

St Mark's Parish Magazine

May 2020

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Your Views & Contributions

Next issue will be available from Sunday 7 June 2020
All contributions to the editor by Monday 18 May 2020

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LETTER FROM THE VICAR

Continuing in Lock-down

For my letter this month, I have included again some recent emails I have sent out, and a reflection from Bishop Jonathan. I hope these are helpful in the current situation, and hopefully we will join together again soon.



Don't forget there is a service every Sunday on our website, and on 10 May and 31 May we will also have a live Zoom broadcast at 10am which can be accessed by computer and telephone. The details will be sent out in advance, or please contact the office.

With every blessing.

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

11 April 2020

This Holy Week and Easter have been so different to any previous experience that any of us have lived through. In the last few days I have been reflecting on this experience. Christians have very different ways of reacting to the death and resurrection of Jesus. Some lay such agonized emphasis on his sufferings that they seem almost to get stuck there. A gloomy faith, fixated on suffering, can lead to a repressive and judgemental outlook on life that allows no room for the extraordinary miracle of Jesus' resurrection and the transformation of the whole of creation that is its fruit. At the same time, a faith that is only Easter Sunday and alleluias can fail to take seriously the very real struggles that even dedicated followers of Jesus may encounter, and can appear glibly optimistic and superficial in its engagement with the crucifixion of Christ that continues in his desperately suffering people and God's desecrated creation.

Jesus' sufferings can act as a litmus test for our self-understanding and our ability to cope with the mystery of human weakness. Human suffering and evil, like the situation we are faced with every day at this time, are the stumbling block on which many people's faith founders. Praying through the Passion of Jesus may draw us close to some kind of acceptance and dim understanding of God's response to our suffering. But it may also challenge our capacity to keep on believing and hoping. Thoughts and feelings that we have repressed as unworthy of a person of faith may

surface, but, painful though they are, this can be a sign of grace beginning to emerge. This kind of prayer, where we confront our bewilderment and pain at what we experience as the remoteness of God, is far more real than easy protestations of love and loyalty that cover up what we find unbearable.

This is the prayer of Peter and the disciples when their sincerely meant but empty promises of fidelity crashed down on them in their fear and faithlessness, as the reality of what redemption meant for Jesus confronted them. They deserted Jesus at the cross, and locked themselves away, yet the resurrected Jesus came to them. He comes to us still today as we self-isolate. And so we can perhaps understand how to rejoice in the resurrection in an era of fear and suffering and rejoice in his resurrection as we understand better his Passion and suffering.

My best wishes for a joyous Easter.

Martin

25 April 2020

For several weeks we have been concerned about how to safely support the work of the St Matthew's Food Bank, especially as demand is high but getting donations is difficult.

There will be a donation collection box outside the Vicarage where you can leave donations of food and cleaning products. In particular they have asked for:

- Tinned veg, meat, fish, soup, baked beans;
- Rice, pasta, pasta sauce, breakfast cereal;
- UHT Milk, Long-life fruit juice;
- Biscuits, jam, tea, coffee, dried ready meals;
- Tooth paste, shower gel, etc.

These will be taken to St Matthew's Food Bank.

If you want to give, but would find it difficult to put anything in the box, please email help@stmarksreigate.co.uk or telephone 07979 788601 and we can arrange for someone to collect from your doorstep at an arranged time.

This weekend is also the time of our Annual Gift Day, which is more important this year than ever. Hopefully you will have received a letter from our Treasurer about this, but if not, there is a copy on the next page.

With my best wishes

Martin

GIFT DAY 25 APRIL 2020

We - the Church and its members - are in survival mode during lockdown.

The primary concern is the future extent of the Covid -19 pandemic.

The Church and the Hall are closed so there is no income from collections, activities and Hall hire. The car park is not being used by the staff of the construction company tenant and thus the rent is at risk. These four sources of income total £85,000 per year.

Our annual Gift Day is also an important source of income - more so than ever before.

I am asking you to contribute as much as you can afford to ensure that St Mark's continues as your parish church to be your place of worship and a community centre for local activities.

Please make your donation –

- (1) By bank transfer to HSBC Crawley (please contact the office for details)
- (2) Via our Golden Giving facility on our website
- (3) By cheque posted to me at 46 Alma Road, Reigate, RH2 0DN

St Mark's is relying on your generosity and support.

Thank you in anticipation.



Brian Rowbotham
PCC Treasurer

Letter from Bishop Jonathan

Holy Saturday, 2020

Dear Brothers and Sisters

From where I sit at home, I can usually hear the trains rumbling in and out of East Croydon station. I hear the cars attempting to drive too quickly round Croydon's dual carriageways and watch aeroplanes climbing and descending overhead. Now – well, it's not exactly silent, but it is quiet. The hyperactive bustle has been replaced with the sounds of essential travel. The birds are no longer having to shout as they sing their territories.



This reflection comes on the quietest day of the Christian year, Holy Saturday. This is the day on which the eucharist is not celebrated, the day when all creation holds its breath, while Jesus sleeps in the tomb. That's the spiritual and liturgical truth every year – but most years, in most churches, it's actually full of people cleaning, preparing Easter liturgies, arranging flowers, printing off orders of service, finishing sermons, rehearsing music – etc., etc. For a day when nothing is supposed to happen, it's terribly busy.

In this very strange Holy Week, as we prepare for an equally unusual Easter, I would like to invite you to join with me in the silence of Holy Saturday as a way into the mystery of God's love which we celebrate at this season.

Holy Saturday is not a continuation of Good Friday, nor is it a prefiguring of Easter Day. It is in-between time, the time of uncertainty and waiting, the time of not knowing what will happen next, bad or good. Jesus has given himself into his Father's hands as he dies on the cross. The ambiguity of 'It is finished' is as yet unresolved – we do not yet know whether it is a cry of failure or of triumph. We do not even have the security of knowing that the worst has happened, still less the certainty of resurrection.

Or at least, that is how it is in the drama of Holy Week. But we read it also from the perspective of Easter. We know that this day of waiting is the prelude to unimaginable joy, to the breaking from the tomb and the beginning of the restoration of all things which is the final consummation of God's purpose, in the new heaven and the new earth.

It is that knowledge, I believe, which enables us – perhaps strangely – still to live with the stillness and not knowing of Holy Saturday. Our resurrection faith gives us the strength to bring hope into the emptiness of this day, without denying its power. Holy Saturday has its place in our spirituality, because it is still part of our human reality. The light of resurrection is the sure hope of a new dawn, but in this world the experience of emptiness and darkness is still real. Those of us given the task of ministry are called to accompany people there and be with them, to walk with them as Jesus brought the good news to the dead (1 Pet 3:19).

Holy Saturday is the process of the transformation of the tragedy of human existence: it is the experience of God descending into the depths of that which is lost and hopeless, opening up a way for us through the very powers that would otherwise destroy us.

*Dermot Power, 'The Holy Saturday Experience',
The Way 38/1 (1998), 32-39*

It has felt to me that the whole of this Holy Week has had something of Holy Saturday about it, and that that will continue into Easter. So how do we celebrate Easter this year? Maybe not as noisily as we sometimes do, and certainly not by gathering together. I hope instead that in our own homes we will be able to experience the sheer wonder of the resurrection in a new way. The gospels vary in the exact number who were the first witnesses to the resurrection, but it was not many. Whether on our own (like Mary Magdalene in John's gospel), in twos or threes or family groups, this Easter may be an opportunity to experience again the overturning of all expectation that the resurrection brought. Having gone to a tomb, they found new life. Going in darkness, they were overwhelmed by light.

In that light, then, we bring the good news of resurrection into the current crisis. For those who go to work, saving lives and keeping our essential services going, anxious for themselves or their families, as well as those who stay at home. For those who are sick, and those who pray and wait for them. For those who are sitting in the darkness of bereavement, and especially those who have not been able to say farewell to those who have died.

For our society as a whole, at a time when the superficial comforts of consumerism have been in part stripped away, the resurrection brings the good news that death is defeated, that God's forgiving love is offered to all. The deepest realities of our human existence have forced themselves into the public realm, and require an equally profound answer.

Thanks be to God!

+ Jonathan Coadon

Fundraising

I refer to Barbara's last month's article "Regular Giving" which asked us to consider regular giving to SMOAT to replace the income normally raised from fundraising events. May I also ask you to consider such action if you have not already begun giving, please?

No doubt in the past you have supported an event or made a gift towards a SMOAT project. Perhaps you have considered its merits such as the provision of clean water, whether it seemed well organised and having made a payment have forgotten about it. That was certainly the case with me when I was a member of the SMOAT Committee, except that like Barbara I would "follow up" projects to ensure the money was spent as planned and the project was successfully achieved. But in most cases the SMOAT project was long term so the initial expenditure to produce the well or other asset was only the beginning of the story.

Take the example Barbara gave of the Jibon Tari Floating Hospital Bangladesh. If you have forgotten it, have another peep at it. Barbara described its activities and lists its impressive achievements in 2019. It's been doing that for over twenty years.

From memory SMOAT funded the operating equipment for the floating hospital when it was launched. So that equipment has been used for over twenty years, or until it was worn out. So your gifts all those years ago have given, year by year, a very good return.

It isn't, of course, always like that. Take the case of Malawi which suffered record floods a few years ago. The flood washed away many of the wind pumps on which its irrigation agriculture depended. By chance the one funded by SMOAT escaped destruction. For most disasters the poor farmers have to begin all over again as so often they have to in poor African countries. Does that make the donations less worthy?

Currently we are consumed by coronavirus. There seems no room for us to consider the greater threat of climate change. Is there room for us to consider the plight of those in poor countries? Well, they too will have the coronavirus. Forget ventilators, protective clothing, intensive care and our other problems. Those will hardly exist at all. The victims will survive or not without proper medical care. This on top of their already severe problems such as malaria, water shortage, and, yes, climate change.

So in the midst of our real concerns can we please find a place for a small regular donation to SMOAT?

Harry Ingram

News from the Church of England

A chaplain's view – the Coronavirus pandemic

The NHS has withstood many emergency situations. It will withstand this one, but this crisis is different.

The NHS has not had to contend with a pandemic of this magnitude before and it is learning, but doing okay, *writes **Revd Mia Kyte Hilborn**, Chaplaincy Team Leader for Guy's and St Thomas's NHS Foundation Trust.*



It is an incredible place to work in such times; people really matter and no more so than in a hospital where there is COVID-19 patients. This is not so much an acute major incident, but rather that the whole country is working on a chronic critical timescale.

The outpouring of gratitude from the public has left many doctors, nurses, therapists and paramedics choked. There have been toilet rolls, tandooris, leeks and potatoes, which have appeared at the hospital, and hard-working cleaners and clinical staff have been delighted to receive such gifts. Taxis and hotels have offered help, car parks are free and even the congestion charge is suspended.

Visiting on wards takes longer due to the personal protective equipment (PPE) and hand-washing that is essential before and after ministering to a patient, and due to increasing numbers of staff wanting support. Our chaplaincy team meets two or three times a day to learn about updates, to brief those taking over, to make sure no one has been forgotten, and to support each other through these draining days. The breaks mean we don't work at 110 per cent, and ensure we have enough in reserves for the days when work is manic.

Chaplains are continuing to do the work they are called to do, albeit they are finding new ways to do it; anointing via cotton buds, tele-chaplaining and no touching. It is hard to have a quiet supportive chat when you have to stand 2 metres apart, but it can be made to work. It is very weird though – roads are quiet, helicopters whirr overhead, soldiers are regularly seen and lots of people working from home.

There are many sad times, and the resilience needed is high. Well-being zones are being set up all over the country, staff support is essential, so that they can care

for the very sick patients. Here, chaplains say daily prayers for the sick and the dying, remembering the staff who are caring for those patients, and we stand in place of the relatives who cannot come in. We light a candle, stand for a minute's silence, we say a psalm, usually 23 or 121, we pray and we say the Lord's Prayer. And I think it is very right we are here.

Fr Mychal Judge OFM was a Catholic priest and New York Fire Dept chaplain who died on 9.11. His prayer seems apt during the COVID-19 crisis:

*Lord, take me where You want me to go.
Let me meet who You want me to meet.
Tell me what You want me to say.
And keep me out of Your way.
Amen.*

Taken directly from: <https://www.churchofengland.org/more/media-centre/stories-and-features/chaplains-view-coronavirus-pandemic>

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Environmental News

The Future?

As I write in mid-April the decision has been taken to continue the lock down for at least another three weeks. It is likely to be more than that. It is too early to enumerate the many lessons we have learned from this worldwide pandemic but some are already clear. Everyone has to be prepared to learn from the positive experiences of others and not simply follow past plans made against a different scenario. Early decisiveness is also a key. Only recently have we learned that, serious though the economic consequences are, there is no case for striking some balance between virus action and economic recovery. The quicker the end of the pandemic, the sooner an economic recovery is possible. To try to recover economically sooner only risks a further hump of deaths and a further close down of the economy. Not good for either. Just as we saw victory in WW2 as necessary before enjoying a peace, so today we must act to leave the virus behind and then recover the economy.

But should that be the end in mind? It may seem premature to plan against further deterioration of climate but just as coming to grips with the virus at the earliest moment was essential, so this will be our only opportunity to reverse climate change. It would be foolish to recover the economy to its old state only to find it needed to change for the greater challenge.

Let me summarise what we have learned from recent articles on climate change. Burning carbon has been bad for the environment for many years but only in the last thirty years when we had been warned of consequences, has it become a worldwide emergency. Nothing significant has been done. The need for radical and decisive change has not been recognised. The recent lock down has given improved air quality in our cities but once burnt CO₂ is cumulative and does not degrade. It can only be reduced by carbon recapture. At best even though planes have been taken out worldwide and cars off the roads, recently we have only been standing still, not recovering. No, climate change does not go away, if nothing is done it only increases in intensity.

Beyond the tipping point, when it is too late to change, storms and fires become more frequent and of greater intensity. The growth of trees and shrubs is impaired reducing natural carbon recapture. The warming of the sea not only melts the polar ice but increases rain fall and floods. Warmer seas also diminish the function of the oceans in carbon recapture. Higher sea levels may threaten most of the cities of the

world. Warmer climate thaws the thermo frost notably in Siberia and Canada and releases methane gas with thirty-four times the warming effect of carbon dioxide.

Climate change scientists warn that if the world warms up to an increase of 2% we shall reach the tipping point from which time the natural release of carbon and methane gases will be unstoppable. They set the date at 2050 but the EU has chosen 2035, only fifteen years away to achieve radical change in our behaviour to nil carbon use. Once again this is not a situation for balance with economic behaviour. If climate change is not reversed, then economies will founder whilst we suffer the horrendous physical consequences of the changes in climate.

Whilst we are in the grip of the virus it is difficult to give any other problem the consideration it requires, yet another lesson of the virus is that we cannot afford to assume that bad things will not happen just because they are inconvenient. Some things are simple. It would be hypocritical and immoral to rescue the air industry which is a major threat to life as we know it. More difficult is replacing the use of carbon generally.

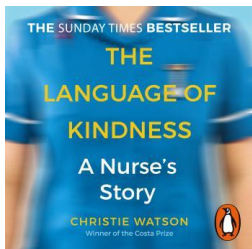
But the fact that coronavirus is a worldwide threat carries a number of implications. Firstly the re-emergence of the national state should not be allowed to inhibit aid to those poorer countries which need it. Equally the worldwide nature of this experience must be used to unite the world against climate change. If a single Swedish girl can arouse the conscience of the world, how much more effective can be the actions of a country showing leadership?

So the challenge today is not to balance economic considerations against the consequences of coronavirus, nor to balance economic change against global warming. It is to banish coronavirus and then reverse global warming by stopping the burning of carbon now, concentrating on carbon recapture and, in forging an economic recovery, devise new ways of replacing CO₂ and providing the power that economies require. The time to plan that is now.

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

Book Review

This month we review: *The Language of Kindness: A Nurse's Story*



At a time when our NHS nurses are on the frontline against a deathly virus and we are so grateful for their care and commitment to the sick. I wanted to choose a book which gives those nurses a voice. This book review is written by Adam Kay, whose book 'This is going to hurt' has been previously reviewed in the magazine.

Christie Watson spent 20 years working as a nurse, before pivoting to a career in writing – she is a former winner of the Costa first novel award and now teaches creative writing. The book darts around, chapter to chapter, from her first days as a student nurse to her final day as a very senior one – flitting backwards and forwards in time and through specialties, immersing us in her world.

In her introduction she tells us that she started her career thinking of nursing as a combination of chemistry, biology, physics, pharmacology and anatomy, but now realises that it's actually much more about philosophy, psychology, art, ethics and politics. This is an argument she explores throughout the book, with a series of vignettes that evoke – as effectively as any I have read – the experience of being in a hospital. "I think of Hogarth's portrayal of London in *Gin Lane*", she says about an inner-city A&E waiting area. "The poverty is palpable. There are drunk mothers and skeletal fathers. The room smells of body odour and of the metal of old blood." I shivered with recognition.

This is not a story of a high-octane career in a pioneering surgical field; it's not a memoir filled with blockbusting anecdotes. Instead, it is a gently remarkable book about what it means to be a nurse, what it means to care. It struck me again and again how little we hear from nurses, how quiet their voice is, how poorly represented they are on our bookshelves. All this despite the crucial role they inevitably play in our lives and those of our families. It also struck me how poorly we understand what this role truly involves.

It's a privilege to have Watson as our guide, walking us through the corridors, into the cubicles and the occasional operating theatre. Watching a paediatric heart-lung transplant as a student, she describes the child's body – horrifically, wonderfully – as "a dugout canoe". The patient, Aaron, makes it through the treacherous procedure, and Watson helps nurse him through a long recovery. With her trademark humanity, she sits with him and helps him write a letter to the mother of the boy who died,

giving him his heart and an adulthood. "Did your son like strawberry ice-cream?" Aaron writes. Then: "It's not fair that your son died so I can live."

The book is shot through with love – not just the love she has for her patients, but also for her colleagues and for her former profession. It's also, by the very nature of the job, filled with a great deal of sadness. She tells us of a 12-year-old girl who dies in paediatric intensive care following a horrific house fire. To make it perhaps a little less painful for the family, Watson and her colleague wash this poor girl's hair so she doesn't smell so acutely of the smoke that took her life. It is a scene, powerfully told, that won't leave me for a long time. And one, of course, that will never leave the people around that bed.

Watson also opens up about her father, as he's palliated in his final weeks, and receives his own excellent care from his nurse, Cheryl. Cheryl becomes much more than a nurse to her father – she becomes his closest confidante, his friend; something of course that thousands of nurses are every day to their patients.

The Language of Kindness tries to be rather more than a memoir – there are significant sections on the history of nursing, of detailed medical explanation, of scholarly writing about the carer. These sections, while well researched and for the most part interesting, don't quite succeed like the rest of the book and, at times, make for a slightly disjointed read. The jumps from chapter to chapter add to this feeling. It's not a perfect book and ends too abruptly. The sometimes matter of fact telling of heartbreaking stories can give it a feeling of emotional disconnection. But it still seems very important.

It made me cry. It made me think. It made me laugh. It encouraged me to appreciate this most underappreciated of professions more than ever, and then to text a mate who's working as a nurse to meet up for a drink.

As a student, Watson fainted at the sight of her blood filling a syringe during a blood test. When she came to a short while later, the phlebotomist told her: "You might want to rethink your career." We should all be very glad she went through with it.

Adapted from: <https://www.theguardian.com/books/2018/apr/26/language-of-kindness-nurse-christie-watson-review>

It's Only Yesterday's News

The seventy-fifth anniversary of the end of the Second World War is 8 to 10 May 2020.

On the 29 January 2020, on the BBC News in the lead up to celebrating 75 years from the end of the Second World War, I was surprised to see a picture of Sandhurst Road School. Half of it is a classic late nineteenth-century London School and the other half a square red brick slab, no doubt very functional.

On 20 January 1943 I was nine years old and walking home for lunch, when a loud engine noise preceded the single engine plane which flew at roof top level down my street. Red dots twinkled from the gun ports in its wings. My friend and I threw ourselves under the low brick walls to the gardens, no doubt after the plane had passed. Hardly had the crescendo of deep vibrating noise passed when there was a huge explosion and we looked back to see a tower of smoke way over the roof tops still climbing in the sky. There had been no warning. All this took no more than a few seconds.

I rushed in doors to find my mother and father hugely excited and apparently very relieved to see me. She gave me a bear hug. We went back outside. By now everyone was in the street staring at the column of smoke. Believe it or not we then had lunch and I went back to school. Only not quite. The road was cordoned off and there were grey auxiliary fire engines and hoses everywhere. There would be no school that afternoon.

I spent some time seeing what I could. The near part of the school was a pyramid of rubble still steaming with smoke and dust. The other end was intact. The entrails of the classrooms were exposed to public view, some desks at acute angles, cupboards hanging open. Rumours were circulating. We children were told to go home.

The school was a combined infants and girls school. Over the next few, school free days, it emerged that the bomb had hit the stairs which was crowded with girls at the time going to lunch. Across the road is St Andrew's church and large hall. That was used to lay out the bodies. The current count I see is forty-four; thirty-eight children and six teachers. Many more were injured. Some were buried for several days. My own recollection is that all the junior teachers were killed save for the elderly Miss Smith and the young woman who was my teacher. After identifying her children's bodies she later suffered a nervous breakdown.

Another rumour was that the pilot had lived in the area before the war. Later we were told that after the Blitz and the gradual supremacy of the RAF, Hitler had arranged the bombing to show that he could still bomb London during the day. There were, apparently, at least three planes and certainly other bombs were dropped at the same time. One hit a crowded Woolworths at Lewisham and another a pub in Deptford.

Over the next few days I gradually learnt of my friends who had died. I recall a great sadness when I heard of the death of Tony, a very quiet, shy boy. It was somehow natural for the Barnard brothers, a pair of trouble making "tear-aways" to go, but not Tony. I never saw Brian Loader again. He lived near the school but allegedly he had jumped out of a second story window and run down the road home on a broken leg. That day his mother died in Woolworths and his father in the Deptford pub.

For some reason it was decided we children should be sent away to Market Drayton on the Welsh Border for a two-week holiday. That was great fun. We occupied a stately home with extensive gardens with woods and a secret pond hidden by reeds. The attractive daughter of the family drove a Jaguar sports car which we boys would love to crowd into. She was apparently popular with the nearby RAF training squadron of Airspeed Oxfords and one day we were taken there and up on to the wings of a plane to look into the cockpit. We were disappointed not to be taken up.

Some children were buried in separate graves but most are in a mass grave in Hither Green cemetery. Some months later, on a Sunday afternoon, I was walking in that cemetery with my parents when a foreign sounding airman in very smart uniform asked where the grave was. We showed him. Amongst the inscriptions is the name of a young exchange teacher from Canada, Harriet Langdon. This was her brother. Tragedy has a long reach.

Of course, this was just a minor hiccup in the events of the war. Far worse had happened during the Blitz and then there were the V1s, Doodle Bugs (which did not doodle about) and the V2 rockets. Our boys made a thousand bomber raids on German towns. Only later did we hear of the far, far worse experiences of the German towns with their fire storms, the concrete melting, but at that time empathy was in short supply.

When war is in the news I cannot help thinking of the German civilians and their worse suffering; the Holocaust or the refugees of Palestine living in camps for many generations since the War; or the Syrians its people now devastated, or the wars in Africa. All are unnecessary and far worse than anything we in Britain experienced. Wars are the result of wider geopolitics and the only voices on the other side are those of the great religions, though not always, and the innocents. To celebrate the end of a war should also be to celebrate peace.

Harry Ingram

Stay Safe – Online and In Your Home

Being isolated during this difficult time is necessary to keep us safe from the risk of the Covid-19 infection but unfortunately it is giving rise to another danger for which it is important we all become aware.

The police have issued a report around the increase in fraud and cybercrimes in light of the coronavirus pandemic.

This can take many forms and at this time when we are most alone and most vulnerable, it is essential we all stay vigilant and don't let opportunistic criminals take advantage.

Here are a few things to think about:

Over the phone

Fraudsters pretend to be some from a company or charity to make their victims part with money. If you receive a phone call from someone asking you to divulge a password or pay money over the phone, then STOP. Legitimate companies will never ask for a whole password or ask you to make urgent payments over the phone. You should hang up and redial the company using a phone number from their website or from some paper correspondence you have received from them to check what is being asked of you. Don't assume the person who calls you is who they say they are.

A real life example

Janet* received a phone call from an investment company inviting her to buy shares in a new company. They took her contact details and sent a prospectus for the investment fund. It looked legitimate, although she had never heard of the company. Janet agreed to invest when they phoned back a few days late. The caller said it was a limited time opportunity. They took £2,000 over the phone. When Janet phoned the number back to find out where the paperwork was, the line was dead. The fraudsters had disappeared with her money.



Via Email

When you receive an email, it may look real at first glance but a few things to look out for;

- Is the request in line with your expectations from the person it is from?
- Is it asking for money or to divulge a password?
- Is there an urgent request with a consequence if you don't do it immediately?
- Check the email address, does it match other emails you have received from them or does it look unusual?

If you are concerned, if it doesn't feel right then STOP and call the person the email is from and check the request is real. If it is a company, use a telephone number from some paper correspondence you have received from them or go onto the internet and google the company to get a telephone number.

A real life example

John* received an email from his vicar asking him for some help. John replied to say he would be happy to help. He received another email saying that the vicar needed to buy a gift for his niece's birthday but he was stuck doing hospital visits and could John do it. The vicar asked John to buy a phone top-up for £200 and send him the code so he could pass this onto his niece. John became suspicious and he checked the email address, it was not the usual one his vicar contacted him on and so he spoke to the vicar to check it was real. It was fake.

For more information on how to protect yourself, see the following resources:

<https://www.consumer.ftc.gov/articles/0060-10-things-you-can-do-avoid-fraud>

<https://www.experian.com/blogs/ask-experian/credit-education/preventing-fraud/>

*Names have been changed but the examples are real.

Reader recipes

Sticky Gingerbread

Ingredients:-

125g softened butter
250g wholemeal spelt flour
2 tsp ground ginger
¼ tsp ground cinnamon
1 tsp bicarbonate of soda
2 tsp baking powder
Pinch of salt
100g maple syrup
100g malt extract
50g of pitted prunes
125g apple puree
4 balls of stem ginger, finely chopped
2 large beaten eggs
100ml of whole milk



Method:-

1. Heat oven to 180C/ Fan 160C/ Gas 4.
2. Grease & line a brownie tin.
3. Sift dry ingredients into a bowl and leave to one side
4. Put the maple syrup, malt extract and butter into a saucepan and heat gently.
5. Add the prunes, apple puree and chopped stem ginger to the saucepan and heat through.
6. Fold the mixture into the dry ingredients.
7. Add the eggs, milk and stir everything together.
8. Pour everything into the tin and bake for 35 minutes until skewer comes out clean when inserted into the middle.

This recipe is taken from Davina McCall's Sugar Free in a Hurry. 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*

"A Tale of A Big Bad Rat"

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!



Long, long ago, in the time of the Victorians when St Mark's was a new church, there lived a big bad rat and his nasty missus who had the cheek to build their nest in the churchyard. The Big, Bad Rat or the BBR as we shall call him had seven little rats called Wrath, Sloth, Envy, Pride, Lust and the twins Greed and Gluttony. They were a bad lot and made the lives of all the mice and smaller creatures a complete misery. My great-granddad, whose name was Vergermouse, told my father this story. He and his family had to keep well away from the BBR because rats like him were not fussy about who they ate!

Very sadly, one day a dainty little mouse called Daisy went too close to the rats' nest and was grabbed and gobbled up by the BBR. Vergermouse called it evil and said that enough was enough and he went to see the churchwarden's dog Trip. Trip and he decided that this was a matter for the dogs that lived around the church.

Trip and all the dogs of the parish including a great many terriers and Jack Russells who showed no fear of rats, fought **valiantly** in the churchyard. [That means that they were all brave and did not give up.] There was a terrible battle and you can be sure that all the smaller folk kept themselves hidden in the church.

At the end of the day the terriers won and all the BBR's relatives were either killed or never seen again anywhere near St. Mark's. The seven little rats were dealt with as well because they would have grown bigger and bigger and have become just as deadly as their parents.

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

Let's pray

May we be a garden Lord, planted with stout trees of God bearing fruits of the Spirit. Come away into this sacred safe space and show me love, joy, peace.

Taste the difference of fruits of patience, kindness, and generosity.

In faithfulness put our roots down and yield a crop of gentleness and self-control.
Galatians 5:22-23

Puzzles

May Sudoku Challenge

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

April Sudoku Solution

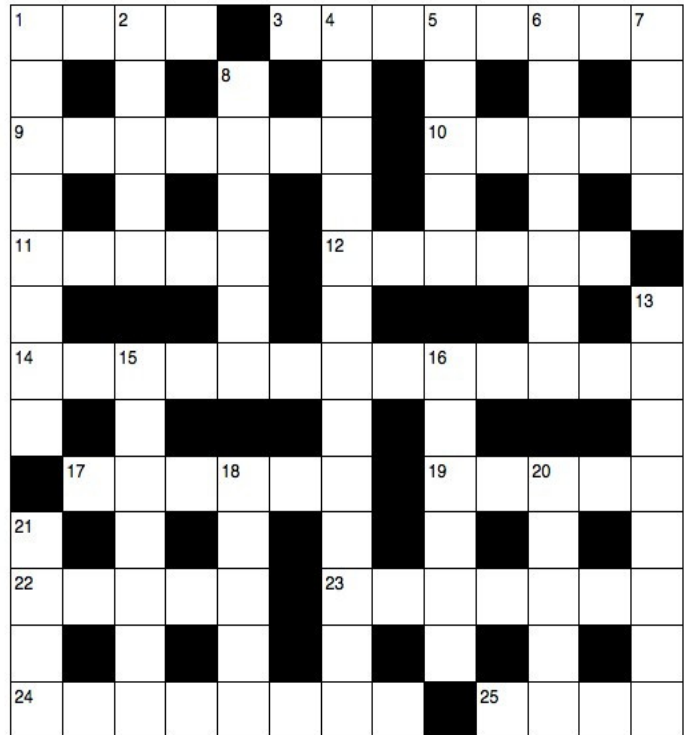
8	7	4	6	9	5	3	2	1
1	9	6	2	4	3	8	7	5
2	3	5	8	7	1	4	6	9
4	5	8	1	6	2	9	3	7
7	6	1	9	3	8	2	5	4
3	2	9	7	5	4	6	1	8
9	1	3	5	8	6	7	4	2
5	4	7	3	2	9	1	8	6
6	8	2	4	1	7	5	9	3

May Crossword

Biblical references are from the New International Version

Across

- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)



Down

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)
- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)

April Solution

ACROSS: 1 Cosmic 4 Thomas 8 In his 9 Delaiah 10 Falwell
 11 Water 12 Recovered 17 Sidon 19 Radiant 21 Centaur
 22 Broil 23 Eleven 24 Prison

DOWN: 1 Cliffs 2 Scholar 3 Issue 5 Holy war 6 Moist
 7 Sphere 9 Deliverer 13 Candace 14 Deacons 15 Psyche
 16 Stolen 18 Dance 20 Debar

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