

St Mark's Parish Magazine July 2023



THE PARISH CHURCH OF SAINT MARK, REIGATE

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LETTER FROM THE VICAR

Dear Friends,



"One more step along the world I go, one more step along the world I go. From the old things to the new keep me travelling along with you".

Words from a much-loved hymn that always comes into its own at this time of year. It's a favourite school hymn and is often used at school leavers' services as children prepare for changing schools and moving out into the wider world. For me though, it's not just a hymn, but a prayer. A prayer for children that they will always know God's presence and love with them wherever they go, but also a prayer for us as we face changes in our lives.

This time of year often marks a change for other people as well. As summer comes and stays (we hope!), several couples in our parish will be getting married and we pray for them as well, that they will know God's love and presence with them as they travel into this new phase of their lives together. For others this time of year can mean a change of jobs or moving house. Change can be a scary thing, but it's necessary for us to grow.

Even going away on holiday is a change, though hopefully a change that will bring rest and refreshment. It can widen our horizons as perhaps we visit new places, bring us into contact with new people, and maybe help us to try out new things. But even if we are not going away there often feels as if there is a change to the pace of life as the days are longer and perhaps we don't have to rush around quite as much.

Summer is a time of year to give thanks to God for all that he gives us, and for all of the challenges and new chapters in our lives that come our way. So, whether or not there are changes ahead for you this summer, let us all echo the chorus of the hymn; "And it's from the old I travel to the new, keep me travelling along with you".

Every blessing,

Marto



News from the Church of England

Lead bishop for housing backs Prince of Wales homelessness project

The Church of England's lead bishop for housing Dr Guli Francis-Deqhani, has welcomed the launch of the five-year *Homewards* project by the Prince of Wales to end long term homelessness.

"I am delighted to see the personal commitment the Prince of Wales has made to ending homelessness," she said.

"Across the Church of England we share this desire to tackle the underlying causes as well as supporting those in crisis.

"The leadership of the Prince of Wales will undoubtedly have a tangible impact; his determination to address this crisis will be welcomed by churches up and down the country who are on the front line of supporting those experiencing homelessness.

"Ending homelessness does indeed require a societal response, and we will play our part.

"The *Coming Home* report from the Archbishops' Commission on Housing, Church and Community set out the role that the Church can play in addressing a lack of truly affordable and high quality housing – a major factor behind homelessness.

"We are working to bring about that vision, and are grateful for the wisdom and encouragement from the Duchy of Cornwall and Royal Foundation.

"Good homes provide a foundation for communities where everyone can flourish. Together we have substantial resources to bring to bear, and so we look forward to adding our support to the Prince of Wales as he leads on this vital issue."

The Church Commissioners and the Church of England Pensions Board have announced that they will independently disinvest from fossil fuels

The Church Commissioners and Church of England Pensions Board each announced they will independently disinvest from fossil fuels this year, as the Church of England's National Investing Bodies (NIBs) reported back to the General Synod on progress against a 2018 Synod <u>motion</u>, which set out a five-year strategy to invest in climate solutions, engage with high carbon emitting companies, and disinvest from fossil fuel companies not aligned with the Paris Agreement.

The report to Synod from the NIBs on their "Approach to Climate Change", presents the progress that has been made by the NIBs in response to the Synod motion, but notes that, while some companies have made significant progress, no fossil fuel company has passed the 2023 hurdles set by the NIBs. Today, the <u>Church Commissioners for England</u> and the <u>Church of England Pensions Board</u> each announced their intentions to disinvest accordingly.

The Archbishop of Canterbury, Justin Welby, said: "The climate crisis threatens the planet we live on, and people around the world who Jesus Christ calls us to love as our neighbours. It is our duty to protect God's creation, and energy companies have a special responsibility to help us achieve the just transition to the low-carbon economy we need."

"We have long urged companies to take climate change seriously, and specifically to align with the goals of the Paris Climate Agreement and pursue efforts to limit the rise in temperature to 1.5°C above pre-industrial levels. In practical terms that means phasing out fossil fuels, investing in renewables, and plotting a credible path to a net-zero world. Some progress has been made, but not nearly enough. The Church will follow not just the science, but our faith – both of which call us to work for climate justice."



<u>SMOAT@HOME AFTERNOON CREAM TEA – SUNDAY 16 JULY</u>

As our SMOAT@Home events have proved to be so popular, we have decided to hold another Afternoon Cream Tea on the day of the Wimbledon Men's Single's Final. The tickets are £6.00 per person or £20 for a family of four, and extra scones are £2.50 each. You can order your tea by going to <u>www.SMOAT.org.uk</u> or by emailing me at <u>chair@SMOAT.org.uk</u>. We will be delivering to postcodes RH1 and RH2. So, why not order some delicious homemade scones, jam and cream and sit back and watch the tennis from the comfort of your homes!

Barbara Perkins, Chairman - 4 -



Church News

ANNUAL GIVING

A huge thank you to everyone who has generously donated in our period of Annual Giving. **We have raised £20,500 including Gift Aid.** This is less than the target set of £30,000 but we appreciate this is a difficult time. We officially close our annual giving on 30 June, however, if anyone still wishes to make a contribution this will be most welcome to enable us to carry out much needed decoration and refurbishment to the hall and foyer areas. Many thanks again.

Mel Crighton, PCC Treasurer

COMMUNITY LUNCH

The next Community Lunch will be in September. If you wish to attend, you must register in advance with either Paul Selvadurai, the Lunch Co-ordinator, or with the Parish Office (tel: 01737 210785). Lunches are normally held on the 2nd Sunday of the month.

HOLY LAND PILGRIMAGE

Ian Archer has written about his experiences on his recent Holy Land Pilgrimage in the April edition of the Parish Magazine (on our website or for a paper copy please contact the Parish Office).

Chris and I will be leading a Pilgrimage to the Holy Land from 16 to 25 January 2024 with a similar itinerary and using the same tour company and hotels that Ian writes about. The cost, which includes flights, coach travel, a local guide, entrance fees and all gratuities, and staying in comfortable 3* and 4* hotels on a full-board basis is £2,785 per person. We have a number of people already booked onto this pilgrimage and others who are considering joining us. If you have never been to the Holy Land (or indeed if you have been) it is a life-changing experience to walk where Jesus walked and see what he saw. Brochures and forms are available. However, with rising costs, the brochure price cannot be guaranteed indefinitely. Those already booked will pay the price they booked at, but future bookings may incur a surcharge – you are advised to book early! If you have any questions, please ask.

Fr Martin



Patient Patients

When we have something wrong with us, do we show patience while we wait for care and hope and pray for a speedy recovery? We are lucky if we are living in a situation where a kindly relative, carer or friend is nearby. Otherwise, any help might be longer in coming and then, of course, our patience is stretched more acutely.

We are so lucky in this country to have a free National Health Service with ambulances, doctors, nurses and hospitals to be taken to. In so many parts of the world such rescue facilities and help are not available. During the time of COVID we acknowledged this wonderful help when those on duty worked so hard and risked so much.

But we need to exercise patience in so many smaller ways, as well as in the case of real emergencies. Are we patient when we feel let down when promises are not kept, if taxis don't come when expected, when people don't ring back on the phone when they promise to do so. We, too can be guilty of letting people down when we forget a commitment or purposely put anything off to a future date.

Sometimes we have to wait our turn in a queue while others have their questions answered first. We can imagine that our needs are more important than those also waiting, but it is not always the case. We can be impatient when held up in a traffic jam when we should be thinking and praying for anyone who might be injured in any crash.

As tiny children we can look forward to a future treat that to us is so important, but to adults seems trivial. In care homes so often, bells are buzzing when there is need, but with insufficient staff to satisfy the needs of everyone when they want it, this is impossible. On these occasions patients really need to be patient, however difficult that is.

How about the case of prayer? We are told not to give up in our crying for God's help but to persevere, knowing that God will listen to us even if he either just wants us to wait, being patient, or he has some other way to satisfy our needs. We may not necessarily want what he instead has planned for us, but we have to be patient to accept his will whatever that may be.

Ian Archer



A Dilemma for Mars

The Mars government was once again considering the practicalities of moving to another planet. With temperatures now so high that even living deep underground, where in the case of Mars it was cooler than on the surface, temperatures were almost unbearable.

"I understand Earth is heating up at an alarming rate. What are the Earthlings up to?" asked the First Minister. "At this rate Earth will no longer be an option for us." The expert on the Earth felt uncomfortable but obliged to respond. "Well, I understand that some of their richer elites like us are also examining the practicality of moving elsewhere." "But Earth used to be a fine place; neither too hot or too cold with ample oxygen and plenty of water to ameliorate climate changes. It was a good place to be."

The Earth expert realised that superficial answers were not enough. "The Earthlings know that now. In fact, they recognised that their way of life, especially burning fossil fuels, was giving rise to increased temperatures which could only lead to a total change in their climate. They got together and admitted twenty-seven years ago that the Earth was heating up and something had to be done, but very little was done. Today, most countries have targets to limit the rise in temperature but they are never met and often no attempt is made to achieve them."

"Why is that?" asked the First Minister. "Well, at first the thought of making changes was so unwelcome that many, in spite of the findings of expert scientists, denied that there was a problem. The facts are now so evident that they can no longer do that." "So why then are they doing so little? I really cannot understand this," said the First Minister.

"It's best if you see them as like little children. They love the lollipop in their hands even though their friends do not have one, and cannot perceive that they won't have a lollipop tomorrow. Any suggestion that they should change sets them off into a frenzy. It's the way they order their affairs. They tend to only act when the problem has become very severe and they simply have to do something. Meanwhile they often say the right things but centre their actions elsewhere, often on trivial matters or things which particularly affect their country, almost any diversion will do."

"I find this astonishing" said the First Minister. "Men have always been governed by self-interest and guided by the ways and values they have always been accustomed to. Historically moving from old systems to control the masses, such as the Manorial System, required revolutions before those in power were prepared to yield it for some kind of primitive democracy, which still in places is more a question of form rather than substance.

"Furthermore, those in power, or in this case those benefiting from the fruits of using fossil fuels, will not give them up because it is not in their interests. So, at first, for many years, they denied there was Climate Change. When that was no longer possible, they accepted that the climate was changing but used their power to cause little action from government. Attention moved to trade, then wars, inflation, the use of nuclear weapons and the dangers from AI. Attention is always being diverted.

"At present the attitude put out is that those wanting action against climate change are either from the loony left or well-meaning innocents who simply don't understand how the world economy works and the continuing need for using fossil fuels. They are even increasing rather than reducing capacity. Bodies which grant the licences are encouraged to ignore climate change."

The First Minister was clearly having trouble absorbing this strange behaviour by the Earthlings. "What's AI?" "AI is artificial Intelligence: vast quantities of data are absorbed and used to answer any question put to the computer which answers in sound prose," said the Earth expert.

"Ah hum," said the First Minister. "Sort of pooling their ignorance. Well, I understand their dilemma with nuclear weapons. I can recall our nuclear war about three centuries ago. We had been told the consequences, which actually turned out to be much worse, but pride or belief in our own invulnerability actually on both sides led us forward till there was no turning back. We destroyed our environment and have never recovered."

"You have it exactly, First Minister. The Earthlings even have a parable warning them about the elite enjoying the present without thought for either the less fortunate or the consequences for them for the future, until it is too late. There was this old beggar man, with some nasty skin disease who lived off the waste from a rich man's table. On death the poor man Lazarus, was looked after in Heaven, whereas the rich man who had ignored his poor neighbour when he died, had a rough time.

"When the rich man added up the score, he wanted to warn his brothers who he had left behind, but God's Rep said they had had plenty of warning and it was now too late. Similarly with nuclear weapons or Climate Change. The parable has been preached in several ways for over two thousand years, but the message has not been received," said the Earth expert.

"But surely the democratic process will enable the majority to have its way?" countered the First Minister. A voice from the back of the room shouted, "Authority here is also sometimes unable to listen or understand that even they can be wrong!" The Earth Expert was warming to his theme. "I suspect that many of the population simply do not want to change their ways either. They may well understand the

problem but feel it is not for them. Some feel helpless. Others are content with the status quo. They also cannot comprehend that after a certain point rising temperature will result in the natural release of gases currently trapped in the earth and that will be irrevocable and make things much worse, probably literally intolerable. They too are like the rich man in Lazarus."

"So what will be the outcome?" asked the First Minister. "We need to understand that mankind, and especially their scientists, are also very clever. Some scientists and private organisations have already found means to replace fossil fuels. I expect there will be a last-minute change. The fossil fuel supporters will simply disappear from sight and the rest will act precipitately. But we cannot know the outcome. Some of the informed already think it is too late."

The First Minister let out a deep sigh. "I must say, I always thought those Earthlings were rather primitive and self-regarding, but I had no idea it was as bad as this. It seems their problem primarily is not what is required to counter Climate Change but their background nature, the way they have thought and behaved in the past and inability to think with imagination beyond self-interest.

"This will result in them staying in the comfort zone of past glories (much of which is inspired fiction), dreaming their lives away till it is too late. We could change all that." As an afterthought he added, "They clearly have no regard for our vulnerable position and at this rate we shall be too late to invade and save the day."

"It's true. We and the Earthlings do have much in common," said the Earth expert.

Harry Ingram



FOODBANK

St Matthew's Foodbank are desperately short of donations at the moment. With the squeeze on household finances, more and more people are turning to the Foodbanks for the first time, and yet the amount of donations has fallen. If you are able to give anything at all, please leave your donation at the Vicarage. Please remember that no fresh food can be accepted, and all tins and packets must be in date. More information can be found at:

https://www.redhillfoodbank.org.uk/shopping-list

In particular the Foodbank needs **cutlery** at the moment. If you have any spare cutlery, please leave it in the donation boxes.

CALENDAR FOR JULY 2023

Sunday 2 nd July	8.00am H 10.00am S	y after Trinity loly Communion (BCP) – in Church lung Eucharist – in Church and Online amily Service – in Church			
Monday 3 rd July Thursday 6 th July	St Thomas the Apostle 12.45pm Holy Communion (Iona) in Church 2.00pm SMART				
Sunday 9 th July	8.00am H 10.00am S	y after Trinity Ioly Communion (BCP) — in Church Jung Eucharist — in Church and Online Vith Junior Church			
Thursday 13 th July Saturday 15 th July	•	loly Communion (Iona) in Church ocial Ballroom and Latin Dance in the Hall			
Sunday 16 th July	8.00am H 10.00am S	y after Trinity Ioly Communion (BCP) — in Church Jung Eucharist — in Church and Online Iessy Church			
Thursday 20 th July Saturday 22nd July	12.45pm H St Mary Ma	loly Communion (Iona) in Church agdalene			
Sunday 23 rd July	8.00am H 10.00am S	y after Trinity Ioly Communion (BCP) – in Church Jung Eucharist – in Church and Online Taizé Prayer			
Tuesday 25th July Thursday 27 th July	St James t 12.45pm H	t he Great Ioly Communion (Iona) in Church			
Sunday 30 th July	8.00am H	y after Trinity Ioly Communion (BCP) — in Church Jung Eucharist — in Church and Online			

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.

CALENDAR FOR AUGUST 2023

Thursday 3 rd August	12.45pm 2.00pm	Holy Communion (Iona) in Church SMART		
Sunday 6 th August	8.00am	nsfiguration Holy Communion (BCP) – in Church Sung Eucharist – in Church and Online		
Thursday 10 th August	12.45pm	Holy Communion (Iona) in Church		
Sunday 13 th August	8.00am	day after Trinity Holy Communion (BCP) – in Church Sung Eucharist – in Church and Online		
Tuesday 15th August Thursday 17 th August Saturday 19 th August	12.45pm	sed Virgin Mary Holy Communion (Iona) in Church Social Ballroom and Latin Dance in the Hall		
Sunday 20 th August	8.00am	day after Trinity Holy Communion (BCP) – in Church Sung Eucharist – in Church and Online		
Thursday 24 th August	St Barth 12.45pm	olomew Holy Communion (Iona) in Church		
Sunday 27 th August	8.00am 10.00am	day after Trinity Holy Communion (BCP) — in Church Sung Eucharist — in Church and Online Taizé Prayer		
Thursday 31 st August	12.45pm	Holy Communion (Iona) in Church		

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.



Seasons

Spring is a time of new beginnings, summer is what we have all been waiting for, autumn is often full of colour but is sad in that we can see winter ahead of us. And in winter we try to keep warm and look forward to the coming of Spring once more. We can enjoy, or put up with, these changing seasons in this country, but the wealthier have been able to escape the horrors of winter by flying off to a warmer environment, just as we can enjoy fruits and vegetables "out of season" if we can afford them.

We also have seasons in our lives. As children, in the spring of our lives, we might look forward to so many exciting adventures. As young adults, in the summer of our lives, the world is still our oyster, and despite the worries we have about our future, all seems possible. In middle age, our autumnal time, we wonder how we can keep fit and able to attempt adventures that appeal to us and in the winter of old age we wonder how long we will last and hopefully give thanks for what we can still do, rather than regret what is no longer open to us. as and when we get older.

As far as favourites are concerned, I prefer Spring, with the hope and awakening of life, but each season has its benefits and, although I miss Jenny, I just give thanks for each day as I shut my eyes to go to sleep and then again when I wake up in the morning.

But we can think of seasons each day. A morning can be fresh with the hope and expectation of the remainder of it, like the spring of the year. At the middle of the day, it's summer, we try to keep it on a level keel and enable us to meet the challenges before us. In the evening, the day's autumn, we do our best to pick up the pieces we have left, to end the day in style. Then at night, the day's winter, we lay our heads to rest, thanking God for the better parts of the day.

I love the following prayer set to be used at Evening Prayer on a Tuesday:

"Abide with us Lord, for it is evening. And day is drawing to a close. Abide with us and with your whole Church, In the evening of the day, In the evening of life, In the evening of the world. Abide with us, and with all your faithful ones, O Lord, In time and in eternity. **Amen**

Ian Archer



Home

The gardener landscapes her garden, Deciding where plants shall grow, But it's the rain and the sunshine from Heaven Which paints the picture aglow.

The soil she can certainly study And the names of plants she knows, But it is the hidden hand of nature Which decides how the plants shall grow.

The ever-changing sky is her backdrop With clouds so white or grey, And it's the uncertainty of weather Which decides the scene today.

The grey days may bring sad emotions The gay days come from a shining sun, But so long as we are together.

Anonymous





Birth and Death

These are situations we all have gone through or will do in due course. My dear wife, Jenny, as a midwife had been present at so many births and as a nurse was also present when many others were at the point of death. She always said she saw both these transitions as very similar. She will now know if she was right.

We can plan for most things to happen at a certain time. But not necessarily with birth or death. Unless it is a Caesarian birth we don't know exactly when the birth will take place. And except with fatal accidents, suicides or murder the time that death will take place is uncertain to us all. It seems from "Call the Midwife" that babies often come into this somewhat mad world, crying, whereas at death it can be quite quick, or hopefully a peaceful end for us at that time. Jenny will now know how it was for her, but she seemed peaceful as she passed away.

A birth, and later, perhaps a Baptism, can be an excuse for a great celebration. At death, at least those we leave behind, might, at our funerals, celebrate the life we had led with a party or a wake. It seems sad to me that we often only hear about the story of the person who has died at his or her funeral. Perhaps we should introduce rehearsals for funerals, so we can hear what the person who has died has done, and we can hear what others might think of them or us. However, before we die the planned Eulogy may be too complimentary.

When I first became a Reader over 40 years ago, I was asked to visit a man whom I did not know, whose wife had just died. I found this very difficult, especially when he said to me, "I wish I had a faith like yours." This was so humbling as at that time my faith had not been tested like his, as I was not then bereaved.

None of us can remember how we felt as we developed in our mother's womb, and we can't know yet how it will be as we leave this world for the next one. Some things we just have to take on trust and do all we can to help those who are closer to death than we believe we are, and where possible to be alongside those who are bereaved.

What we do know is that nothing can separate us from the love of God through Christ Jesus, and as He is the Way, the Truth and the Life he personally will lead us through the gates of death to life everlasting.

Ian Archer



Part V Room at the Top

So Fred had set up a system to recover the competition by putting on Boards during the summer holiday period. Now he had to ensure it was successful. Yet actually operating it was substantially out of his hands. He was dependent on others, most like himself quite unexceptional but grounded in independent action and to some extent used to compromise and facing new issues.

The day of the first 'Holiday Board' arrived. Director Finlay was brilliant. He addressed all the candidates together and set out the pros and cons of the PSRB system stressing that for some candidates their qualities may not be recognised, for others their talents might be more useful elsewhere. He encouraged everyone to have confidence and give of their best and enjoy the process. No one should feel he had failed.

For Fred it was almost a relief to have to focus on the eight candidates he had to assess. There was no room for anything else. First came the Group Discussion when candidates in a group got to know each other and "warm up" in setting forth their views. Then there was the "Committee Exercise", where each had a subject to lead on and the others contributed as they thought appropriate. In the lulls he wondered briefly how it was going elsewhere with new Chairmen in the hands of experienced Observers. Were all tests being marked on time? Were all the candidates and required information in the right place at the right time?

In a break he briefly visited the General Office where Revenue staff were separated from the others not on leave. These seemed unemployed. The former were full of activity and noise. "How is it going?" he addressed one table. "Fine, fine. We have made each of ourselves responsible for particular candidates and made sure they are where they should be in time for intelligent tests or interviews. Marking the tests is a bit time consuming but I am sure we shall improve speed with practice," said one.

"No one has been to me with problems," said Fred. "Well," said the senior, "you seem to have a pretty full schedule yourself. So," (with a smile) "unless you want us to take you to your next task, we leave you alone!" No one came to his room for the next five weeks and he only saw them at the end of day. The control of the organisation seemed to be going very well from the start.

At lunch it was strange that all the assessors were Revenue based from all over the UK and very voluble too. Lloyd, his immediate boss, was circulating and Fred found he was doing the same, trying to relax and be light-hearted. All seemed to be happy.

At lunch on the third day, that is after the candidates had gone and report writing was the job, the Observers had pushed tables together and were having a noisy lunch.

Fred found a vacant place. Then over came one of the really senior chairmen who Lloyd had identified as "difficult". He lent on the back of a chair. "You lads" (none was under thirty) "seem to be enjoying your summer holiday! You find it better than work?" he asked.

This was greeted by an uncomfortable silence. Fred thought this was a misinterpretation of their noisy conversations, not quite on message and quickly interceded. "Well, given that in a few years' time you will probably be pruning your roses whilst these men are doing your job, or perhaps before that are breaking in candidates who you and I ought to have failed, I suppose it is only natural that they should take these selections seriously. We also need to be fair to the candidates. It's no holiday for any of us and they will have to make up the time missed in their understaffed and heavy Districts."

The chairman faced Fred and said," I suppose you are Fred, Percy's pal." Somewhat taken aback, all Fred could manage was, "Well, if I am his pal, I certainly would not want to be his enemy." "Ah," said the chairman with irony, "um, maybe I shall yet have the pleasure of you assisting me!" And he returned to his table. Fred's table exploded with conversation round, "Who was that?".

After the emergency Boards had finished, the Competition was almost up to date. However, the regular Office Manager refused to accept that the Boards could have run smoothly without regular staff and his presence. Finlay and Fred heard him out. When he had finished, Fred said: "But you see the Revenue staff knew what to achieve and made it happen. It's called determination laced with initiative, and it clearly worked."

The Deputy Director congratulated Fred on the success of the extra Boards and then said he had approached one of the promising Revenue Staff to see whether she would stay on at PSRB. She had agreed, and then asked what would be her date of promotion? "When I said it was a level transfer, she smiled at me and said no way would she join this circus without some incentive. So much needs to be changed! Typical Revenue; always a model of good manners with the sting in the tail." But he seemed to approve.

To be continued next month

Harry Ingram



Reader Recipes

Chorizo, orzo & sweetcorn summer stew

Fry vegetables and orzo to make this healthy, colourful summer stew. You can add any leftover vegetables in the fridge to reduce food waste.

Ingredients:-

- 1 tsp olive oil
- bunch of spring onions, sliced, green and white parts separated
- 1 red pepper, cut into small cubes
- 50g chorizo, cut into small cubes
- 1 garlic clove, crushed
- 75g orzo
- ¹/₂ tsp smoked paprika
- 200g can sweetcorn, drained
- 1 large tomato, chopped
- 350ml low-salt chicken or vegetable stock
- 1/2 small bunch of parsley, chopped
- 1/2 lemon, zested and juiced

Method:-

- 1. Heat the oil in a deep frying pan and fry the white parts of the spring onions, the peppers and chorizo for 8 mins, until the peppers are soft and the chorizo is just golden.
- 2. Stir in the garlic, orzo, paprika, sweetcorn and tomato, and fry for 2-3 mins more. Pour in the stock. Bring to a simmer and cook for 8-10 mins, stirring often, until the orzo is tender. Stir in the parsley, the green parts of the spring onions, and the lemon juice and zest.

Recipe taken from BBC Good Food. If you have a recipe you'd like to share email us at magazine@stmarksreigate.co.uk.



July Crossword

Biblical references are from the New International Version

Across

- 1 Relating to the Jewish day of rest (10)
- 7 Point of view (Matthew 22:17) (7)
- 8 20th-century Brethren philanthropist whose construction company became one of the UK's biggest, Sir John (5)
- 10 Girl's name (4)
- 11 Peter was accused of being one in the courtyard of the high priest's house (Luke 22:59) (8)
- 13 The fifth of the 'seven churches' (Revelation 3:1–6) (6)
- 15 'Now the famine was in Samaria' (1 Kings 18:2) (6)
- 17 Banned by the seventh Commandment (Exodus 20:14) (8)
- 18 Insect most closely associated with itching (1 Samuel 24:14) (4)
- 21 Bantu tribe which gives its name to tiny landlocked country in southern Africa (5)
- 22 Familiar material in churches that use an overhead projector (7)
- 23 Last book of the Bible (10)

Down

- 1 The young David's favourite weapon (1 Samuel 17:40) (5)
- 2 'Your vats will over with new wine' (Proverbs 3:10) (4)
- 3 Once yearly (Exodus 30:10) (6)
- 4 Milled it (anag.) (3-5)
- 5 Region north of Damascus of which Lysanias was tetrarch (Luke 3:1) (7)
- 6 Comes between Philippians and 1 Thessalonians (10)
- 9 Lake where the first disciples were called (Luke 5:1–11) (10)
- 12 Abusive outburst (8)
- 14 Are loud (anag.) (7)
- 16 Printing errors (6)
- 19 'Take my yoke upon you and from me' (Matthew 11:29) (5)
- 20 Jacob's third son (Genesis 29:34) (4)

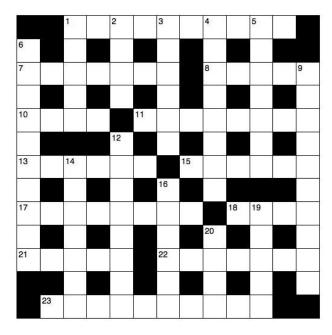
June Answers

Across

1 care 3 paradise 8 null 9 profaned 11 legalistic 14 closed 15 stores 17 missionary 20 covenant 21 Thai 22 trade-off 23 Eden

Down

1 conflict 2 religion 4 arrest 5 affliction 6 Iona 7 Eddy 10 allegiance 12 preached 13 Assyrian 16 a son of 18 Scot 19 DVLA



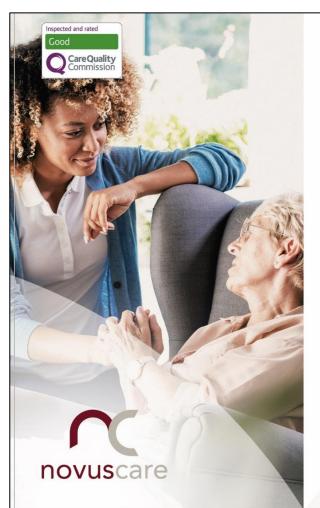


Puzzles

July Sudoku Puzzle

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

Unfortunately due to an error in the source of the Sudoku puzzles it has not been possible to print the solution to last month's puzzle.



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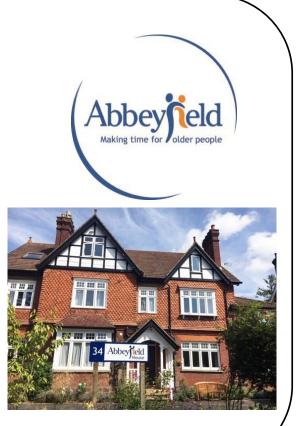
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