

St Mark's Parish Magazine

October 2021

THE PARISH CHURCH OF SAINT MARK, REIGATE

Vicar: The Reverend Martin Colton
Tel: 01737 241161 Email: vicar@stmarksreigate.co.uk
Assistant Curate: The Reverend Reginald Grant
Tel: 07385 832372 Email: curate@stmarksreigate.co.uk

PARISH OFFICE

Monday to Thursday 9.00am to 1.00pm 01737 210785/ 07979 788601
Parish Administrator – Alexia Hartman E-mail: office@stmarksreigate.co.uk

READERS

Mr Ian Archer, 01737 242842
Mrs Sarah Cousins, 01737 789943
Mrs Susannah Dyde, 01737 221638

CHURCHWARDENS

Mrs Louise Wallis 01737 242129
Mr Ben Read, 01737 244440

DEPUTY WARDENS

Mrs Jane Artis 07831 269866
Mr Timothy Warren 01737 249388

SACRISTAN

Mr James Tanser 01737 767355

PCC TREASURER

Mrs Mel Crighton 01737 241100

GIFT AID SECRETARY

Mr Nigel Perkins 01737 226632

PCC SECRETARY

Mr Terrence Hancock 01737 761178

ORGANIST AND CHOIRMASTER

Mr Terrence Hancock 01737 761178

ELECTORAL ROLL

Mr Terrence Hancock 01737 761178 (acting)

Visit our website: www.stmarksreigate.co.uk

Donations to cover the cost of this publication are welcome

In this month's issue

Letter from the Vicar	Page 2
Past, Present and Future	Page 3
SMOAT Update	Page 4
News from the Church of England	Page 6
Letter to the Editor	Page 7
Kind or Cruel?	Page 8
St Francis – and the life of simplicity	Page 9
Calendars	Page 10
A Hot Summer	Page 12
Environment News	Page 15
Understand your carbon footprint	Page 19
Book Review	Page 20
Reader Recipes	Page 21
Puzzles	Page 22

Your Views & Contributions

Next issue will be available from Sunday 7 November 2021
All contributions to the editor by Friday 22 October 2021

Email: magazine@stmarksreigate.co.uk

Meet the Parish Magazine Team

Editor: Helen Starmer *email: magazine@stmarksreigate.co.uk 07525 370320*

Website Link: Alexia Hartman

Advertising: Jane Artis *email: janeartis@hotmail.com 07831 269866*

Calendar Update: Parish Administrator

Crossword & Sudoku: Terrence Hancock

Proof Readers: Fr. Martin Colton, Terrence Hancock & Malcolm Toye

LETTER FROM THE VICAR

Dear Friends,

Change can be difficult and challenging for many people. Both 2020 and 2021 have been challenging and different years to the ones we possibly had planned, and we still do not know how the rest of this year will pan out in the shadow of the pandemic.



Whatever happens in our own lives, the church, in Reigate and even in the world we are all going to face change at some point or other. Change can be a difficult thing to face and we may resist it at all costs. It may be that we go along with the changes but do so grudgingly, constantly looking back at how things were before. In this way we never really move on. We miss out on the new opportunities that could be exciting or help us to grow and flourish personally or as a community. However, there is another way, and that is to embrace the changes and challenges to be faced. To accept that, with help, we may gradually adapt to the changes, rise to the challenges, and see them as a good thing, both personally and for the community around us.

Sometimes we can see that change needs to occur in ourselves or the world, but we cannot necessarily see the way forward. Our lives and the world around us continue to develop and change at a rapid pace. We can be left feeling that something is missing, or our lives are unfulfilled. That 'something' we or those around us are searching for is not found in the material world.

Jesus said to his disciples the night before he died, as they too faced change and uncertainty, "I am the way, and the truth, and the life" (John 14.6). Jesus is saying that he is the way to God, that through him we see what God is like, and how God wants us to be. By following him we can come into God's presence and find true life. Life that is everlasting and will sustain us whatever changes or challenges we face. Jesus is saying that in him, in God, we find that 'something' we are searching for that completes our lives.

So, as we approach the coming months with all the changes and challenges we may face, let us remember that we do so together as a church and a community, as friends and neighbours. May we also give thanks to God that we do not approach them in our own strength, but in knowing that the ever-present and loving God is there beside us and walking with us as we journey together, and as we face the changes and challenges given to us.

With my best wishes

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

Past, Present and Future

Being in my late 80s I spend much of my time thinking of happy memories of the past. Indeed in the strange past year or so of COVID, when people have been on their own so much, I expect that to be so, too, for them. Such memories of the past must be good for us, and can sometimes cheer us up.

However people, including each of us, have changed and some are no longer with us. Also often places and buildings have changed so often we can't go back, although we can perhaps use those memories to stop us making similar mistakes and to do better in the future.

How about that future? Perhaps it will be better for us if we can find more time for prayer and more time listening to others. None of us knows what is just round the corner of our lives so apart from taking any necessary steps, we should do our best not to worry about the future as that is in " God's hands." As my son Andrew used to say "Think positive!"

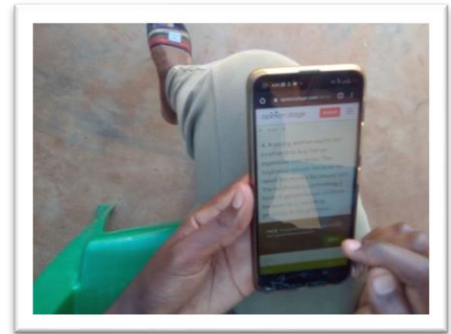
Which leaves us to the present. I understand that Eleanor Roosavelt said: "The past is history, the future a mystery and now is a gift from God, which is why it is called the present." So we must make good use of the present.

I remember when visiting the Reverend Sheila Brown, a curate at St Mark's some years ago, in her house in the Clears, Reigate, that, on her wall was a sign which read: " Today is the first day of the rest of my life." which I understand was written by an American Southern Baptist Pastor, Adrian Rogers, who died in 2005. Still it seems very good advice to me. Let us all make this day a fresh start for every one of us, thinking positive and thanking God for all the mercies we have received in the past.

Ian Archer

SMOAT Update

When we choose our projects, we are very clear to the organisations that we require reports back, with photos wherever possible, so that we can show our supporters where their money has actually made a difference. We feel that this sets us apart from large organisations where donations are made and the donor doesn't quite know what their money is actually doing for the people in need or, indeed, if it has reached them at all. By and large, we receive lovely reports and photos and it makes such a difference to us to know exactly what the money we have sent has actually been doing for the people. It also gives us reassurance as a lot of the countries we support are rife with corruption.



Here is a report on one of the projects from Advantage Africa, who we supported in November 2020. The report is from April 2021. We sent them £1,500 to support two projects, one in Kenya and one in Uganda. We donated through The Big Give, which enabled our donation to be match funded, thereby giving £3,000 in total to the two projects.

Health Education Project for Young People, Kenya

The project in Kibwezi, Kenya aims to provide reliable information on health and life skills for young people by building on burgeoning phone ownership and social media use while reducing the need for face-to-face interactions during COVID-19. Young representatives from youth and church groups are being trained in critical development topics such as gender-based violence, addiction and sexual and reproductive health. These 'Youth Champions' will lead their groups to create digital information products (videos, quizzes, songs etc) on these and similar topics to be shared by phone, using social media platforms. The content is being produced competitively, with prizes offered as incentives to produce the most effective, engaging, interactive, reliable and culturally appropriate products, eventually reaching at least 1,000 young people. The project is running in combination with another initiative focussing on HIV & AIDS information and prevention.

We are in the early stages of this project which started in March 2021 with the design of a digital monitoring tool in the form of quizzes about HIV and gender-based violence which can be completed on mobile phones. The purpose of the quizzes is to gauge the existing knowledge levels of the target beneficiaries (young people 18-25 years) before the project interventions are implemented. After each 'TRUE or FALSE' question is answered, the quiz also provides further explanations and information

about each question topic, and as such is an educational resource as well as a means of monitoring baseline knowledge levels.

This is the first time Advantage Africa has used phone based technology in this way, and we are pleased to have had 40 completed responses to each quiz so far. The data suggests that basic HIV knowledge is good amongst the respondents, whilst knowledge on gender-based violence is weaker. These results will help us pitch the training at the right level.



Project participant Emmah Mwende of Malavu Jamii Youth Group completes the monitoring quiz on her phone

The project has begun recently with identifying youth groups and planning the training course. We have identified 10 community/church youth groups to participate in the project. There was a great deal of interest in the project amongst the group members and two young people from each group have been offered places on the training course, with a view to them becoming the project's 'Youth Champions'. The training will take place over five days starting 2nd May 2021 at the Rescue Team Centre near Kibwezi town in Eastern Kenya, which is the base for our long-time local partner Rescue Team.

Rescue Team staff, Burgwin Muthoka (Co-ordinator) and Jonathan Mwanzia (Programme Officer) are managing the project locally and will lead the training team with their knowledge of community development and HIV. They will be joined by two external facilitators; experts on community health and gender-based violence.

The purpose of the training is to empower the young participants to take the lead in progressing the project with their individual youth groups. They will be equipped with comprehensive knowledge in the subjects covered and motivated to return to their groups and share that information and knowledge by devising creative digital media products, which may take the form of songs, short drama skits, cartoons, quizzes etc. Time will be allocated on the last day of the training to develop great ideas and set the groups on a path to produce content that will be shared widely and create impact through spreading awareness and knowledge. Three shorter refresher / monitoring courses are planned throughout the project year. We look forward to sharing the information produced and reporting on the impact as the project progresses.



Rescue Team's Centre where the training courses will take place.

I will report on the second Advantage Africa project next month.

Barbara Perkins

News from the Church of England

New fund launched for innovative approach to mission

A fund aimed at helping parishes explore new ways of sharing the Christian message alongside tried and tested approaches has been launched.

Dioceses are being encouraged to apply for a share of the £4.8 million Innovation Funding for projects lasting up to three years that could act as blueprints for future mission and growth across the country.

Successful bids will support the Church of England's Vision and Strategy, in particular, the priority of becoming a Church which is younger and more diverse.

The projects could focus on younger people and children, people living in low income communities and urban areas and people from UK Minority Ethnic groups.

Decisions on applications for Innovation Funding, which has been provided by the Church Commissioners, will be made by the Strategic Investment Board on behalf of the Archbishops' Council.



John Spence, Chair of the Strategic Investment Board, said: "The challenges facing the Church today require new and innovative solutions, alongside tried and tested approaches, in order to advance mission among people across the whole of the country.

"The Strategic Investment Board hopes that the launch of this funding will encourage and nurture further innovation that supports the mission and growth that is at the centre of the vision for the church in the 2020s as new ideas are tested and further answers are found."

Read the full article at: <https://www.churchofengland.org/media-and-news/press-releases/dioceses-invited-bid-funding-explore-new-approaches-mission>

Letter to the Editor

Dear Helen,

In response to your last month's article on empathy, I should like to offer two short, true stories.

The Treasurer of a South London parish and his wife were a quiet couple with an only son. The boy was waiting at a bus stop when a car mounted the pavement and crushed him against the library wall. He died shortly after. Both parents were distraught in the true meaning of that word, and could neither eat nor sleep. They were visited by a local priest, who was a Mirfield scholar, and he offered them sympathy and texts to illustrate the difficulty of understanding the reasons for God's purpose. They showed him the door.

Next came the parish priest. Frank was certainly an eccentric and told me he often structured his sermon to shake the congregation out of their middle-class values. He listened to what they had to say and made them a cup of tea, then listened some more and made beans on toast for the three of them. He never left that house for three days. Later, the Treasurer told me he had received no explanations or guidance but they both felt that Frank had not only understood but had shared in their grief. Shortly after they left the parish but always made the journey when Frank was celebrating.

The second story involved a younger couple. Alan worked as an insurance assessor for foreign dams and bridges. Mickey was a nurse. Their only six-year-old son fell off his bike outside our house and hit his head. After A & E he was transferred to Intensive Care where his mother was on duty. She was shocked to see her son brought in and nursed him for the three days it took for him to die, and never left the hospital. She was given extended leave. Alan was also devastated but forced her to go shopping with him and they bought quantities of wallpaper and paint which were of no interest to Mickey. Thereafter they worked room by room destroying the old and redecorating, only going to bed when exhausted. After several very bad nights they found they could sleep a bit better. I am sure Alan only did this because he felt it right for Mickey.

At the inquest the verdict of accidental death was easily reached but the presiding magistrate then, to a court where you could indeed hear a pin drop, embarked on a quiet resume of the whole circumstance emphasising the impossibility of finding any explanation, the full extent of the tragedy and that the pain would diminish only slowly. It was indeed a very tragic accident. It was very moving and aimed at showing understanding both of the event and the future journey to recovery.

I think that these two stories show that empathy is often no panacea, but is a sound starting point for rehabilitation.

Harry Ingram

Kind or Cruel?

In our lifetime have we become kinder or crueller? To be honest we have become more kind in some ways but more cruel in others. We are kinder in that we no longer have a death penalty in the UK which was eliminated even for treason in 1998. However there are still many other countries who still have such a penalty.

We no longer have corporal punishment, which is kinder to children although I suffered this as a child for misbehaviour with no apparent lasting evil results.

We provide for the needs of the disabled much more than we used to, providing access and practical care that was not there before. We have subtitles and sign language for the hard of hearing and sound messages for the blind. We also recognise the disabled and old more than we did and even have the Paralympic Games.

We understand and hopefully help those with mental setbacks of one kind or another. However, specialist care homes such as at Netherne and Royal Earlswood, have been closed down, assuming such patients can be better looked after in the community. However this often results in those with mental illness being homeless or ending up in hospitals.

We used to be a patriotic country proudly feeling loyal to the Crown – I used to stand whenever *God Save the King* or *Queen* was played and we would always fight for our country if need be. We also felt more united to the world, willingly working with those with similar ideals. Whatever we thought about Brexit the result of it is that we have become more insular, separated from Europe and much of the rest of the world, even possibly the USA. We have even reached a position where the United Kingdom may no longer be united, with problems to be resolved in Northern Ireland, Scotland and Wales. We used to welcome refugees, having sympathy with those who have had to flee from their country, as my parents arranged for me to do in World War 2. So often refugees, whether defined as illegal immigrants or not, have fled from their own countries as they fear they will otherwise no longer survive. The numbers have become huge but we hear of ill treatment of those who come in, with often inadequate care for the children.

I wonder if our legal system is less kind than it was, so often assuming a person is guilty unless he or she can be proved innocent? Before, one was innocent unless proved guilty. We used to be glad to see a policeman on the beat, thinking he could help us if necessary. Now, if we see one we wonder what we have done wrong.

During the pandemic I do think people have become more friendly, kind and helpful to others and the NHS has been so helpful throughout this difficult time. However with so many countries worse off than us it seems a shame that we should so swiftly cut back our overseas aid from 0.7% to 0.5% of GDP.

We are kind in now having such Food Banks throughout the country but it is tragic that such a situation became necessary even before COVID-19 and is so much more important now.

So what should we do from now on? St Paul said in his letter to the Ephesians: "Be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you." I suggest that as Christians and good citizens we do all we can to be kind to those we meet, and to those we will never meet, too, and never be cruel in the difficult situations we come across in the future.

Ian Archer

St Francis – and the life of simplicity

Just about the only thing most people know about Francis of Assisi is that he talked to the birds. Church-goers also know the popular hymn based on his famous prayer, 'Make me a channel of your peace', which was sung at the funeral of Princess Diana.

However, Italy's patron saint, whose feast day is this month (the 4th) was a more complex, and some would say controversial character. His life spanned the end of the twelfth and beginning of the thirteenth centuries. He was born into a very wealthy family, but after what he called his 'conversion' standing before a crucifix. He renounced all his possessions. In fact, he stripped himself of his wealthy garments in a public square in his home-town, Assisi. For the rest of his life he and his followers, including his feminine counterpart, St Claire, longed, prayed and worked for a life of simplicity – a lifestyle without luxury or privileges. For the Franciscan brothers and the Poor this meant no private possessions at all. Francis saw that many poor people without these things, actually seemed to live happier and more fulfilling lives than the ambitious rich. He spoke of a simple life not shaped by money or power but by love and mutual concern. As his hymn says, 'it is in giving of ourselves that we receive'.

Of course, poverty; in our modern western world is seldom a matter of blissful simplicity, as present-day Franciscans recognise. For too many it is a matter of poor diet, over-crowded rooms, rough sleeping and unemployment. The call of today's followers of Francis and Claire is that those who are better-off should 'live more simply, so that others can simply live'. Christians follow a Master who said that he came with 'good news for the poor'. They believe that many of us today can be that good news.

CALENDAR FOR OCTOBER 2021

Now that more services are taking place again in Church, this is our plan for October and November 2021 – subject to change at short notice so please check the details on our website or with the Parish Office.

Sunday 3rd October	Harvest Festival 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online 4.00pm Pet Service and Family Service
Thursday 7 th October	12.45pm Holy Communion (Iona) in Church
Sunday 10th October	19th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Thursday 14 th October	12.45pm Holy Communion (Iona) in Church
Sunday 17th October	20th Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online 4.00pm Messy Church
Monday 18 th October	St Luke the Evangelist
Wednesday 20 th October	8.00pm PCC Meeting
Thursday 21 st October	12.45pm Holy Communion (Iona) in Church
Sunday 24th October	Bible Sunday 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Thursday 28 th October	St Simon and St Jude 12.45pm Holy Communion (Iona) in Church
Sunday 31st October	All Saints' Sunday 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online 4.00pm Family Service 6.00pm All Souls' Memorial Service

CALENDAR FOR NOVEMBER 2021

- Thursday 4th November 12.45pm Holy Communion (Iona) in Church
- Sunday 7th November 3rd Sunday before Advent**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online
4.00pm Confirmation Service
- Thursday 11th November 12.45pm Holy Communion (Iona) in Church
- Sunday 14th November 2nd Sunday before Advent
(Remembrance Sunday)**
8.00am Holy Communion (BCP) – in Church
9.45am Holy Communion – in Church and Online
with Act of Remembrance
- Thursday 18th November 12.45pm Holy Communion (Iona) in Church
- Sunday 21st November Christ the King**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online
4.00pm Messy Church
- Thursday 25th November 12.45pm Holy Communion (Iona) in Church
- Sunday 28th November 1st Sunday of Advent**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online
- Tuesday 30th November St Andrew
8.00pm PCC Meeting

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.

A Hot Summer

Other peoples' holidays can be quite a bore. Did you have to temporise this year? Perhaps a couple of weeks in Cornwall instead of Cyprus. These recollections may perhaps take you back to the adventure of that first continental holiday you had.

As we left the plane at Rhodes all metal was running with water. We had never experienced such humidity. We left the coach in the dark at the end of an unmetalled lane clutching a piece of paper with the number of our self-catering apartment. We were well ready for sleep, but first had to switch off the noisy fridge.

Next morning we were overdue for breakfast but had brought nothing with us. We walked the mile or so to the nearest shop and filled our haversack. By then it was scorching and the unshaded walk back seemed impossible. We managed to get a lift on the back of a pick-up truck, finding a place beside the melons. Back at the apartment we fell ravenously upon our Pop Corns. But the flat was uninhabitable with the heat.

The apartment opened directly onto the beach so to escape the heat we dipped luxuriously into a mild sea, clear to the bottom with plenty of small fish lazing away. We learned to seek the shade of large trees for much of the day. Slowly we acclimatised. Our neighbours included a Geordie couple. He was tall and thin with a voracious appetite for both food and drink. She was tall also but well sculptured with a huge sense of humour. Another couple was from Scotland. He was well over six feet, broad with a strong face and he worked for the Forestry Commission. She was tall and slender. Both were quiet people.

The first two days were spent enjoying the beach and avoiding the heat of the mid-day. It was very hot at night. All the windows and door were open. I was woken by Chris saying quietly but with urgency, "Harry, there is a snake on my finger." Her hand was fallen by the side of the bed. Snake! Well I don't like them. But I had to do something. I got out of bed without the sense to get something to hit it with, only to find the tiniest of emaciated puppies beside Chris licking her fingers.

It liked milk, biscuits and in fact anything which could be eaten. Next day a flock of Italians in the adjacent apartment (we referred to them as starlings to reflect their constant chatter), were delighted with the puppy which they fed generously. Not so the manager. Finding a home for the puppy took some time.

The bush telegraph drummed out that there was a fire in the interior. Not near us, thank goodness. One evening we found the wife of our Scottish friends sitting on some steps clutching her knees. She was clearly agitated. They had driven inland to

find the fire. That was for professional reasons, of course. He, although a senior forester, had never seen a forest fire. At one point he stopped his jeep and ran with his camera down the road, leaving his wife in the car. The fire moved fast and she suddenly realised she was sitting on several gallons of petrol. Which way to run? The fire seemed nearer than her husband. Smoke and flames were already jumping across the road. Anxiously and very torn, she ran the other way. When she looked back there was smoke and fire now between her and the car. Then with a huge roar of its engine the jeep in reverse emerged out of the smoke. He quickly reversed and helped her into the jeep, with the smoke still swirling around them. He had scorched leaves in his hair. As she told the story, she was still clearly shaken, but her husband looked down from his great height, smiled and said it would give them something to remember.

We were sight-seeing in Lindos when I noticed black clouds to the West, but like everyone else we ignored them. Then there were flakes of white ash floating silently down. We hurriedly hired a taxi to head 'home' and as he drove us along the shore route we could see fire not far away and moving fast. "The main road will be in the middle of that" said the driver. That evening as we ate at the beach tavern. Lots of old pick-ups and ancient lorries invaded the beach, disgorging villagers fleeing from the fire. They sat in circles and we and our friends brought them some food but it was not quite like feeding the five thousand. The air was full of apprehension.

The next day was still dark and gloomy and no one went sight-seeing but gathered on the beach, speculating on what would happen next. The news was that after we left Lindos, the fire had come close to the five star, seven story hotel just to the west of the town. Its visitors had panicked, gathered their valuable possessions together and taken to a fleet of peddle boats, several of which upended so that their occupants lost their valuables and passports in the sea. In the event the hotel was undamaged. On the main road about fifty yards away was a filling station and everyone wondered what the effect of that blowing up would be.

Everyone here was full of ideas of what to do if the fire reached us. The beach was wide but now we understood the capacity of fire to leap over long gaps. Some planned to wrap themselves in wet sheets and cower in the bathrooms. Others thought they would be safe standing in the sea; the beach was about thirty meters wide. Our backcloth was a dark sky, smoky higher up and punctuated by leaps of red from the fire. It crept ever nearer.

For much of the day flying boats roared low overhead, scooping up sea water to fly the short distance and empty their sea water on the fire. One emptied its load heavily on the beach. No one was hurt but many were soaked. Now it was almost as dark as night, but with a red sun high in the sky and red flashes from the fire. People and planes ghosted about us in the smoke. I told Chris there was a small island about a hundred meters off shore. I had swum to it once. It was quite small. That should be safe enough. So that was our plan.

Conversation stayed vibrant but repetitive and I went for a short snorkel in the semi darkness. Now as I looked down there was no sign of the sea bed nor any fish. It seemed unnaturally peaceful. I swam on and magically it began to get light. In a matter of minutes I could see the sea bed, the weeds and fish and then the sun was shining.

The crowd on the beach was now on its feet. The wind had changed. The petrol station did not blow up. The fire was blown back over itself and over the next day what we called the Great Fire of Rhodes, was no more than smoking ashes. Throughout we got no official warnings, nor saw any sign of authority apart from the planes.

By today's standards this would be small beer, but at the time it held danger and presaged long hardship for the already poor farmers, having to rebuild houses, perhaps making do without the harvest. When the fire was inland we were not concerned, we did not dwell on the plight of the villagers. But when it got to us that was quite different.

What must it be like, in those so much greater fires in the US, Australia and Africa? TV rarely deals with the details and all is soon yesterday's news, so it passes from our memories.

The rest of our holiday was less exciting but none the less enjoyable: the swimming, the short walks; drives over to the west coast, and the evening meal at the beach tavern. One evening we said goodbye to our Geordie and Scottish friends and showed willing by buying the first bottle. The Scottish wife guarded her glass and the Geordie wife drank sparingly. Not so the two men. We persuaded the cook to lead us in a Greek dance under the starry skies and everyone joined in merrily. It was a perfect evening with a full moon. It was all great fun. But at the close our two male friends showed no sign of any effect from the numerous bottles which overflowed our table. Chris and I staggered the short distance to bed.

Such memories last.

Harry Ingram

Environmental News

COP 26 November: What should we expect?

It won't be easy! It won't be easy! This is one of the many things I learned in thirty eight years in minor management posts. Every now and again some problem would rear its ugly head out of the blue or through some instruction from Head Office. I learned to analyse the problem in fine detail including its effect on other daily work, and then devise some possible strategies. Then I consulted the junior managers to get their ideas, and, indeed, to make sure the whole office understood the problem. That way everyone was in the picture and most usually responded very positively. To their credit the non-believers usually fell into line. We then worked out the strategy and set the targets.

Bill Gates is full of ideas of how to counter Climate Change and believes about 70% of current use of fossil fuels can be dispensed with on the basis of present knowledge. Mark Carney places much weight on controlling investment so it only goes into 'Green Projects', not using fossil fuels. These are knowledgeable and practised experts in the Western way of doing things. However, both acknowledge that Governments must lead by regulation and incentives and especially in fostering research.

However, the UN recently reported that Climate Change was a result of man's use of the environment, targets had not been met and too little had been done in recent decades. Indeed CO₂ levels continue to rise. Action needs to be taken NOW. This does not necessarily invalidate targets but it places them in perspective as well as underlining the past failure of governments world-wide to reach their targets.

So first of all, what profile should COP present and what are the kind of problems facing the conduct of COP26?

Well, firstly Greta Thunberg should take part in the opening speeches. Of course, she will criticise the world leaders and they should begin by the contrition of bearing her criticisms. It's a bit like sin. Unless you can admit it you are unlikely to reform.

I understand that at present, 12 nations have not complied with the UN request for stronger emissions targets. These include China, India, Brazil, Russia, Japan and seven others. They are being lobbied by the UN and perhaps they will come up with new figures by November. If not, the fear must be that this will undermine the conference. It's easy to see how this could happen with charges of causation against western economies and the placing of responsibility on those emitting most, and so on. Mutual recriminations, like a playground squabble, could torpedo the meeting. Better, I think, to ignore them and proceed with immediate and future plans and leave

targets to one side. After all, up-to-date targets have been little more than empty promises. At some point it must sink in that this is not a competitive but a cooperative matter of interdependence where all sink or swim on the basis of the performance of others, as well as ourselves.

Another likely controversy is, what are the costs of change and who should meet them? Now, it is first worth reminding ourselves that carbon dioxide and other greenhouse gasses remain in the atmosphere for a very long time so that even smaller amounts than at present represent a severe future threat. Nevertheless, it takes little imagination to expect that countries (as well as individuals) will be appalled by the costs of giving up fossil fuels and other changes.

Here I must introduce a consideration of the dear old principle of alternate costs which provides the answer to all that kind of debate. The real (or alternative cost) of not acting now is the consequence of not doing enough. It's quite simple.

For the first time rain has fallen on the peaks of Greenland. If the land ice of Greenland melts (which it will do at some time with global warming) world-wide sea levels will rise by 20 feet. When, if nothing SUFFICIENT is done, the ice of Antarctica melts that will dwarf such a rise in sea level. Take a look at the world map. Most capital cities are on the coast. Ah well, that could never happen, you may say. But once the tipping point of global warming is past, the further warming will take place without any help from mankind. That is what 2050 is all about. So, no, the costs of not preventing Climate Change far, far outweigh the costs of prevention, whatever they are. The costs of doing insufficient are astronomically higher than acting now.

So what are we entitled to expect from this critical meeting? What might the plans of all countries of the world cover? Here are a few suggestions.

What to Expect

The action taken now should pave the way for more extreme methods later as the seriousness of the situation beds in. We should never overlook that carbon dioxide stays cumulatively in the atmosphere for many years. Each addition stays there effectively forever, unless extracted.

It is too late to talk about interim action, but you can't just stop, say, the use of petrol. But all subsidies on the use of fossil fuels should be withdrawn, and moved to green industries. Banks and financial services should be obliged to vet proposals for loans on the basis of clear 'green' credentials to discourage the use of fossil fuels. Incentives for the discontinuance of the use of carbon should be reviewed. I comment later on carbon pricing.

Particular Industries: These need immediate assessment. Here are a few. Building: About 50% of UK emissions come from building and the use of concrete and steel. Building regulations should be directed at the minimum of building, using conversion rather than built for purpose. Do we really need so many offices?

The air industry: is a resistant target but until hydrogen power or some similar is invented, instead of opening more runways (see last month's article) they should be stopped and only other than necessary travel authorised. (That sounds authoritarian and unacceptable, averse to personal freedom of choice, and so on. Quite true, but we simply have to come to grips with the long term necessities).

Gas heating: has to go, but how should this be done? We are not expected to lay pavements or roads outside of our houses. It is far more economical to do it as a street job. Heat pumps will come and they are mainly suitable for large buildings but, like gas conversion there may well be economies of scale by doing large areas as one.

The car industry: has shown some ability to change but in the long term hybrid vehicles do not meet the need. There is the beginning of a spread of charging points at filling stations (you need a restaurant!) and in the car parks of some enlightened authorities. It's 'in-front' investment so it needs to be done now.

Insulation and air-conditioning: A widespread review of all insulation is needed in all temperate and cold climates areas, as does the use of air conditioning in warm countries.

Immediacy: We need to do now "what we know how to do". So, for example, an immediate expansion of the wind and solar industries is required. Since this will raise the price of materials and finished goods, each country needs to develop its own industry thereby avoiding the CO₂ output from transportation. On the food front we all need to eat less meat, but action on the demand side needs to be supported by better standards of treatment of the animals to ensure prices are not bid down.

Effective International action: is both necessary and difficult. Thus far, all has been on a very voluntary basis and the result is missed targets, often by governments who have no intention of complying. So, for example, Brazil needs to be persuaded to cease the destruction of the Amazon forests. Whilst this is within a national border it clearly is a world-wide asset. Similarly with Australian coal. There may be carrots to be offered but the stick will sometimes be necessary. "We will not trade with you", says Bill Gates, but this time such embargos have to be supported world-wide.

Trading in Carbon

I find this a difficult subject. It began about 1990 and trading was introduced in 1995. The broad idea was that each country would be given a share of the total carbon emissions which the world should use and would licence or grant permits to its industries, either freely or for cash. The idea of trading was that if a business or country could undershoot its target, then it could sell the surplus to another. If a country through, say, tree planting could reduce its NET use of carbon, then it could sell these savings. There were many anomalies. Apparently Russia had a target based on its historical use of carbon which had diminished, so it could sell its surplus without

itself effecting any carbon economies at all. The concept also allows the purchasing country to use more carbon than was considered appropriate.

The whole concept seems to miss the need to meet a nil target. 192 countries were involved excluding the US and Canada, but China is coming in this year. But the EU, which is one of the larger blocks, achieved only 3.8% savings in CO₂. Some consider carbon pricing a big success (certainly the marketeers would), but others see that past performance suggests savings are very small. Offsetting by, say, planting trees just confuses rational time scales. Others believe straightforward carbon taxes and direct regulation is necessary. It seems to me to be too late to be trading in fossil fuel 'surpluses'.

Invention: The more tricky area is that the authorities realise there is a great need for invention, mainly of substitutes for fossil fuels, but also replacing steel and concrete and large scale carbon capture which currently is very small scale and very expensive, if we are to reach the net nil target by 2050, or is it now 2035? Something like 30% savings must come from inventions. Competition may then meet the demands for market development but the inventions will need to come first from Universities and similar institutions. Bill Gates recognises the need for government sponsorship. I don't think you can target this. Furthermore, much will come from state controlled research in some countries and the current structure of expertise in others, so there will be a great need to share knowledge. Scientists are often good at this. Governments and companies, perhaps not so good.

The point of all this is that reducing the use of fossil fuels is far from easy, but the necessity to do this is now widely accepted. There will be many areas I have not touched on and circumstances will vary substantially between nations. But as with the management example, problems have to be assessed and the action appropriate throughout each economy identified in some detail. Then, devise plans which deliver quantities of carbon savings. All nations have to get to grips with the detail. Targets come later but in this case have been overtaken by events.

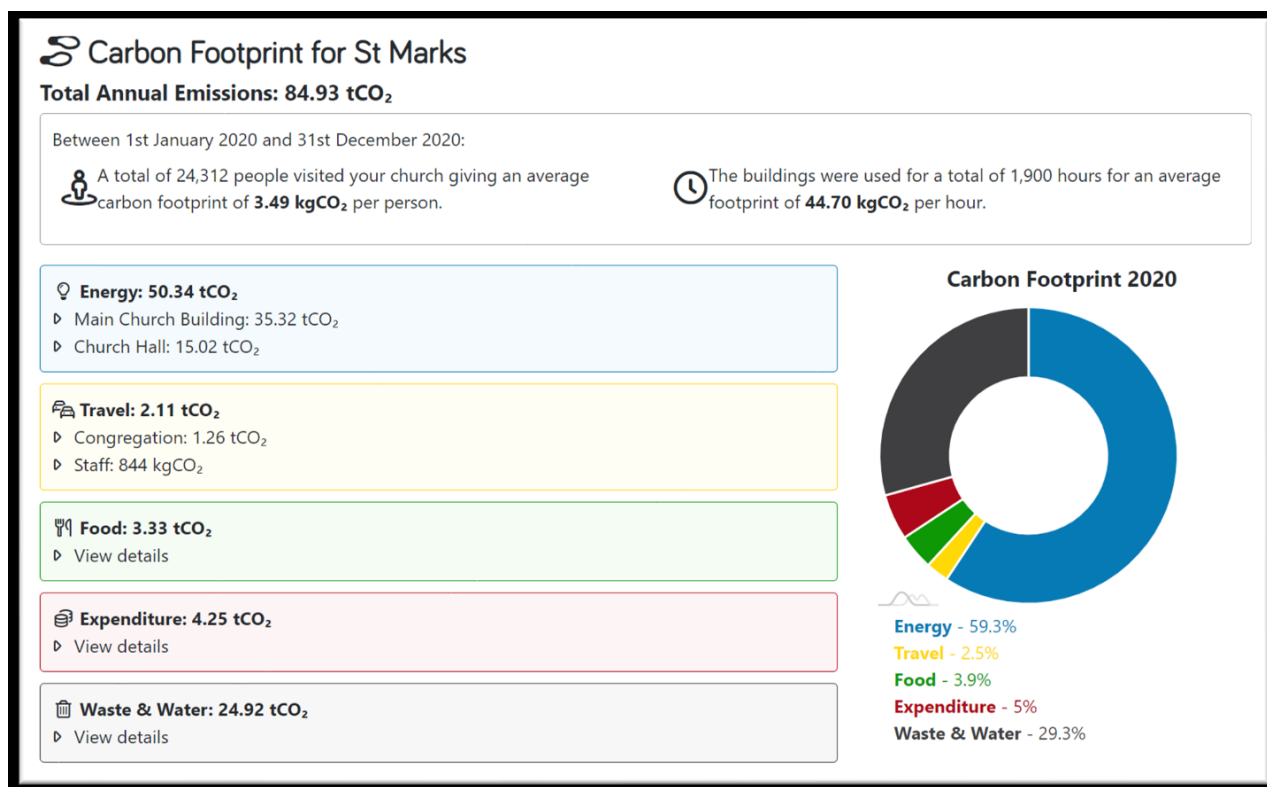
There is no doubt that COP26 starts off on the back foot. The challenge still is to "**get a grip**" on the problem (as Montgomery might say). Detailed plans should be expected with a concentration on immediacy to 'do what we can do, NOW' including international action against the destruction of forests.

The performance of governments in leading this change is critical. It won't be easy. It won't be easy.

Harry Ingram

Understanding your carbon footprint

The Church of England has committed to being carbon neutral by 2030 and St Mark's is already looking at its own activity. Earlier in the year, St Mark's undertook a survey to understand its carbon footprint and the graph below shows the output. As you can see energy, waste and water are the church's biggest contributors to CO₂ emissions.



As individuals within the church, there are things we can do to look at our own carbon output.

1. Take a survey – the average carbon footprint for an individual in the UK is 8.1 tonnes¹. Using a calculator, like the one on climatestewards.org, can help you work out what is driving your carbon output. Being forewarned is forearmed.
2. You can start to look at ways to reduce your carbon footprint, by changing your diet, your lifestyle and your energy company. Small changes can make a big difference.
3. Once you have reduced your footprint as far as you can, offsetting your carbon can allow you to become carbon neutral. There are many companies that help you do this such as Carbon Neutral Britain and Climate Stewards. They invest in carbon credits to offset your carbon consumption.
4. Find out more – take a look at the Climate Stewards website for more information.

1. <https://www.climatestewards.org/resources/duplo-footprint/>

Book Review

This month: Christ, the Cross and the Concrete Jungle



It might have been expected that this young man would spend much of his adult life behind bars. Instead he encountered Christ and his life was transformed. Violence, domestic abuse and alcohol were the norm in his dysfunctional family life. He lived in an area witnessing poverty, unemployment, street fighting, suicide, crime and widespread addiction.

He was a Catholic, but this meant little more than supporting Celtic Football Club. His ambition to pursue his boxing talent ended when he tasted alcohol at 15. Dropping out of college, he moved from job to job, disliking authority. Adult life was coming to reflect the dysfunctional norms of his family and neighbourhood. At 18 his life was out of control and he reached despair.

In a Gideons' Bible, he read of the final condemnation of the wicked and knew he would not be one of those dressed in white robes. This and other readings began to shape his thinking — and an interest in going to church. With the confidence of a little alcohol, he went into a meeting at an independent church. The format surprised him but he stayed and was made welcome. Still drinking, he began to meet Christians and listen to their stories.

Read here of his coming to faith in Christ, the changes in his life, and then the struggles with his old life that followed. For a time he worked to support other young people controlled by addictions, but in reality was still struggling with those things in his own life. He tried hard to be a 'good Christian' but failed despairingly, until, as he walked further with the Lord, he learned of the grace of God and knew 'joy inexpressible', as well as times in the valley.

Having little early education he went on to do theological training and then teacher training. He now ministers in the Free Church of Scotland as well as doing part-time teaching.

The book is honestly written and does not glamorise a life in the shadows of society. Informative and instructive for any age, it would be a good holiday read or a worthwhile gift.

Review adapted from: <https://www.evangelical-times.org/book/christ-the-cross-and-the-concrete-jungle/>

Reader recipes

This month pumpkins are in season so we have a delicious recipe to use up your harvest.

Pumpkin Muffins

Serves 12

Ingredients:-

- 225g plain flour
- 2 tsp baking powder
- 1 tbsp ground cinnamon
- 100g caster sugar
- 50g soft light brown sugar
- 200g pumpkin puree
- 2 large eggs
- 125g slightly salted butter



Method:-

1. Heat the oven to 200C/ 180C fan/ gas 6.
Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon, and both sugars together in a large bowl.
2. Whisk the pumpkin puree and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 minutes until combined.
3. Bake for 15 minutes until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely. Keeps for 3 days in an airtight container.



Puzzles

October Sudoku Puzzle

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

September Solution

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

Bullimores



ESTABLISHED
1928

Accountants for Life

- Tax
- Accounts
- Probate
- Inheritance Tax & Executorship

Bullimores LLP licensed to carry out the reserved legal activity of non-contentious probate in England & Wales by the ICAEW



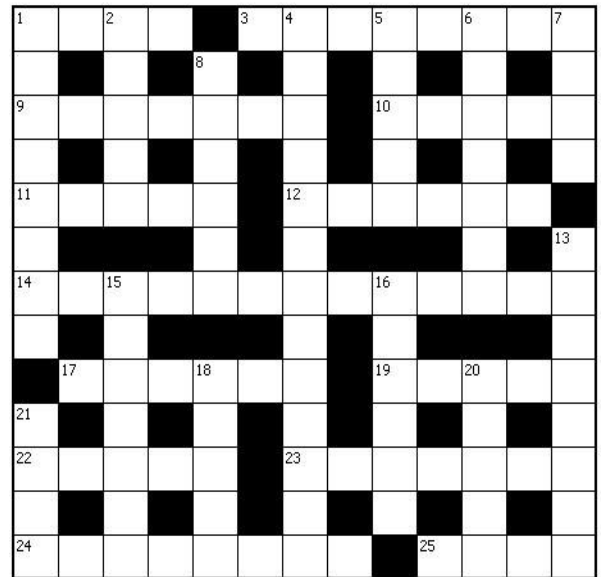
For advice, call us on: **01306 880880** | Email: partners@bullimores.co.uk | Web: www.bullimores.co.uk

October Crossword

Biblical references are from the New International Version

Across

- 1 'Those who were standing near Paul said, "You — to insult God's high priest?"' (Acts 23:4) (4)
 3 They were assigned to guard the tree of life (Genesis 3:24) (8)
 9 'Elkanah son of Jeroham, the son of Elihu, the — of — , the son of Zuph, an Ephraimite' (1 Samuel 1:1) (3,4)
 10 Surrender (Joshua 24:23) (5)
 11 Where American livestock can be reared (5)
 12 Listen (anag.) (6)
 14 Alternative name for Kiriath Jearim (2 Samuel 6:2) (6,2,5)
 17 He founded Westminster Abbey, — the Confessor (6)
 19 Hebrew word for the place of the dead (5)
 22 Allies of Persia in the fifth century BC (Esther 1:3) (5)
 23 Where John Wesley was forced to preach a lot (4,3)
 24 Rebellion against God; abandonment of religious belief (8)
 25 Note (anag.) (4)



Down

- 1 Give an account of (Mark 4:30) (8)
 2 'I — — the path of your commands, for you have set my heart free' (Psalm 119:32) (3,2)
 4 'He took the ephod, the other — — and the carved image' (Judges 18:20) (9,4)
 5 'You are a chosen people, a — priesthood' (1 Peter 2:9) (5)
 6 The meek, the merciful and the mourners are all this (Matthew 5:4–5, 7) (7)
 7 Musical Instrument Digital Interface (1,1,1,1)
 8 He was the son of Nun (Deuteronomy 34:9) (6)
 13 'Let the little — come to me' (Matthew 19:14) (8)
 15 'About three thousand were — — their number that day' (Acts 2:41) (5,2)
 16 In John's vision, the wall of the new Jerusalem was made of this (Revelation 21:18) (6)
 18 'Our citizenship is in heaven. And we eagerly — a Saviour from there, the Lord Jesus Christ' (Philippians 3:20) (5)
 20 'Glorify the Lord with me: let us — his name together' (Psalm 34:3) (5)
 21 Young Men's Christian Association (1,1,1,1)

September Solution

Across

1 access; 4 blinds; 8 rhyme; 9 loyalty; 10 Antwerp; 11 Aeon; 12 loftiness; 17 Satan; 19 Obadiah; 21 on earth; 22 storm; 23 exhale; 24 depths

Down

1 Adrian; 2 crystal; 3 siege; 5 lay bare; 6 nylon; 7 saying; 9 Lappidoth; 13 funeral; 14 spit out; 15 ashore; 16 Thomas; 18 teeth; 20 aisle



Looking for a care home for your loved one? Look no further!

The Reigate Beaumont is a home oozing charm and character, offering first-class 24-hour nursing and residential care in Surrey. Reigate Beaumont is proud of its beautifully maintained and nurtured award-winning gardens which both residents and visitors to the home can enjoy all year around.

The Reigate Beaumont has en-suite fully furnished bedrooms which can be personalised, beautiful lounge areas with stunning views as well as elegant dining rooms in a relaxed atmosphere. Our team of highly-qualified and attentive staff really focus on the individual needs of our residents with a bespoke care plan for each person. Our dedication to personalised care can be seen across the board - in our cooking, hospitality and organising activities for our residents.

For more information do take a look at our website
www.barchester.com/home/reigate-beaumont-care-home, send an email
to **Reigate.Reception@Barchester.com** or give us a call on **01737 225544**

Abbeyfield House at 34 Somers Road, Reigate is a friendly, happy place.

In our affordable family style house we provide a careful combination of independence with support, privacy with companionship.

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.



Please call the House Manager (01737 247928) for more information.

Graham Williams Decorating

20+ YEARS EXPERIENCE / NVQ QUALIFIED / INSURED

Tel: 01737 646028

Mobile: 07985 940083

grahamw777@hotmail.co.uk

Interior and Exterior work

Free estimates



Stoneman Funeral Service

Head Office and Funeral Home
Doran Court
Reigate Road, Redhill
Tel: 01737 763456



An Independent Family Business
Est: 1865

PREPAID FUNERAL PLANS

ALSO AT

49 Bell Street Reigate
Tel: 01737 243164

ANTIQUE FURNITURE RESTORATION

ALL ASPECTS OF
FURNITURE REPAIRS
AND
POLISHING
UNDERTAKEN
INCLUDING MODERN
FURNITURE

30 YEAR'S EXPERIENCE
FREE ADVICE AND
ESTIMATES GIVEN
CALL

STEVE PEACOCK
01883 743879

SURREY HILLS
HYPNOTHERAPY
Samantha Rivett



SOLUTION
FOCUSED CLINICAL
HYPNOTHERAPIST

I CAN HELP WITH:

Stress ▲ Low mood
Fears and phobias
Confidence ▲ Motivation
Sleep problems
Pain management
Sports performance
Anger management
Weight loss motivation
Addictions ▲ and more...

Contact me on: 07929 253834
www.surreyhillshypnotherapy.co.uk

*Inspiring change, finding
solutions and creating positivity*