuals and organisations, like the Church, have to take.

I intend to send further communications from time to time and trust that, in the meantime, you are heeding to the demand to stay inside unless for all but the most essential outings. Stay safe and keep well and please do give me a call if you have any questions or just want to chat.

With every blessing.

Martin Colton.

Fundraising

Report from IMPACT on the Jibon Tari Floating Hospital, Bangladesh - SMOAT Christmas Appeal 2018

For our Christmas Appeal 2018, one of the projects we supported was the IMPACT Jibon Tari Floating Hospital in Bangladesh. We sent £3,000 to them as part of a match funding initiative.

I have just received a report from them to say that they raised a magnificent £489,009 as a result of the match funding – what an amazing result for them! Here are some extracts from their report, which makes heart-warming reading:

The *Jibon Tari* Floating Hospital is the first ever waterway healthcare service provider in Bangladesh. A purpose-built hospital arrangement on-board has been offering disability focused hospital and community-based curative and preventive healthcare services to riverside marginalised communities since April 1999. The hospital is equipped with trained manpower, modern medical equipment and accessories to conduct surgery and to treat patients with various disabling conditions. The team have already treated over half a million people. Thousands of men, women and children have been able return to school or work, provide for their families and live a life free from needless disability.

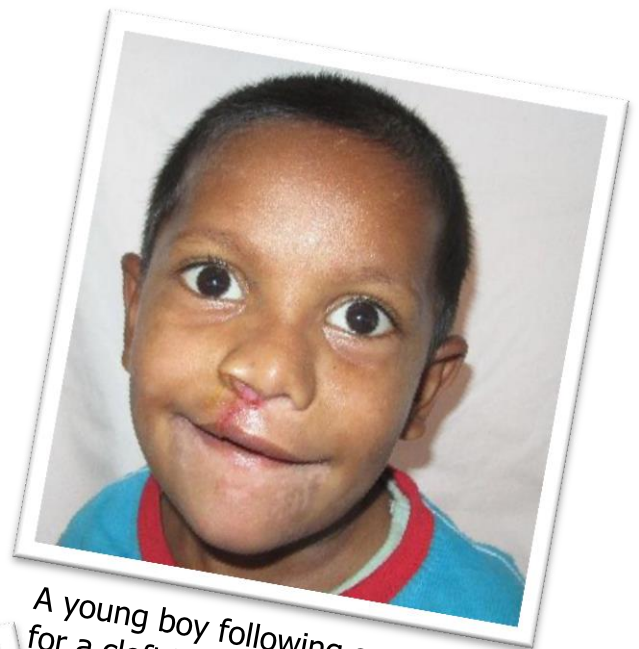


Achievements during 2019:

- 39,467 people were screened and treated by the medical teams on the Jibon Tari
- 1,749 cataract patients received surgery to restore their sight

- 608 people were fitted with assistive devices for a mobility impairment
- 150 ENT patients received surgery to help them hear again
- 27 patients were helped by our orthopaedic teams to restore mobility and regain movement
- 70 children and young people had surgery to repair cleft lip
- 96 teachers have been trained to check the sight of children and 1,583 children had their eyesight tested
- 1,527 children benefitted from vitamin A supplements to protect their sight
- 345 traditional birth attendants were trained to help pregnant women in their villages
- 786 patients were treated by our physiotherapists
- 381 community leaders and local health workers received training on how to identify disabling conditions

This floating hospital is truly a lifeline for thousands of people each year, enabling them to get back their lives which, in many cases, have been affected by very curable illnesses/disabilities which would be picked up here in the UK and treated as a matter of course. What an amazing and rewarding project to be a part of. Thank you for supporting our Christmas Appeal last year. You will have helped so many people.



A young boy following surgery for a cleft lip



Patients recovering from cataract surgery

Regular Giving

In these uncertain times, we are all being affected by fear: fear of becoming ill, fear of having no job, fear of having no money, fear of not having a roof over our heads, fear of not knowing if we will have enough to feed our families. Coronavirus has taken over our lives temporarily but for some people around the world, that is their life on a day-to-day basis, with no end in sight.

I know that we are all worried in one way or another, but can I please ask you to consider regular giving to SMOAT? We are anticipating that we won't be able to raise money through fund raising for some time to come. We are only a small charity, we don't raise huge amounts of money each year, but what we do raise goes a long way in the places we are supporting. This will have an impact on what we can give to help others who are much less fortunate than ourselves, even in our present circumstances. They are also not immune to this virus; it will affect them and their livelihoods. A lot of them will be vulnerable to it because they are already under-nourished or living with illnesses and disability.

Regular giving need not mean that you have to give a lot of money each month, the important thing is that it comes to us regularly, enabling us to send money to organisations throughout the year.

If you would consider this request, please contact treasurer@smoat.org.uk. It is hard for us all just now but please try to put yourselves in the position of those in developing countries, where life is a constant struggle just to survive.

Thank you
Barbara Perkins
Chair, SMOAT

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News from the Church of England

New Mental Health Reflections published by the Church of England

A series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques and five tips has been published by the Church of England to support people during these unprecedented times.

The new guide called *Supporting Good Mental Health* can be found at: bit.ly/COEguide and includes a number of actions which could help people who feel isolated, worried or are grieving.



The Rt. Rev James Newcome, Bishop of Carlisle and the Church of England's lead bishop on health and social care, said: "For some time now the issues of loneliness and isolation have been identified as major problems within our society. The coronavirus pandemic will only create further challenges in this respect. So it is vital that we do all we can as a church to protect people's mental wellbeing.

The Church has also published five tips for tackling loneliness and isolation:

1. Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
2. Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
3. Focus on the things that you can change, not on the things you can't.
4. Look after yourself - physically, emotionally and spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

Adapted from the original article: <https://www.churchofengland.org/more/media-centre/news/new-mental-health-reflections-published-church-england>

Environmental News

A tip for 2035?

As I write the coronavirus has become a major health and economic problem. Curiously parts of the press are considering the likely increase in deaths from coronavirus compared with deaths which would happen from a recession if that give rise to a drop of 6.5% in GNP. This is the first time I have seen an admission that economic depressions cause otherwise unnecessary deaths (from suicide and drop in standards of living at the bottom).

The pandemic is a reminder that humankind is not always in control. Ultimately we are dependent on the natural environment and there are limits to how much we can abuse it. You would not think we needed such a reminder. Only this year we have had record storms and floods not only here but world-wide and, of course, serious fires in all continents.

The ruling that the third runway at Heathrow could not go ahead without a consideration of its climate effects may prevent lip service to climate change whilst going on as before. The response of Heathrow, which has appealed, was that the ruling was no problem. All it required was the insertion of a suitable form of words. This just emphasises the arrogance of such vested interests.



There seems to be an attitude abroad that we must adapt to climate change. Where there are floods we must build bigger and better flood defences (does this mean we can still build on flood plains?) We must build higher sea defences to defend London and other capital cities. There is actually an idea to enclose the North Sea. And so on. This is a new form of climate change denial which shows a lack of understanding of the true consequences of ignoring or even inadequately responding to climate change. Certainly it shows no commitment to achieving net nil use of carbon by 2050. As Greta Thunberg tells us, if we appreciated the extent of the threat, all other news would be redundant.



I have not found it easy to understand "the tipping point" of climate change. Everything I hear about climate change is so intimidating that I feel there can be

nothing worse and I look for the nearest fire bucket to put my head in the sand. So may I share my concerns?

Why a tipping point? A tipping point is when something goes past the point of no return. If you lean forward in your chair there comes a point when you are finely balanced between the edge of the chair and falling. The next movement forward is a fall. You cannot recover. There is absolutely nothing you can do about it. You hit the floor.

Firstly, though, there is a need to get some grip on time scales. I used to think of air pollution as something which has grown up over time, perhaps since those first chimneys of the Industrial Revolution. Well, in the sense that that was when we began to burn coal big time that is true, but in comparative terms it is quite irrelevant. Eighty-five percent of carbon dioxide in the atmosphere has been released since the Second World War.

More than half of the infusion of carbon dioxide into the atmosphere has occurred in the last thirty years and the rate is still increasing geometrically day-by-day. So the effects of climate change have been widely well known for well over thirty years. We have wasted those years by going on as before only much more so. This tells us that the tipping point is approaching at an ever increasing rate which is very hard to comprehend.

It is easy to see why this huge release of carbon has occurred so relatively recently. There has been an explosion in world population and even more important, a massive widespread increase in wealth. The use of carbon is evidenced every time you see on your TV screens the new growth of high rise buildings in towns and cities all over the world; new huge cities in China and the Far East as well as in the West. When you see on the News foreign towns clogged with cars, or when you hear of the widespread use of aeroplanes in the Far East you will understand why so much CO₂ is being released into the atmosphere.

The tipping point is defined by scientists as when the average world temperature increases by about 2 degrees Celsius and at present rates they place the date of the tipping point at 2050. For some curious reason governments have set the target of nil net carbon use at that date instead of sooner, though the EEC at least has now reduced that date to 2035. Does this change demonstrate that the scientists have got it wrong? Well, not exactly. Rather it shows that these dates are not precision instruments and that because of our explosion in the use of carbon their forecasts need updating frequently.

The use of carbon is increasing at a pace. It is quite facile to expect that even were we able to achieve the targets by the given date, it would be enough when that is the agreed time for the tipping effect to begin and is irreversible. That is like playing Russian roulette. Furthermore, many countries have a consistent record of missing targets. Some like the US refuse to take part. Change needs to begin in earnest now.

So how can this change at the tipping point come about? Surely past 2035 we can still take remedial action by not using carbon and planting trees, and so on. Well, I'm afraid not. Once the critical temperature level has been passed, the globe releases its own carbon dioxide and other greenhouse gasses which will go on regardless of what we might do and at the same time the properties of recapture slow or cease. Thousands of years ago the world has been there before (at a much slower rate) and the result was not simply a rise in sea level to cover most of the land on which we grow our food, not to mention the drowning of many capital cities. It foretells the extinction of life as we know it.

After we have reached the 2-degree increase level the following are some of the reactions of nature which will really come into effect.

1. The ice sheets, especially Antarctica, will melt more quickly raising sea levels as we know. The absence of ice and snow areas will remove their cooling effect on the sun's rays so that the earth will heat up at an increasing rate.
2. The perma-frost areas of Siberia and elsewhere will thaw releasing methane gas in huge quantities. The effect of methane gas is, per unit, 35 times more powerful as a greenhouse gas than carbon dioxide on a time scale of a century, and eighty-five times as powerful in a time scale of two decades. Al Gore told us this more than thirty years ago,
3. A warmer climate means more and larger forest fires and fewer trees thereby reducing carbon recapture by trees. That is already happening.
4. A hotter climate is bad for the growth of trees resulting in die back and the decline in or removal of carbon recapture and the release of oxygen.
5. A warmer climate means more water vapour in the air increasing the rise in temperature, drawing up more moisture so that heavy rains will be the norm.
6. . Warmer oceans means they can absorb less heat which then stays in the atmosphere further raising temperatures and also the sea will retain less oxygen, reducing levels of phytoplankton on



which most sea creatures ultimately depend. That will further reduce carbon capture which currently takes place in the sea.

7. Loss of vegetation cover will result in loss of soil and mud flows which will affect agriculture and change landscapes.

There may be some positive reactions to climate change. We might stay in England for a sunny seaside holiday! However, the overriding condition is one of further warming and greenhouse gas release, at a geometric rate. I doubt whether I have listed all the adverse effects.



As a species we are supposed to be both scientific and adaptive. Certainly we have those capacities, but currently most do not listen to the scientists and we would prefer to go on as before rather than adapt. The forces of inertia and perceived self-interest are adept at advancing reasons for not doing what the scientists advocate and, one way or another, are powerful through the media. Neither changed climate, fires or flood can change them. Like a soldier in the trenches we expect it to happen elsewhere and to someone else.

Of course, changing our ways to eliminate the use of carbon will be painful (perish the thought!), and there will be losers as with all economic change, but such change is possible (as well as inevitable at a later date) and there will be winners from developing new industries.

The curious thing is that there is actually no choice. Not responding to climate change will in time actually hit the users of carbon and our current values will change then, whether we like it or not. Far better to use our brains, eliminate the use of carbon now and use the time to develop other sources of power.

In that regard the current pandemic, by shutting down economies, provides a chance to engineer recovery with an emphasis away from burning carbon. The air industry, for example, has no sufficient plans to meet the net nil use of carbon by 2050. Whilst temporarily grounded with the exception of use for importing and exporting products, is helping reduce carbon emissions in the short term and will be hopefully remain drastically reduced in the longer term.



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

At the moment all these activities are on hold. We have a Sunday service, audio or video, which can be accessed via our website, and hopefully soon in other ways as well.

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	3 rd 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	1 st Thursday SMART

SATURDAY

8.00pm	4 th Saturday St Mark's Social Dance
--------	---

The Calendar will return once the Church and Hall reopen
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 Selvedurai & Mrs Alison Stagg

ST MARK'S CHURCH HALL
Regular Lettings Secretary: Mrs Jean Hatton
Party Bookings & Church Bookings via Parish Office 01737 210785

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

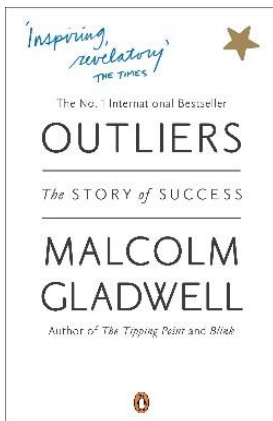
ST MARK'S SINGERS
Rehearsals Monday 7.30pm in the church – all welcome
Contact: Toby Garrod

WEBSITE & FACEBOOK
Contact: Ben Read

YOUTH WORK
Junior Church: Mrs Leonora Corden

Book Review

This month we review: *Outliers: The story of success*



This book was originally recommended by a work colleague who had recently enjoyed it. Written by Malcolm Gladwell the book looks at the real reason that people are successful.

It works to dismiss the idea that someone from the most disadvantaged background can become ultra-successful overnight by luck, and explains that the rags to riches story is often a myth.

Gladwell uses mathematical data, calls upon research and uses case studies to demonstrate some clear examples of how people succeed. He identifies; opportunity, practise and hard work as the three essential ingredients for success.

The case study he used to explain Bill Gates success was really fascinating, to hear the story of the support system that Bill had in place and the passion he had which encouraged him to code day and night really helps to bring Gladwell's theory to life.

As a mother, the case study of the Canadian Hockey League really hit home the idea of opportunity. It identified that all the hockey players in the league had a birthday between January and March. This is because as children, in the junior hockey leagues those who are oldest are biggest and most mature and are selected to join the teams, they then get the opportunity to train more and play more games which makes them better and so they go on to be the best players. Gladwell then links this back to the UK education system.

The way the author brings to life some of the examples is really fascinating. He looks at many factors which get in the way of success and how they have been overcome or what was really happening behind the press release. One of the stories which I enjoyed reading about on a plane to Glasgow was about why the Asian airlines went from being the most dangerous to the safest airplanes in the sky by understanding what really made them the most dangerous in the first place.

This story was most intriguing because it looked at the part culture plays on individual success. Interestingly it was the Asian's view of authority and communication style which hindered their safety record.

One part of the book which will provide comfort to some at this time is the story of a Jewish lawyer who faced adversity and went on to achieve great success because of and in spite of it. As a Jewish Lawyer in America in the 1950s he was shunned by the big successful law firms, he was forced to set up alone working on cases which the big companies didn't want to get their hands dirty with, business take-overs. Flom worked very hard as his upbringing had taught him and fast forward to today he has a very successful business and he has become an expert in a field which today is very relevant. Perhaps this can help us find opportunity and comfort in the adversity which we see today.

I found myself talking about this book a lot and really enjoyed reading it to the very end. Every chapter contained some thought-provoking insight, I really felt I learnt something interesting.

It wasn't only useful from a professional perspective but also from a human interest point of view. The author even uses an example of his own grandmother and how she ensured success for her daughters, the author's mother.

I cannot recommend this book enough and I shall certainly be reading other work by Malcolm Gladwell in future.

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.

Easter Sunday Worship

On Easter Sunday, as well as being able to access our worship on our website, there will be a way of listening in without a computer! This will only be available at this time; if you are late you will miss the beginning or even the whole service.

Telephone Service - 10am Easter Sunday 12th April 2020

- 1. Dial 0208 080 6591 (just before 10am on 12th April)**
- 2. Enter 'Meeting ID' when prompted: 752 593 828**
- 3. Enter '#' when instructed**

Please circulate these details to anyone who might appreciate this opportunity. There will also be the opportunity to view the Easter Sunday service on our website afterwards as well.

Colours of the Christian year

You may have noticed that the colours in the church change throughout the year. For example, Fr Martin's vestments, the altar frontal and the hanging on the pulpit. Have you ever wondered what they represent? Me too, so I decided to investigate.

In Christian churches one of four colours is used through the year – purple, green, gold (or white) and red – these are referred to as 'liturgical colours'. The colour reflects the seasons of the church calendar, which starts in December with Advent.

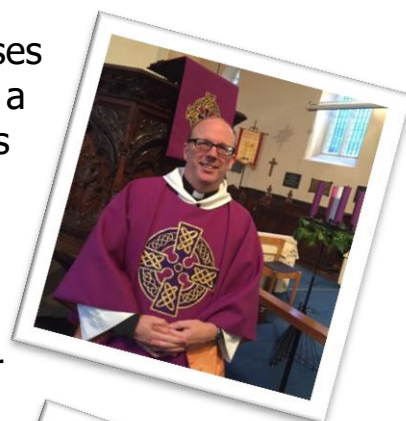
In Advent purple is the liturgical colour used; it symbolises royalty because we are preparing to welcome the coming of a king. Purple is used again in Lent because it also symbolises suffering and pain.



At Christmas and Easter the colour changes to white or gold, both bright optimistic colours for festivals, times for joy and celebration.

Between the festivals the colour green symbolises all living things, renewal and promise of new life.

And finally, red is the colour of fire, used in churches to celebrate Pentecost and saints' days.



So now you know, can you spot the deliberate mistake in our last photo?

Answer: The advent candles are out but the altar frontal is red; it should be purple. This photo was taken in November in advance of December for the magazine.

Letter to the editor

The Outcome at Spring Village

Last month I outlined my first impressions on my short visit to India and of Spring Village. The main purpose of my visit was to recruit an assistant for Father Ron who would, in time succeed him. We were more or less settled on Edward who we had interviewed in Delhi and who had come with us to see what he thought of the project.

The second reason for my going to India was to try to discover why the accounts of Spring Village were thought to be unsatisfactory. I set about this on the second day. What a joke. Here book-keeping was Victorian. It began with a Day Book filled in with immaculate copper print style in wet ink handwriting and followed through to Trial Balance. I had not come across this since the beginning of my training. Please don't assume that was in Victorian times.

So traced transactions through the books and I asked the questions to which I was given extended answers to take up my time but thereby I began to understand the methodology and thinking of the book-keepers. At the end it was a familiar story. They take good care to keep the records immaculate only to omit many of the transactions entirely. So, for example, the cement, an expensive item, was charged but then some sold on privately and not recorded. I was not even sure the book-keepers were aware of this.

Father Ron was singularly unimpressed by my findings probably because he understood that this kind of fraud is common in India. The theft and sale of goods was then also quite common in the case on British building sites, and therefore accepted as part of the charging process. Here it's called "shrinkage!"

So we were kept pretty busy and I noticed that when we were introduced to managers there was usually a little homily about me retiring from a job in the Revenue. It sounded like a warning. Ron was not quite the friendly man I had once met in England.

Of course, Father Ron naturally spent much time with his brother who stayed in the compound overnight whilst I was billeted in the small country "hotel", in Mal. That was fine, although the toilet, which each day carried a smart band to show it had been cleaned, actually had a broken bowl. I was also a bit taken aback when I trod on a cockroach. I battered it into submission, probably counter to all Hindi culture, only to find it had crawled away by the next morning.

The subject of Ashock came up. Ashock was Father Ron's favourite orphan now in his late twenties and he received all manner of favours. He was the missing manager and currently said to be away on holiday. Then one evening I was taken back to my hotel by a new driver who turned out to be Ashock. I made sure I had him right and that this was not another Ashock. Why the lie? It was a short journey but Ashock was undoubtedly an extravert, full of himself and somewhat dismissive of Father Ron. Did he not share his adopting father's philosophy? Why had he decided to ferry me that evening? OK, I admit it. This was not a reliable assessment, only a first impression. But I did not like him.

Next day when talking with the managers I brought up the subject of Ashock obliquely with each of them. The response was always cold, sometimes more. One even said Ashock had sold a local woman into the vice trade. Another said he had served time in prison for drug trafficking. Could I rely on that? Probably not. Several said Ashock was the one chosen to succeed Father Ron. The signs were that might be true. One senior manager, a Ghurkha married with a family but once an orphan here, made oblique reference to some things he had only realised were wrong when he became a father. He would not be drawn, but I left my UK phone number in case he wanted to talk. Only later did I know that you don't make confidential calls from Spring Village.

Then the message came through that our return flight had been cancelled. Ron said he would see if there was an earlier one. Yes, came the answer; this afternoon. Our goodbyes were quickly made and off we went to Siliguri. Our entry in the log was marked "out!" There the news was that today's plane was late and we were issued with vouchers for what turned out to be a rather limited lunch. We waited. No news. Then we were told that as Siliguri was a military airport, planes could not leave after sunset. (I would have thought incoming planes would be the problem). Would we have to spend the night in the primitive hut named "The Lounge"? Time was passing albeit slowly. Dusk fell over the Himalayas and as we watched there was the aeroplane coming in low out of the setting sun. It had hardly stopped when a door opened in its belly and cargo of all kinds spilt onto the runway quickly followed by passengers who had the luxury of steps. Next followed a scramble by those waiting to board and we sat where we could. Would our luggage get on? Only the tip of the sun showed as we turned and took off for Calcutta, not Delhi.

Some adventurous souls amongst you may find an unscheduled stop in Calcutta an opportunity experience. Fred was used to India and very accepting. I found Calcutta airport a shambles. So much so that we were sent through exit security and then released back into the main waiting area. The Board still showed our connection to Delhi live though four hours late but enquiries told us it had left, but only half an hour before. It seemed we were into a long night in Calcutta airport. There was much shouting both by and at an official who I suppose must have been giving some explanation. When he had finished, trying for a pucker sahib style, I told him briefly our situation and demanded to know what arrangements were now in hand to get us to Delhi. To both Fred's and my astonishment he took us to the office of another

airway and we were given tickets. Again we went through security. That was moderately reassuring. Then we were on the plane.

We cooled our heels in Delhi for a couple of days and I just wondered whether our first plane had really been cancelled. Then came the time to say goodbye to Edward and fly home.

Back home I wrote a report for the trustees of the English Trust and they, with the Swiss, decided to appoint Edward as second in command of Spring Village and as probable successor to Father Ron.

The follow up to this situation was not very good. You need to understand that the trustees had known Father Ron for many years and with his undoubted achievements, they were totally committed to him. If Father Ron had insisted that Ashock should succeed him, my guess is that they would have agreed. After all this was Ron's lifetime work and he had undoubtedly accomplished so many good works.

It was within the year I think that I received a curious call from a young woman who had been helping in Spring Village. She said all was far from well there but would give no details until a young man who had been working there at the same time returned in a few weeks' time. I think Dhurbar, the Ghurkha, may have mentioned me. I saw them both in our sun room.

The story they told was far from clear. The young man had taken up with a local Indian girl whose job was hod carrier at Spring Village. I recalled having seen her dressed in a sari carrying bricks and also mortar for the building going on. It seemed he was much attached and had treated her as he would a young woman in this country. This had caused widespread trouble with the other locals and finally with Father Ron. I believe the girl had also found it difficult to adapt.

The young man then embarked on a detailed description of events which were not in themselves conclusive, but pointed to abnormal sexual practices by Father Ron. There was only one clear occasion where he described in some detail an assault on a young man from Mal, nothing to do with Spring Village. If true, a sexual event had certainly taken place. Finally Father Ron had asked him to leave. He could not bring the Indian girl with him and was desolate. He worried what might happen to her. The English girl confirmed all this.

This gave me great cause for thought. Whatever one's own opinion, Father Ron might well have had good cause to send the boy away. I had not heard Ron's side of the story. On the other hand the English girl corroborated the suspicions set out. Furthermore, the way the young man had put his case had none of the usual exaggeration. It was all very clinical. I had no background in such matters but certainly I could not leave it there. So, I wrote a report for the trustees mainly on the new disclosures but also mentioning my own vague concerns during my visit.

I believe both the UK Trust and the Swiss organisation found it very difficult to give credence to the story against what they had known of Father Ron over many years. They spoke to the English lad who had installed the computer room and he had noticed nothing untoward. By now we knew the Spring Village phone was not secure so I had a very oblique conversation with Edward from which nothing emerged on the sexual side but it became apparent that Edward was far from happy. He was being isolated and told that Ashock would soon be second to Father Ron.

I spoke to a psychologist whose advice was that if the case proved positive nothing but decisive action could produce reasonable results. The chances were that the mature orphans would themselves be affected. I recalled what Dhurba had told me. Either Spring Village should be closed or possibly Father Ron removed and strong women should be put in charge, if such could be found. We consulted with the Met paedophile section and received some very useful help. They visited a house in the north of England used by Ron when in England and there discovered conclusive evidence. The Catholic Authorities were notified. Finally the Chairman together with a Swiss decided to visit Spring Village.

Just before they arrived two Catholic priests visited and spoke lengthily with Ron. They excommunicated him but took no further action. Perhaps it might be called Spring Cleaning without raising the dust.

As with me, Ron was quite distant with the chairman and colleague. Further scraps of evidence were found from the junior managers. A connection with a ring in Calcutta was established. The chairman took legal advice.

All this and more took much time. I must be short on the outcome. Spring Village was closed, which was truly a great disaster, and a small trust in Nepal opened for a few managers who had been judged clean. Edward returned to Delhi. The Grammar School was not touched. Father Ron had other minor offenses against him and went to a prison hospital. That is the last I know.

This is a truly sad story with no heroes and only disaster. I neither know what happened to the young man who told the story or what happened to his girlfriend in India. It is important to realise that Father Ron had done so much good for so many. One could only speculate fruitlessly on his childhood and the causes of his sexual disposition. The final action taken was tragic but inescapable.

I have no experience of such matters as these but a more enlightened person in my shoes might have identified the problem sooner. This story provides no guidance for overseas aid except to be alert. As we know these problems occur in this country and worldwide. We must still do all that we can for the poor.

Harry Ingram

Reader recipes

Double Chocolate Cake

Ingredients:-

175g softened butter

175g golden caster sugar

3 eggs

140g self-raising flour

85g ground almonds

1/2teasp baking powder

100ml milk

4tablesp cocoa powder

50g plain chocolate chips or chunks OR Lindt dark chocolate

Few extra chunks or buttons of white/milk/ plain to decorate

Method:-

1. Heat oven to 160c / 140c fan/ gas 3.
2. Grease & line a 2lb/900g loaf tin with baking parchment or liner.
3. Beat butter & sugar as normal
4. Then beat in eggs, flour, baking powder, almonds, milk & cocoa until smooth.
5. Stir in the chocolate chips, then scrape into tin.
6. Bake for 45-50 minutes until risen & a skewer poked in Centre comes out clean .
7. Cool in tin for 10-15 minutes then lift out onto wire rack to cool some more.

Icing: Melt extra chocolate separately in pans over barely simmering water, or in bowls in microwave, then use a spoon to drizzle each colour of chocolate in turn over the cake. Leave to set before slicing.

NB can be made gluten free and dairy free by substituting gluten free flour & sunflower margarine.

Find out guests' chocolate tolerance before choosing chocolate!

Not too sickly rich but very moreish. This has delighted grown-ups of all ages!

Thank you to Sarah Cousins for this wonderful recipe. 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.

Candlemouse Returns

Another Tale about a Church Mouse for younger readers

Written by Sarah Cousins and illustrated by Roger Lloyd

"Friends and forgiving"

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!

One beautiful spring day I found myself in the church garden looking at the colourful flowers. Everything was growing and looking new and wonderful. But I wasn't feeling at all wonderful to go with the day; I was feeling down in the dumps, in fact quite sad. All of a sudden I realised that I wasn't alone. There was a soft coo-coo-ring murmuring noise, the sort of sound that my mother always says sounds like someone saying, "Don't cry so Susan, don't cry so Susan." Yes you've guessed, it was Paul and Peter, the two friendly pigeons who had flown down from the roof of St. Mark's to say "hello."

"Why are you so sad today Candlemouse?" asked Peter.

"It might help to talk about it," added Paul.

"Well if you really want to know I've done something awful and I don't know what to do about it," I said miserably. The pigeons were most sympathetic and listened carefully when I began to tell them about the disagreement with my friend Constance and the horrible things I said to her that I didn't mean. She had been very upset and had said that she didn't want to be my friend anymore.

"What can I do? She's my best friend and now I've lost her!"

"There is something you can do Candlemouse." said Peter softly.

"Oh please tell me!"

"When we fall out," suggested Peter, "we make up our minds that it doesn't matter whose fault it is and we say sorry to the other person."

"Sometimes I don't want to be the first to say sorry because I am proud and I don't want to be at fault." added Paul. "But if something is worth keeping it is worth being the first to say sorry."

Just then Constance came into the garden looking miserable too. We cleared our throats and started to speak at the same time.

Then shyly we smiled and said, "After you." Paul nudged me with his wing and I said, "Constance, I am so sorry for hurting you. Please forgive me."

Constance blushed then said, "I'm sorry for what I said to you. Please will you forgive me and still be my friend?"

Then as the pigeons flew back to the church roof we entwined our tails and sat down to finish saying what needed to be said. A while later we felt that it was after all a rather wonderful day.

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

Let's pray

Pride poisons the air of love.

Pretends that fault assigned is all that truly matters.

Love has lost the record of these wrongs.

Pride chokes fiercely on it's truth.

Love rejoices with the truth but does not delight in evil.

Patient kindness, does not give way to anger easily.

Trust hopes that the shelter built of love will withstand this onslaught

Protect the relationship that matters more
than Self -satisfaction.

Based on 1 Corinthians 13

Puzzles

April Sudoku Challenge

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

March Sudoku Solution

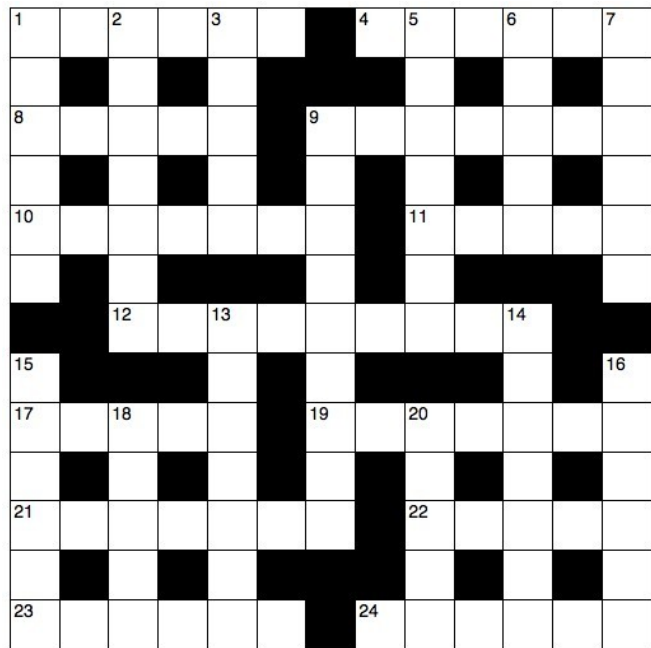
7	2	9	6	5	4	1	8	3
5	4	8	9	3	1	6	7	2
3	1	6	2	7	8	5	9	4
4	5	3	7	1	9	8	2	6
1	6	7	8	4	2	9	3	5
8	9	2	3	6	5	7	4	1
9	8	5	1	2	3	4	6	7
2	7	4	5	8	6	3	1	9
6	3	1	4	9	7	2	5	8

April Crossword

Biblical references are from the New International Version

Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — .Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)



Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)

March Solution

ACROSS: 1 Planet 4 Rugged 7 True 8 Augustus 9 Attitude 13 Bed 16 Participation 17 War 19 Hillside 24 Baldhead 25 Bede 26 Census 27 Arisen

DOWN: 1 Path 2 Adulterer 3 Tract 4 Rigid 5 Gust 6 Exude 10 Irish 11 Uriel 12 Esau's 13 Blindness 14 Deny 15 Spew 18 Awake 20 Ideas 21 Lydia 22 Odes 23 Lean 16 Vanish 17 Starve 18 Daub it 20 Furrow 21 Recede 23 Cure

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Residents have their own rooms, furnished by themselves, with meals provided by our House Manager. We are part of the nationwide Abbeyfield movement but the Reigate House is managed independently by local volunteers to provide sheltered accommodation for active independent senior citizens at very reasonable all-inclusive rates.

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