



St Mark's Parish Magazine

March 2024





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 2.00pm 01737 210785/ 07979 788601
Parish Administrator – Alexia Hartman E-mail: office@stmarksreigate.co.uk

READERS

Mr Ian Archer

Mrs Sarah Cousins

Mrs Susannah Dyde

CHURCHWARDENS

Mrs Louise Wallis

Mr Ben Read

DEPUTY WARDENS

Mrs Jane Artis

Mr Timothy Warren

SACRISTAN

Mr James Tanser

PCC TREASURER

Mrs Mel Crighton

GIFT AID SECRETARY

Mr Nigel Perkins

PCC SECRETARY

Mr Terrence Hancock

ORGANIST AND CHOIRMASTER

Mr Terrence Hancock

ELECTORAL ROLL

Mr Terrence Hancock

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
Church News	Page 3
News from the Church of England	Page 7
Mothers' Day or Mother's Day	Page 9
Mount Cook	Page 11
30 years since the ordination of women	Page 12
It was	Page 13
Calendars	Page 14
Democracy	Page 16
Visiting	Page 18
Truth, Loyalty and Integrity	Page 19
Maundy Thursday, time to wash feet	Page 21
Decisions	Page 22
Book Reviews	Page 23
Reader's Recipes	Page 24
Mouse Makes	Page 25
Crossword	Page 26
Puzzles	Page 27



Your Views & Contributions

Next issue will be available from
1 April 2024

All contributions to the editor by
Friday 15 March 2024

Email: office@stmarksreigate.co.uk



Meet the Parish Magazine Team

Editor: Parish Office *email: office@stmarksreigate.co.uk*

Website Link: Parish Office

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

Calendar Update: Fr Martin Colton

Crossword & Sudoku: Terrence Hancock

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



LETTER FROM THE VICAR

Dear Friends,

As I write this month the days are finally getting longer, and the spring bulbs are beginning to bring much needed colour into the grey days of winter. We have barely celebrated Candlemas and put away the Christmas decorations, before turning from crib to cross and thoughts of Easter.



In the year 325, at the Council of Nicea, they established that Easter would be held on the first Sunday after the first Full Moon occurring after the vernal equinox and this year it is on 31 March. The date of Easter therefore sets the date for the forty days of Lent of which we are nearly halfway through.

Jesus fasted and prayed for forty days after his Baptism, and so the season of Lent is used by Christians for the same reason. In the early church, the baptism of new Christians took place at Easter. They also had a practice of welcoming back on Maundy Thursday, those who were baptised but had committed serious sins. Lent was used as the final season of intense preparation for those preparing for baptism or being welcomed back into the church. Those to be reconciled into the church at Easter, would gather on the Wednesday before the first Sunday of Lent, to receive ashes on their heads – a sign of penitence – that they wore, (without washing!) until Holy Thursday, and dressed in sackcloth! Over the years, this practice has been developed, and in the 11th century, the Pope recommended that ashes be distributed to anyone that sought them. The astute amongst you will work out that there are more than 40 days between Ash Wednesday and Easter Sunday. The same Council that set the date for Easter also forbade fasting, kneeling and other acts of sorrow and penance on Sundays, even in Lent ... and so Sundays aren't counted within the days of Lent.

The season of Lent should be taken seriously and although we are nearly halfway through it is never too late to begin a Lenten practice. This is an opportunity to find something that helps you to draw closer to God, to connect with God, to connect with others. For some, this may be traditional fasting, or giving something up. Others may choose to take something up, perhaps reading the bible, or praying, maybe a commitment to visit someone that you wouldn't normally see. Maybe it's a season to remember different ways that we can care for the Environment, or to support a community initiative like the Foodbank. Whatever you decide to do or not do, I pray that it will be a useful season for you, as you think about your relationship with God and prepare for Easter.

Martin



Church News

MEET RACHEL POTTER – PCC member at St Mark's Church

Hi! I'm Rachel and I've been running Messy Church sessions at St Mark's since 2019.

The year after I started we went into lockdown so had to drastically change the way that we kept our community connected. It was definitely a challenge but luckily there was a fantastic group of around 20 volunteers who continued to come up with creative fixes for whatever came our way.

It has been wonderful to see Messy Church come back together in church since then. We always have a great selection of crafts and activities, an engaging and fun service and then the meal together at the end.



It's lovely for the children but it's also good to be able to catch up with the parents and the other brilliant volunteers too. It really is a special community which I feel lucky to be part of.

Outside of church I work at a local primary school as a teaching assistant which keeps me on my toes. Every day is different and I feel like I could write a book about the wonderful things that children say to me every day. Their view of the world is fascinating to be around.

When I'm not at work I love walking up on Reigate Hill with my family although I usually have to bribe them with a treat from the cafe. I also love visiting Brighton where I grew up. Swimming in the sea is my favourite thing to do!



MESSY CHURCH

Messy Church at St Mark's takes place on the 3rd Sunday of most months at 4.00pm until 6.00pm.



What is Messy Church?

Messy Church is for all the family. It includes crafts, games and discussion, a time of worship and a meal together. It's not about making the church messy!



Why are we doing Messy Church?

We believe that church is for everyone, young and old alike, and this is just another time for the church family to meet in addition to our regular Sunday morning services and other activities in the week. It is also different from anything else we do at the moment, so it adds to the richness of our worship and our activities.

How can I help?

We always need lots of help with this, from being a welcomer, helping with the activities, being on the catering team, and being part of the worship and music team. If you want to help, please contact the Parish Office.



At February's Messy Church we had over 70 people and the theme was '*Learning to live together*'. There were plenty of crafts for everyone to enjoy which included playdough, cupcake decorating, flower and portrait making along with a very challenging game of 'Yes and No'.





SMOAT

On a dull and dreary Sunday afternoon in February, SMOAT were delighted to host their popular Bingo event at St Mark's. We welcomed a hall full of players, a fabulous spread of ages from 4 upwards and into the nineties! This is always a truly joyful cross-generational event and we absolutely love hosting it.



Graham Humphries led the calling, peppered with some inspirational quotes, and our players had their eyes down to mark off those numbers with prizes to be won. Some of our seasoned players had their pens poised, while others were new to the game. According to Reverend Reg, apparently Bingo is not something that is played in the Bahamas, but he was delighted to learn this very British game.

As ever at our SMOAT events, there was much anticipation about what delights would be available on the cake table mid-way through play. And we certainly didn't disappoint with a huge array of beautiful handmade cakes available, including vegan and gluten free options. Thank you so much for everyone that baked for us. A special mention must

be made for Patricia Bird who has given up cake for Lent and expertly resisted the temptation!

There was also much excitement around the tombola, with an eclectic selection of prizes to be won. The tombola feels like something quite retro these days, and maybe we just love the nostalgia of it – it is always popular.

Our treasurer Jean was delighted to report that we made an incredible £597.20 at the event – including ticket sales, tombola and some generous donations. We are absolutely delighted to be donating that money to a really small local charity based in Essex called "Porridge and Pens" who founded and run a small school for nearly 400 children, "The Brightlingsea Academy" in a very rural and poor part of Kumasi in Ghana. This is the only free and disability-safe school within this community. Initially founded with just a few

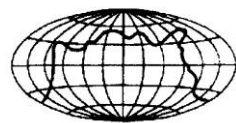


classrooms, the school now has 14 classrooms and a full teaching and support team of 32 local staff. Every child receives two daily school meals and a free education.

The children attending the school live in conditions of extreme multidimensional poverty. They are unable to travel the long distances and fund the necessary costs of uniform and equipment to attend government schools. Their attendance at the Academy means more mothers are able to work while their children are in school. 97% of their students are now working above their expected age at the end of their primary education, and attendance is at 98%.

We are really impressed with how this very small charity has achieved so much. The UK team raises funds and communicates daily with the headmaster, working closely together. SMOAT are donating £1,000 in total which will fund much needed equipment for the school, including such basic items as textbooks, writing books, chalk and pencils. Porridge and Pens are over the moon that we are making this donation which will be very carefully spent and we can't wait to show you the photos when we get them.

Naomi Flood



S · M · O · A · T

ST MARK'S OVERSEAS AID TRUST
REGISTERED CHARITY No. 280091





News from the Church of England

The Revd Canon Roxanne F. Eversley installed as Canon Librarian and commissioned as the first Dean of Cultural Diversity

The Revd Canon Roxanne F. Eversley has been installed as Canon Librarian and commissioned as the first Dean of Cultural Diversity by The Bishop of Southwark, The Rt Revd Christopher Chessun, during a service held on Sunday 4 February 2024 at Southwark Cathedral.



Roxanne is the first person to be appointed to the new role of Dean of Diversity. It comes after a wide consultation – following the launch of the Southwark Anti-Racism Charter – about how cultural diversity might be better modelled across Southwark Diocese. The appointment embodies the Diocese's commitment to building a church for all which reflects its diverse community and seeks to transform unjust structures of society.

Roxanne was ordained in June 2009. Prior to her installation, Roxanne was Priest-in-Charge of The United Benefice of South Norwood, Holy Innocents and St Mark.

In 2016, Roxanne joined the See of Woolwich Advisory Group on the invitation of Bishop Christopher and is also the Diocesan UKME Vocation Champion. She is also the Bishop's Adviser on the Shared Discernment Process, Area Director of Ordinands, was previously a member of the (Diocesan) Bishop's Advisory Group on Liturgy and, since 2017, has been Honorary Canon at Southwark Cathedral.

Speaking on her appointment, Roxanne said, "Since migrating to the UK, some 30 years ago, I've always worshipped in this Diocese – as laity in Kingston, Assistant Curate in Woolwich and an Incumbent in Croydon. After 10 years in South Norwood, it feels good to be taking up this Diocesan appointment which also serves to proactively contribute to a key objective of the Diocesan vision, to seek leadership that better represents the communities we serve.

Having been a member of the wider Vocations Team over the years, I now look forward to continued and closer working relationships across the Diocese, as I continue to champion vocations from the Global Majority Heritage community and other under-represented groups.”

Bishop Christopher said, “I am delighted to have instituted and commissioned Roxanne Eversley as a Residentiary Canon and the first Dean of Cultural Diversity for the Diocese of Southwark. As such Roxanne will bring a strategic focus to supporting our rich cultural diversity and will be working closely with the Vocations Team.

“My prayers are with Roxanne so that she may flourish in encouraging vocations – building on our already integrated approach to representation and inclusion across ministries.”

The Bishop’s Lent Call



Each year, the Bishop’s Lent Call raises funds for local community projects in Southwark and our Link Dioceses in Zimbabwe and Jerusalem, as well as calling parishes to a time of prayer and contemplation.

The Bishop's Lent Call for 2024 is raising funds for projects that focus on peace with justice in the Diocese of Jerusalem and the Middle East, and resilience and well-being across our Link Dioceses in Zimbabwe.

As we spend time in prayer and contemplation this Lent, we hope that you will feel able to generously support the projects we have chosen this year.

How to give

<https://southwark.anglican.org/news-events/events/lent-call/how-to-give/>



Mothers' Day or Mother's Day?

Mother's Day is a holiday honouring motherhood that is observed in different forms throughout the world. The pagan origins of Mother's Day date back to the early Greeks. During their yearly spring festival they paid tribute to maternal goddesses. In Greek mythology, a key figure was Rhea, wife of Cronus, who was the mother of various gods and goddesses.

The UK and US Mother's Day traditions have completely different origins – but flowers are a key component of both!

Mothering Sunday in the UK

Mother's Day in the UK has its origins in the 16th century custom of 'Mothering Sunday', which fell on the fourth Sunday of Lent. That is three Sundays before Easter, which means it changes each year. The tradition was that you paid your 'mother church' a visit – either the church where you were christened, or your parish church, or the nearest cathedral – and you were said to be 'going a-mothering' when you did so. On this day, which came to be known as Mothering Sunday, servants were given the day off to go back to the parish where they were born, with children and other family members also joining in. Because this occasion was a rare opportunity for a family get-together, the focus of the day gradually shifted to visiting not just the mother church, but one's own mother.

On the way to the church, people gathered wildflowers to leave in the church and to present to their mothers. And, although the day fell during Lent, the austerity was relaxed for Mothering Sunday and people treated their mothers to edible gifts such as Simnel cake, 'mothering buns', or fig pie. The official Mothering Sunday Movement in the UK began in 1921 thanks to the efforts of Constance Penswick-Smith.

Mother's Day in the USA

Mother's Day falls on a different day in the USA because it is actually a completely different event from a historical point of view.

It was first celebrated in 1907, thanks to the efforts of a woman named Anna Jarvis, whose mother, Ann, had nursed soldiers in the American Civil War and founded 'Mother's Day Work Clubs' to help tackle public health. Eager to continue her mother's work, Anna was successful in getting a day dedicated to honouring mothers nationwide. She believed that a mother is: *"the person who has done more for you than anyone in the world"*.

Mother's Day became a national holiday in 1914 thanks to President Woodrow Wilson, and to this day it is celebrated on the second Sunday in May. Anna Jarvis was keen

to stipulate that 'mother's' should be written in the "singular possessive, for each family to honour its own mother, not a plural possessive commemorating all mothers in the world." So, apostrophe before the S, not after it. In the UK we avoid the dilemma by calling it 'Mothering Sunday'!

What does the Bible say about mothers?

Deuteronomy 5:16

'Honour your father and your mother, as the Lord your God has commanded you, so that you may live long and that it may go well with you in the land the Lord your God is giving you.' This is one of the ten commandments that God gave to Moses.

In Ephesians 6:1-3 St Paul draws our attention to an interesting point: 'Honour your father and mother' – which is the first commandment with a promise – 'so that it may go well with you and that you may enjoy long life on the earth.'

As I started to ponder why there should be a promise relating to keeping this commandment, I realised that happiness in life often starts with being brought up in a happy, secure family. I noticed that in the Ten Commandments it doesn't say, 'obey' your father and mother; it says 'honour' them. And in Ephesians St Paul immediately follows this instruction with an instruction for parents: 'Do not exasperate your children. Instead bring them up in the training and instruction of the Lord.'

So, St Paul recognised that healthy family relationships are a two-way thing. If our faith in Christ is real it will usually prove itself in our relationships at home. Children and parents have a responsibility to each other, and if we parents treat our children fairly, our children are more likely to honour us and obey us.

As anyone with children will have experienced, parenting with love and discipline takes lots of patience and understanding. As parents we should also be sure to give our children the instruction and encouragement that is vital to their upbringing. If you are a parent, do you read the Bible to your children? Do you pray for and with them daily? Do you take them to church and let them see how important your involvement in church is to you? Can they see the difference Christ makes in your life? These are challenging questions. Our children are only young once. They won't listen to us when they are older if we haven't started the right way when they are young.

Modern day parents need all the help they can get from those of us who have been there before. Life is so much more pressurised, and children are subject to influences from all angles. So whether you are a grandparent or a godparent or an aunt or uncle, let us pray for today's young mothers, that they will be able to protect their children from the harmful aspects of our society and be able to bring them up in the love and knowledge of the Lord.

Susannah Dyde



Mount Cook

Greg was directing Shayne, the driver, from the back of the car and although it was rather showery and dull the weather improved as we grew closer to Mount Cook. On the way we stopped at the Fairlie Good Pie Shop for lunch. Although there was a long queue it diminished quite quickly so we could order and have delivered to our table one of the best pies ever. The contents of mine were pork belly and apple with crackling on top and the pastry was delicious, too.

Mount Cook, New Zealand's highest mountain, was known to the Maoris as Araki and was really dramatic... being some 12,218 feet high and thought to have been formed some 10 million years ago. It was wonderful as we drove towards it, as for some three miles before we got there, we could see it standing out from the surrounding range so clearly, not shrouded in any way by mist. We also passed beautiful lakes, some of which were a spectacular turquoise colour.

We had been booked into the luxury Hermitage Hotel at the foot of those mountains for two days and from my room I could see across my balcony straight out at Mount Cook itself. So often these mountains are partly shrouded in mist but not when we were there, as the view was clear as a bell. One early morning I drew back the curtains to see the mountain with one side of it a beautiful orange, tinged by the rising sun.

We drove a short distance for our evening meal – I had a mushroom risotto and mini doughnuts together with two glasses of lovely red New Zealand wine. I was dressed in more clothes than my friends and others around me to keep warm, but some were saying how smart I was. While waiting we looked out across the valley in front of the mountains where, because of the distance, the cars seemed like little toys. Although I had suffered from a recurring bleeding nose, on returning to the hotel I slept very well.

Sunday, I woke in time to shower, and I then joined Shayne and Greg in their room to see the rugby match in which, after England had been winning till nearly the end, South Africa scored a try to beat us by one point. Thus, the final would be between them and New Zealand, both from the Southern Hemisphere.

After Breakfast we found there was a Classic Old Car Rally outside the hotel. Greg started talking to someone he thought was a stranger but later realised he was an old friend who was a fellow car enthusiast. Shayne found several cars that were even older than me! We then walked on to see the Alpine Museum that recorded attempts to climb those mountains and the sad deaths of some who perished in trying to do so. Clearly Edmund Hilary was a hero who loved those mountains.

After this we went for a walk to see a memorial, but we abandoned it as the path was too rocky for me to get there. On our return we met a Frenchman from Brittany who had walked the Alps but now was tackling some challenges in New Zealand. As we turned to come back, we spotted an avalanche coming down a mountain some way beyond the hotel. This was very dramatic but of no danger to us as it was so far away.

For the evening meal I had an excellent beetroot salad, again with lovely New Zealand wine. The next day we left after breakfast, driving through passes, past stupendous mountains and beautiful lakes, to Arrowtown, which is a little north of Queenstown. At the Airport there we met Greg's sister, Leeanne, as those two were leaving there with others for their four-day organised walk on the Holyford Track.

Ian has kindly shared his experience of his trip to New Zealand in six parts. Next month, we can read about his stay in Fiordland National Park.

Ian Archer



30 years since the ordination of women

It was 30 years ago this month, on 12 March 1994, that the first 32 women were ordained as priests in the Church of England. The service was officiated by Bishop Barry Rogerson at Bristol Cathedral.

Bishop Rogerson ordained the women in alphabetical order, so Angela Berners-Wilson was the very first woman to be ordained. She was a university chaplain.

The youngest woman to be ordained that day was aged 30. The oldest was 69. By 2004, ten years on, one of the women priests had died, and 14 had retired.

Bishop Rogerson reckoned it would take 10 years before the first woman would be ordained as a bishop. In the end, it took 21 years.

Then Libby Lane was ordained the first female bishop in the Church of England. She became Bishop of Stockport, a suffragan bishop in the Diocese of Chester.

The first woman to be ordained a diocesan bishop was the Rt Revd Rachel Treweek, Bishop of Gloucester, appointed on 26 March 2015

There are currently 25 women bishops in the Church of England.

Parish Pump



It was:

750 years ago, on 7 March 1274 that St Thomas Aquinas, Italian Dominican friar, Catholic priest, philosopher, and theologian, died.

150 years ago, on 30 March 1874 that Charles Lightoller, British naval officer, was born. He was Second Officer on the RMS Titanic, and the most senior member of the crew to survive the sinking in 1912.

125 years ago, on 6 March 1899 that the German pharmaceutical company Bayer patented aspirin (acetylsalicylic acid).

100 years ago, on 25 March 1924 that Greece became a republic. The monarchy was abolished, and the Second Hellenic Republic was proclaimed.

90 years ago, on 9 March 1934 that Yuri Gagarin, Soviet cosmonaut, was born. He was the first man in space. (Died 1968)

80 years ago, from 24 to 25 March 1944, that the Great Escape took place.

75 years ago, on 10 March 1949 that the 1948 Arab-Israeli War ended.

70 years ago, on 1 March 1954 that the USA tested the most powerful nuclear device it has ever detonated – a thermonuclear hydrogen bomb codename Castle Bravo, at Bikini Atoll, in the Marshall Islands.

65 years ago, on 9 March 1959 that the Barbie doll was launched at the International Toy Fair in New York City. 9 March is Barbie's official birthday.

60 years ago, on 19 March 1964 that proposals for three new cities in south-east England were announced, due to an expected population boom. They became the new town of Milton Keynes, and a significant expansion of the existing towns of Havant and Basingstoke.

50 years ago, on 29 March 1974 that the Terracotta Army was discovered in Shaanxi, China by a group of farmers who were digging a well.

40 years ago, 5 March 1984 to March 1985 that the 1984 miners' strike took place. 6000 coal miners in Yorkshire began a strike, to protest against pit closures and job losses. By 12th March the strike in Yorkshire became a national one, involving tens of thousands of miners.

30 years ago, on 12 March 1994 that the first women priests in the Church of England were ordained.

10 years ago, on 18 March 2014 that Russia annexed Crimea following a controversial referendum in which its citizens voted to secede from Ukraine. Many of those loyal to Ukraine boycotted the referendum, and it was declared illegitimate by the United Nations and western governments. Most countries continue to recognise Crimea as part of Ukraine.

Also 10 years ago, on 29 March 2014 that the first same-sex marriages in England and Wales took place.

CALENDAR FOR MARCH 2024

Sunday 3rd March	3rd Sunday of Lent (<i>Green Sunday</i>) 8.00am Holy Communion (BCP) – in the Hall 10.00am Sung Eucharist – in the Hall and Online 4.00pm Family Service – in the Hall
Wednesday 6 th March	3.25pm T-Time Tales
Thursday 7 th March	11.00am Lent Course in Church 12.45pm Holy Communion (Iona) in Church
Sunday 10th March	4th Sunday of Lent (<i>Mothering Sunday</i>) 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 1.00pm Community Lunch
Wednesday 13 th March	3.25pm T-Time Tales
Thursday 14 th March	11.00am Lent Course in Church 12.45pm Holy Communion (Iona) in Church
Saturday 16 th March	8.00pm Social Ballroom and Latin Dance
Sunday 17th March	5th Sunday of Lent (<i>Passion Sunday</i>) 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Messy Church
Wednesday 20 th March	3.25pm T-Time Tales
Thursday 21 st March	12.45pm Holy Communion (Iona) in Church followed by Lent Lunch in Church
Sunday 24th March	Palm Sunday 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 4.00pm Taizé Prayer
Mon 25th – Weds 27th March	Days in Holy Week 8.00pm Stations of the Cross and Compline
Thursday 28th March	Maundy Thursday 8.00pm Sung Eucharist and Watch (until 10.00pm)
Friday 29th March	Good Friday 10.00am Messy Church 1.30pm Liturgy of Good Friday
Saturday 30th March	Holy Saturday 8.00pm Easter Vigil and First Communion of Easter
Sunday 31st March	Easter Sunday 8.00am Holy Communion (BCP) – in Church 10.00am Sung 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 APRIL 2024

Thursday 4 th April	12.45pm Holy Communion (Iona) in Church
Sunday 7th April	2nd Sunday of Easter 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Family Service – in the Hall
Thursday 11 th April	12.45pm Holy Communion (Iona) in Church
Sunday 14th April	3rd Sunday of Easter 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 1.00pm Community Lunch
Wednesday 17 th April	3.25pm T-Time Tales
Thursday 18 th April	12.45pm Holy Communion (Iona) in Church
Sunday 21st April	4th Sunday of Easter 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Messy Church
Tuesday 23rd April	St George, Patron of England
Wednesday 24 th April	3.25pm T-Time Tales
Thursday 25 th April	12.45pm Holy Communion (Iona) in Church
Sunday 28th April	St Mark, Patronal Festival 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 4.00pm Taizé Prayer

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.



DEMOCRACY *(part 1 of 2)*

A democracy is a system of government based on the belief in freedom and equality between people, in which power is either held by an electorate or directly by the people themselves. But there is a current theme that democracy is outmoded. Why is this?

There are many kinds of systems where elections take place to establish the seat of power. There is the 'first past the post', where the party with the highest number of votes has the first chance to form a government. There is proportional representation, usually with the need for coalitions. There are countries where there is only one electable party. And so on.

For a democracy to work with any success, other qualities are necessary. These include an independent judiciary; rights for minority or religious groups; an independent police force; and free access to pertaining facts and circumstances. A vote is not much use if you don't really know what you are voting for. Then there are the freedoms; freedom of speech and expression, freedom to combine, to demonstrate, a free press and so on. Finally, there is the need for a responsible and informed electorate. Without these many freedoms, democracy struggles or may be displaced.

Destroying these conditions leads to near anarchy, and the space is then there for the dictator to move in, initially with his populist promises. Potential dictators know this. A substantial snag with western democracy is the 'buying' of votes, with promises to particular interests and using slick slogans which concentrate on present short-term problems and neglect the more serious, more threatening but less imminent problems such as Climate Change and other major threats.

Most democracies have written constitutions but others have retained the monarch as the apex of the institution and relied on unwritten customs by which to do government business. Writing it down does not prevent change, as we have seen, but the unwritten ones are more vulnerable and depend on a parliament which is aware of the dangers, such as letting the executive acquire too much autonomy and power.

Why is it that there is the widespread view that democracy is under threat? For some of us Climate Change has appeared to dwarf all other problems in the world. Well, it's pretty certain that unless humanity changes course pretty quickly, it will destroy its own existence. Could there be any greater threat?

Yes, there are other existential threats. There could be nuclear war. For decades this problem was allowed to fester. No one was prepared to give them up. It was a trophy

of World War II, supporting membership of the Security Council. For some it was a status symbol of superiority and power. There was always acknowledgment of the danger of an unbalanced man getting control of them. That time has now come. Now we are all made aware daily of the dangers of the spread of war in the Middle East and its potential consequences. The advance of technology and its spread could well lead a loser to seek the final defensive solution in nuclear weapons.

Then there is AI. I confess a deep ignorance here but the rate of potential change could well outstrip any controlling action by governments, who are unlikely to agree anyway, and threaten those whose existence depends on the human brain! Finally, there is the understanding that biological changes, perhaps spurred by climate change, could call forth an unmanageable pandemic. Amongst those in the know, this is rated as the highest risk.

So there are several known threats to world order and survival of humanity. Is a divided world, with nations which compete instead of co-operate, able to deal with them?

Below these radical threats there are currently many subsidiary difficulties. Just when trade was beginning to be world-wide with much interdependence, has come unrest in the forms of first Covid, then conflicts, inflation and the rise of hitherto developing countries demanding recognition for their needs, status and the testing of traditional values. There is much unrest and discontent amongst peoples and between countries. Nationalism is widespread. If democratic governments do not address the above serious problems with some success, one can understand the frustration of voting populations.

In this year of 2024 some papers say that between a third and a half of humanity will be engaged in "electing" new governments. Currently, we see the strong growth of countries in the East led by China, and movement in the West, towards more authoritarian right-wing governments, such as in Holland, Hungary, Brazil, Italy, Czech, with France and Germany now having strong right wing populist parties. (Next time it may be left wing extremists).

The emergence of these right-wing parties is often attributed to the attraction of personalities such as Donald Trump or Marine Le Pen. How can anyone vote for someone who has serious convictions against him, an inveterate liar and, the most serious allegation of insurrection, still be heard? Well, the answer is, those who have an interest which he supports, at least verbally. That would include the gun lobby, white supremacists, those of extreme religious convictions and so on. To them their interests are more important than stability, democracy and even truth. We should also remember that Hitler won just the one election in 1933 with the largest minority. Thereafter elections were not necessary. So, as one commentator pronounced, the real threat is not the man but the attitude of so many voters and their values who support the populists. What has caused this rise in populism?

To be continued.....

Harry Ingram



Visiting

Conversation with my conscience or the Holy Spirit:

"Shall I visit X today whom I know must be lonely? He/she may otherwise not be able to be with anyone else."

"But I have so many things to do, I would have the trouble of how I might get there. Can't someone else visit X instead? Anyway, X may have other visitors or not want me to visit him/her and then the trouble I am taking will be a waste of time. I suppose I could and perhaps should ring that person up first to check what might be convenient for both of us."

"But what if I take some germs that can do harm to that lonely person? As far as Covid is concerned I suppose I could and should do a Lateral Flow Test first. "

"What If I catch any germs he or she might have? Others, strangers, take that risk every day and so should we."

"If I pay the visit, what shall I say that can be of any help?"

"Sometimes our words aren't important as it is more important to listen to the one we are seeing. Even no words at all might be all that is necessary, just being with them."

"If that is good for the person I am visiting, do I benefit, too?"

"Yes, in visiting someone else it stops us being lonely, too."

"If I can't visit the person in trouble at least I might ring them up, or drop them a line, as anyone who might otherwise feel lonely needs to be cheered up."

As a Reader I can take the Reserved Sacrament of Holy Communion to the housebound should they wish me to do so and I have attempted to do this for the last 42 years.

The Vicar consecrates the bread tintured with wine at our Communion Services each week and my aim is to visit them regularly every 2 weeks so they know when next to expect me. If instead I were to say "I will come again" they would have no means of looking forward to my next visit. Very soon those I visit become close friends, they and I looking forward to each visit, usually on my Mobility Scooter.

If you, too, would like the Reserved Sacrament brought to you in this way we can make this possible.

Ian Archer



Truth, Loyalty and Integrity

"In the end, that email I spoke about was sent", said Fred. "You mean the one about climate change?" said George. "That's the one." "You realise it will get out into the public domain and there will be an awful stink. Heads will roll," said George. "Yes to all that," said Fred, "but it had to be done; open government and all that." "But you saw the memo about leaks. They are strictly out, and loyalty is the current fashion," said George.

"I have also noticed that loyalty is emphasised when the object is controversial. It often gets used when argument fails. Furthermore, how do you reconcile loyalty with integrity when you are convinced authority is wrong? Which is my first loyalty; to my masters, the Party, the country or the continued existence of humanity? And there are ministers and other high ranks who are 'economical with the truth,' and leak to break news and either to get in first or try to head off the reactions," said Fred.

"So you would say that leaking by authority is just one more of the ploys by democracies to prevent clarity amongst the electorate?" "Often," said Fred, "along with making sure that issues are diverted down side alleys instead of dealing with them openly and head on."

"I used to think that secrecy was the province of the security authorities, justified on the grounds of national security," commented George. "Yes, they used to do a very good job of covering their tracks. Their use of the valid security 'need to know' principle. That avoided much of the dubiety since no one knew exactly what was going on so they could hardly disclose it."

"So how did you disclose it?" asked George. "Did I say I had disclosed it? I only said the email had been sent. It could have been by anyone here." "Is that proper? After all, an innocent might be accused," said George. "Well, in the circumstances that is unlikely. They can have no proof and if they did discipline someone innocent and that got out into the ether, then the question would arise, why was the information kept secret in the first place?" said Fred. "That would give rise to speculation in the press which would go on and on, and some reporter might draw a conclusion which would question other areas of uncertainty. It would be the biter bit."

"I suppose you are right. I have often thought that honesty is the best course. Once your integrity is lost, no one believes you. The trouble is the other side don't play by the same rules," said George.

"That's very true. Look at the partisan press, fake news and AI for examples. Indeed, currently it seems to be the case that even the public are less interested in the truth

than hearing what they want to hear and accepting that as the truth, even when someone well known for untruthfulness is the source,” said Fred. “Populists will say anything they think will attract support and those fearful of the current position will forgive anything so long as they get their way. Look what's going on across the Pond.”

“Yes, there is the case of the rumour that the Democrats are led by a covet of unprincipled elites feathering their own nest. The Q Anon conspiracy asserts there is a ‘deep state’ cabal of ‘child sex abusing’ and ‘Satan worshipping Democrats’ which control elections. This group commands wide support in the US and asserts that Trump will save the world. These things happen when a minority fears it will lose control or wants to gain control. They insert their own interests as the dominant requirement and subjugate other values accordingly. Often, they hanker after what they see as the merits of the past and seek out non-democratic levers of power such as male superiority or some other elite form of power necessarily different from democracy.

“I agree,” said Fred. “Truth, integrity and honesty seem in some places to be a thing of the past. That’s why leaking the truth is important.”

Harry Ingram



Prayer

Easter Prayer 2024

Almighty, God,

You hold all things in Your hands. You make sense of everything!

So often we only see where we are now, what we feel now, in this moment – but
You know the end from the beginning.

In all our troubles, our assurance is in Your sovereignty, in Your mighty act of
salvation.

Thank you that, just as after winter comes spring and after night comes morning,
so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!
Christ is Risen – and we can know, by the indwelling of his Holy Spirit, that He is
risen indeed!

We can know, in our real and every-day lives, where our help comes from.

Hallelujah! Thank you, living Lord,

In Jesus name.

Amen.

Daphne Kitching



Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before his death: the washing of his own disciples' feet (see John 13). Jesus washed his disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is '*mandatum novum do vobis*'. The word 'maundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and his close friends had met in a secret upper room to share the Passover meal together – for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as he, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

Easter Eve or Holy Saturday

Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide. In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday *following* Easter Sunday.

Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare. Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.



Decisions

I expect we are all plagued by the need to make decisions all our lives, but I guess the most important ones are during the middle parts of our lives. Babies don't have many decisions to make, other than perhaps to cry or not. As we become ancient many other decisions are inevitably taken on by family or carers of one sort or another. On the other hand, in our working lives many more decisions must be taken each day. Some decisions are so difficult in that both alternatives we meet might seem right in their own way, or both of them seem wrong and we have to choose "the better of two evils."

Of course, some decisions are not too important, and I can feel tired of having to make so many. Do I get up, or stay in bed? Do I eat a meal, or go without? If in a restaurant, what do we order? I think it is better if what we are to eat depends on the decision of our host or hostess if we are guests and then that is one decision we don't have to make.

Some decisions are more important when what we decide affects the lives and happiness of others. Do I ring someone up, write to them or even visit them? Do I always thank them for any kindness they have shown?

However, in the very important central times in our life we are all challenged with serious alternatives. Where shall I live? What form of work should we do? Who should we link ourselves to? – in marriage or as friends? Any of us, young or old, can fall in love, but can we love, at least platonically, each, and everyone we meet as a fellow human being?

I suppose we all get tired of having to make so many decisions every day of our lives and so just decide not to decide on something but to just carry on, as if those decisions don't need to be taken. Sin can be because of taking the wrong decision on a moral or spiritual issue, but it can also be a sin to ignore the issue and avoid taking any decision at all.

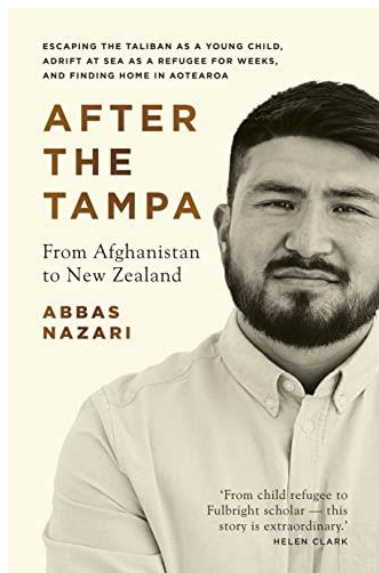
May we all, with or without the help of prayer, make decisions that we can later feel were appropriate, and as Christians, blessed by God.

Ian Archer



Book Reviews

After the Tampa by Abba Nazari

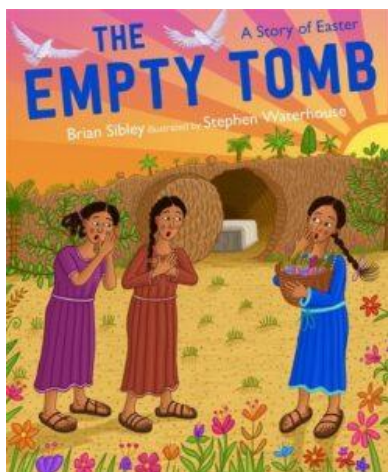


While on holiday in New Zealand I read a marvelous book called “After the Tampa” by Abbas Nazari. When the Taliban were at the height of their power in 2001 the author’s parents were faced with a choice, stay and face persecution in their homeland, or seek security for their young children elsewhere. The family’s desperate search for safety took them from the mountains of Afghanistan to a small fishing boat in the Indian Ocean crammed with some 400 asylum seekers. When their boat started to sink they were rescued by a cargo ship, the “Tampa”. They desperately needed to land in Australia which despite the international law of the sea they were not allowed to land but found succour elsewhere.

The book is very well written and so is easy to read. A kindle edition costs £7.99 and paperback is £18.99.

Ian Archer

The Empty Tomb – A Story of Easter by Brian Sibley



This easy to read and engaging retelling of the Easter story is a perfect introduction for 6+ year-olds to the stories of Palm Sunday, the Last Supper, the death and resurrection of Jesus, His Ascension, and Pentecost. They are written to be read alone or read aloud.

Learn about the procession of the singing crowd as Jesus entered Jerusalem, and the moment Jesus shared the bread and the cup at the Passover meal. Discover how the disciples sorrow turned to joy and wonder when they saw Jesus once again in their presence after his death, eating and drinking with them. Be immersed in the excitement of Pentecost and the inspiring speech by Peter that led to the baptism of 3,000 people.

Parish Pump

Have you recently read a good book? Tell us about it.
Email office@stmarksreigate.co.uk with your book review.



Readers' Recipes

Pace Eggs

Pace eggs are an old British tradition dating back as far as the 18th century in Lancashire. In some parts of Britain (mainly Lancashire), these eggs are rolled down a hill and the winner is the one whose egg goes the furthest with the least cracks or breaks. Another tradition is to give one of these eggs to each person who visits you over the Easter period. As the eggs are hard boiled, they can be eaten too.

This is a great way to entertain children. It pays to collect onion skins from your weekly cooking.

Tradition suggests you enjoy them on Good Friday or throughout the Easter weekend.

Ingredients

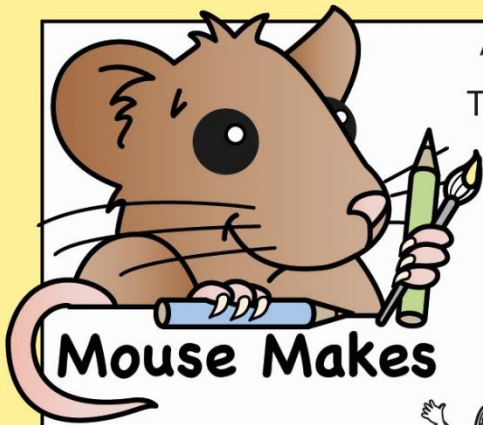
- 12 fresh free-range eggs
- 6 -8 onion skins red and yellow
- aluminium foil
- natural non-coloured string

Method

1. Peel the outer skins from red and yellow onions and keep.
2. Wrap the skins around the eggs - you could insert a flower or leaf next to the egg for a super special design.
3. Once you have covered the egg in onion skins, take a piece of foil and cover it completely, then tie it with string.
4. Boil the eggs for 6-8 minutes.
5. Take off the heat, and when they have cooled, peel away the string and foil and discard them along with the used onion skins.
6. Arrange the coloured eggs in a basket and if you want an extra gloss on them - rub them with a little butter to give them a chance to shine.



Recipe taken from The Warm Welly Company. If you have a recipe you'd like to share email us at office@stmarksreigate.co.uk.



Mouse Makes

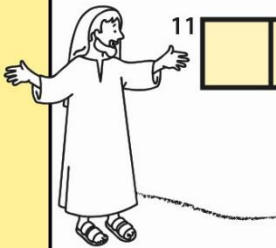
Matthew 21:1-11

1. Which city did Jesus ride into?
2. What did he ride on?
3. What did the crowd shout?
4. What did clothes did they put down?
7. What did they cut down to spread on the road?



Matthew 26:17-29

15. What feast did Jesus celebrate?
12. Who did he celebrate it with?
11. What did Jesus break to eat?



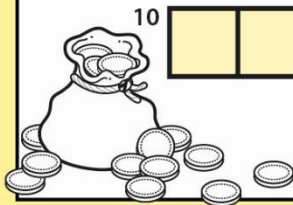
Matthew 26:36-75

6. What did Jesus go to do at Gethsemane?
18. Who denied Jesus?



Matthew 26:14-16

- 8d. Who betrayed Jesus?
10. How many silver pieces was he paid?

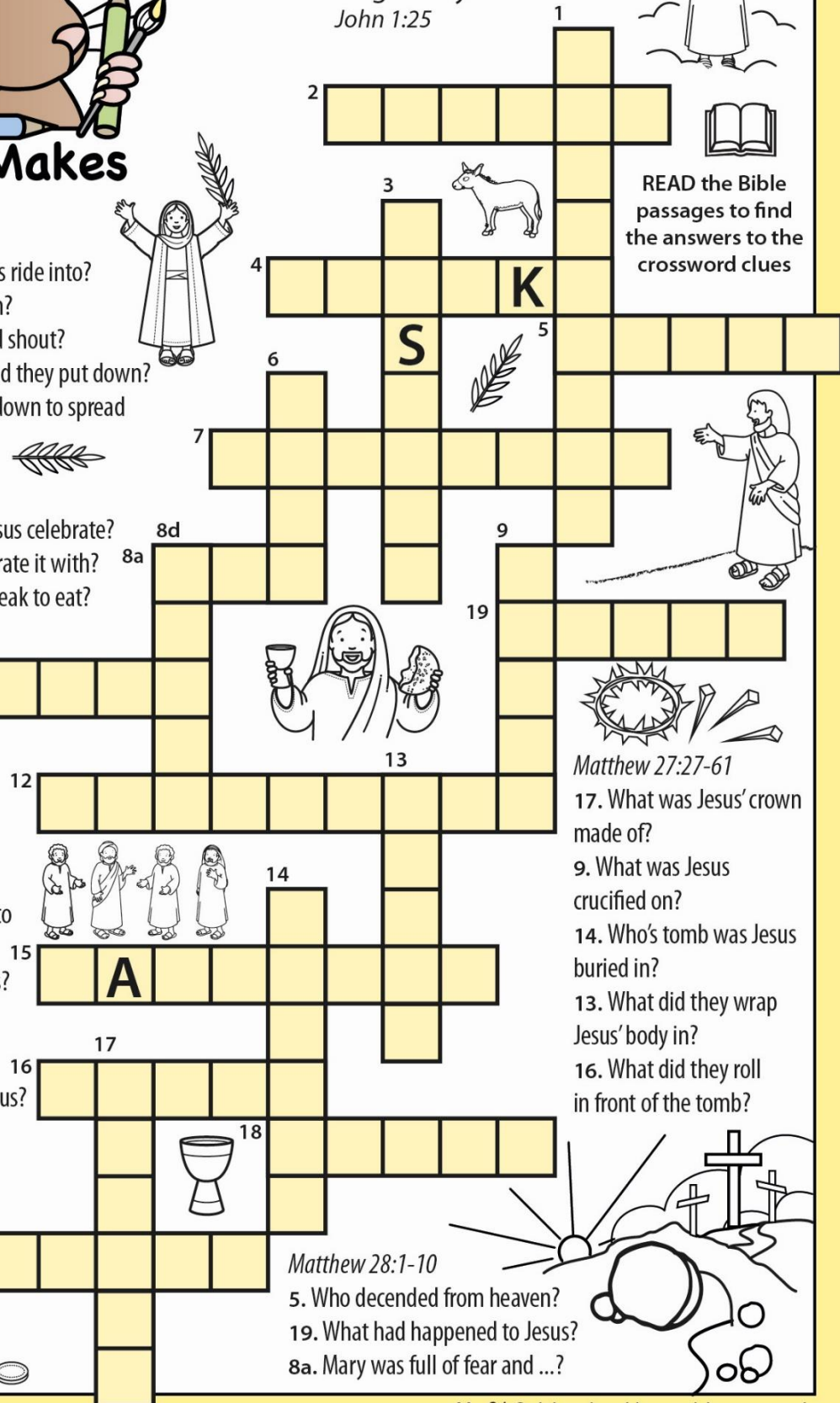


"I am the **resurrection** and the life.
The one who believes in me will live
even though they die."

John 1:25



READ the Bible
passages to find
the answers to the
crossword clues



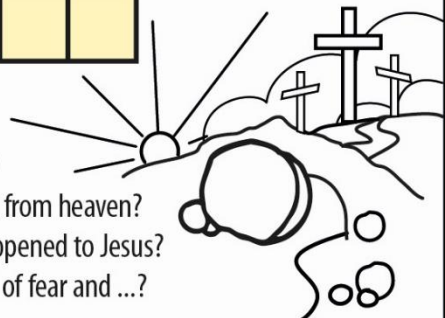
Matthew 27:27-61

17. What was Jesus' crown made of?
9. What was Jesus crucified on?
14. Who's tomb was Jesus buried in?
13. What did they wrap Jesus' body in?
16. What did they roll in front of the tomb?



Matthew 28:1-10

5. Who descended from heaven?
19. What had happened to Jesus?
- 8a. Mary was full of fear and ...?



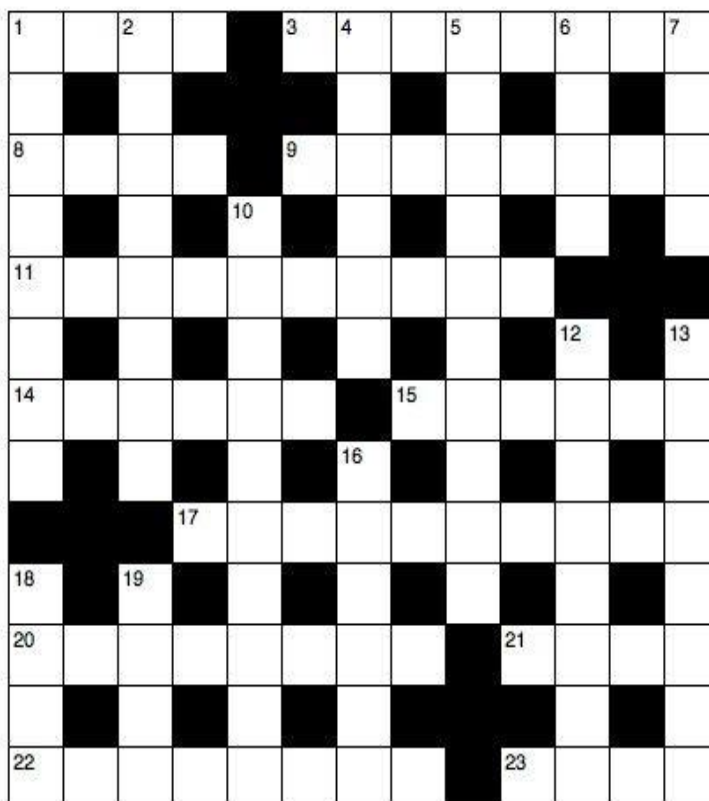
Mar24 © deborah noble • parishpump.co.uk

March Crossword

Biblical references are from the New International Version

Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 14 'A city on a hill — be hidden' (Matthew 5:14) (6)
- 15 He inherited Elijah's mantle (2 Kings 2:12-13) (6)
- 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)
- 21 Sail (anag.) (4)
- 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)
- 23 Eye sore (4)



Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, — of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and — to God' (Acts 26:20) (4)
- 10 ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
- 12 He betrayed Jesus: Judas — (Luke 6:16) (8)
- 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be — Him' (Handel's Messiah) (4)

February Answers

ACROSS: 1 Prosperity 7 Raisins 8 Admit 10 View 11 Confetti 13 Distil 15 Groyne 17 Navigate 18 Whit 21 Enoch 22 Trodden 23 Prophetess

DOWN: 1 Pride 2 Ovid 3 Pastor 4 Reaffirm 5 Timothy 6 Providence 9 Tridentine 12 Kingship 14 Saviour 16 Statue 19 Hades 20 Rome

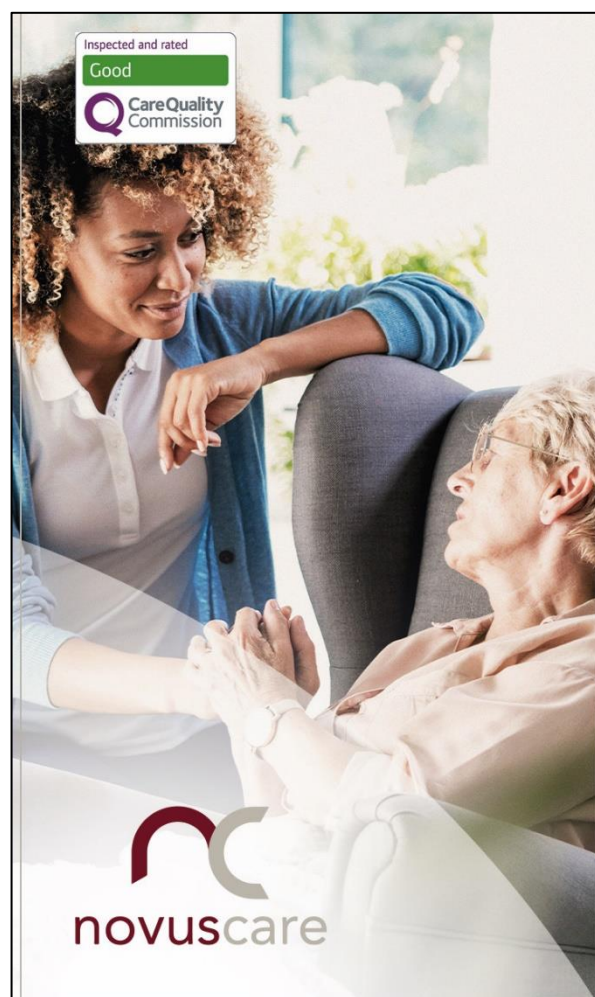
Puzzles

March Sudoku

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

February solution

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



Inspected and rated
Good
Care Quality Commission

novuscare

Care in the heart of your own home

Are you or an elderly loved one looking for extra care and support at home in **Reigate** or the surrounding areas? Then our local carers are here to help.

Novus Care is regulated by the Care Quality Commission and can provide a qualified carer to support your loved one in their own home from just **a visit per week to around the clock live-in care.**

For more information or to arrange a FREE care assessment please call:

01483 494132 or email:
hello@novus-care.com

www.novus-care.com



A HOME WITH A HEART

RESIDENTIAL ♦ RESPITE ♦ DAYCARE

We offer people in their retirement the opportunity to live in comfortable surroundings, in a relaxed and secure family environment, with the degree of care necessary to enhance their quality of life.

- ♦ Good wholesome, home-cooked meals
- ♦ Weekly hairdresser & regular chiropodist
- ♦ Large garden with patio, summerhouse & pergola
 - ♦ In-house entertainment
 - ♦ Social activities & outings arranged

88 Doods Road, Reigate, Surrey RH2 0NR
admin@ridgewayhome.org.uk

01737 242926

www.ridgewayhome.org.uk

Time to enjoy older age

Supported Housing for over 65s

At Abbeyfield Reigate we have 10 recently refurbished studio and 1 bed flats, so you can enjoy the privacy of your own space, whilst being part of a friendly and active community.

Within our house you will benefit from:

- a warm, safe and homely atmosphere with beautiful gardens
- nutritious home cooked meals served daily
- all bills included in an affordable monthly rent

**2024 Open Mornings, 10am-12 noon,
2nd March & 12th October**

For more information or to arrange a visit, please call us on
01737 247 928 or email **livewell@abbeyfieldreigate.co.uk**
abbeyfieldreigate.co.uk



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

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**

Advertise Here

If you would like to advertise
your business or event in the
St Mark's Parish Magazine
please contact Jane Artis to
find out more.

07831269866

We offer quarter, half and
full page adverts, at great
rates in black and white or
colour.