

St Mark's Parish Magazine
July 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

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Your Views & Contributions

Next issue will be available from 1 August 2024 All contributions to the editor by Thursday 18 June 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

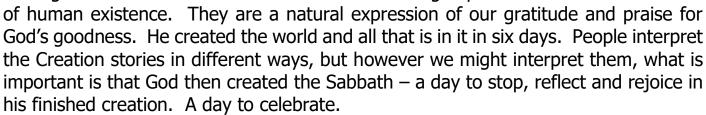


LETTER FROM THE VICAR

Dear Friends,

Who doesn't like a celebration? Each year we spend many thousands of pounds celebrating – a birthday, a wedding, a new baby, a life well-lived, Christmas, Easter and a myriad other occasions. And why not?

Celebrations have been part of the Judeo-Christian heritage since God created the world and are an integral part



God's intention for his people is to "have life and have it abundantly." It is not his will that we should live dry, uninteresting, joyless lives. Jesus' celebrations give a glimpse of God's kingdom, where everyone is welcome especially the outsider, the poor, the needy, the weak and despised (Luke 14.12-14). He fed five thousand; he helped out at a poor family's wedding celebration; he celebrated and ate with sinners and tax collectors. He taught about welcoming the prodigal and banqueting with the uninvited.

Jesus has set the example that we are now called to follow. The church has set aside and commands a range of Feast days marked for celebration, for gathering together as a community, joyfully singing songs of thanksgiving and praise and, of course, always with food and drink. Many weekdays mark a Saint's day or a key biblical event, and every Sunday offers a gathering for the community, including the Eucharistic feast of bread and wine, a remembrance of Christ's saving act of death on a cross.

Celebration is an essential part of our spiritual practice. Welcome, hospitality and generosity – all key elements of celebration must inform our understanding of how we are to respond to the two commandments, "Love God and Love your neighbour". Having celebrated Easter, not so long ago and Pentecost more recently, we are now in a season of what is called "Ordinary Time" when significant Christian festivals are few and far between, but let that not be a reason for us not to celebrate.

May we continue to thank God for his goodness in our regular worship. May we spend time looking around us as the trees and woods are reclothed in splendour, and let us find reasons to rejoice and thank God and to celebrate his goodness.

With every blessing, M_{put}





CHURCH NEWS

MEET HELEN BARON — PCC member and Deanery Synod representative at St Mark's Church

Hi, I'm Helen and I attend St Mark's Church with my (almost) 10-year-old twin daughters. You will normally find me frantically 'attempting' to run a craft or activity at the Messy Church sessions along with other fantastic volunteers, or at the family church services both of which the children really enjoy. There are lots of different ways to get involved in the church community and the committee is always very grateful for willing volunteers.



I have always felt very welcomed at St Mark's and love how active the church is in helping the local community. For the last year I have been a member of the PCC and the Deanery Synod (I'm one of 3 members) which are both great opportunities to represent the congregation. At the Deanery Synod meetings, the elected congregation members meet from local churches, and we discuss topics raised by the C of E. At the end of 2023 I was also confirmed at St Mark's which was a fantastic experience for myself and my family to share.

More recently I have been newly elected as a Safeguarding officer for the church. This a role I take very seriously in both a personal and professional capacity. It is so important to ensure that everyone feels safe and supported when part of the church community. My job outside of the church provides a helpful skill set for this role as I have been a police officer for 18 years, 15 years of which have been in the Safeguarding world, with the last 4 being specifically dedicated to children and young people.

When I'm not at work or keeping up with my daughters very busy social lives as their resident taxi service, I like to 'attempt' to keep fit and am a member of 'Reigate Ladies Joggers' club, which nicely combines some exercise with a good catch up and have had the opportunity to try open water swimming at Buckland Lake which I would thoroughly recommend to anyone.



Celebrating Fr Martin's 10th anniversary at St Mark's Church



On Sunday 30 June we held a surprise celebration to mark Fr Martin's 10th anniversary of his induction as our vicar. Adam Baldry baked a delicious cake which was enjoyed by everyone. Lousie Wallis (Church Warden) voiced a vote of thanks to Fr Martin for all he is doing for St Mark's. Fr Martin then thanked everyone for their continuing support.







PRAYER BOARD

We have reinstated the Prayer Board at the north-east door of the church for people to write their prayer requests. Just fill in the details on a slip of paper, write the date, and pin it to the board. The request can be named or anonymous and it can be for anyone. It will be prayed for by a dedicated team of people. We believe that God answers prayers.

Susannah Dyde

HOME GROUP

These are the next few dates: 4 and 18 July. Please contact Susannah Dyde for details.







Setareh – A Journey to Remember

Open air promenade theatre at Gatton Park, Reigate, July 2024



Tickets are on sale now from www.ticketsource.co.uk/gct.
Online price: Adult £15, child £8 (16 and under), family ticket £40
On the door: Adult £17, child £8

For enquiries email info@gattontheatre.org.uk



Surroundings

Most of us live in a beautiful part of the world. We have a moderate climate in this part of Europe and love the country we live in. Happily, although there has been conflict in many parts of the world our country has been at peace for 79 years.

If we are lucky enough to live in, or around Reigate, how lucky we are at the foot of the North Downs in such lovely countryside, often with fantastic views. It is also within a relatively short distance from London, the M25 and airports. We may not be in the accommodation we might prefer, yet we are still lucky to be here. Our loved ones may not be as near to us as we would like, and if we live on our own, we are in danger of becoming lonely at times. However, even that can be improved if we visit each other more often or at least ring them up.

We are lucky also that we have large hospitals nearby where we can be taken in an emergency and several very good care homes. We have some excellent schools in our area and a selection of churches to come to should we wish or feel it necessary to attend. An extra advantage of that is that we can, as well as worshipping there, meet others to discuss problems and joyful occasions with each other.

I said earlier that we have a moderate climate here in Reigate. Nevertheless, it can get very cold in winter and very warm in summer. This might mean a greater call on power supplies and it will depend on what we can afford if this affects the enjoyment of our surroundings.

Living in what is a lovely location can mean higher accommodation costs and maybe higher prices of food and other items we might need. In such times it is so helpful for the less fortunate if we all can contribute generously to the Food Banks if we are in a position to do so.

Having said that, I think we can be very grateful to live where we are and must thank God for this privilege, day by day.

Ian Archer

Foodbank

St Matthew's Foodbank is still desperately short of donations. 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



News from the Church of England

Church Buildings Support Officers meet at Cathedral conference

Newly-appointed Church Buildings Support Officers have spoken at a special conference of their roles providing practical advice and expertise to the Church of

England parishes.

Around 50 people attended the day-long event at Peterborough Cathedral including 27 Church Buildings Support Officers (CBSOs) appointed by the Dioceses out of grants from the Church of England's £11 million Buildings for Mission project.

A total of £3.2 million was awarded last year for CBSOs in 33 dioceses, and three partner organisations, who provide



parishes with advice on the management, conservation, repair and development of church buildings, including community use alongside worship.

The post holders are also helping oversee £6.2 million of grants from the fund across 41 dioceses for repairs to churches focused on small-scale but urgent works and 'stitch in time' projects that could save larger sums in the long term.

Faye Edwardes has been in post as a CBSO in the Diocese of Truro since January. Her work includes supporting and advising churches on the next steps in fundraising.

"It is amazing to be instrumental in maintaining what is a hugely important part of the heritage of England, not just the Church," she said.

"Even in areas where regular Sunday attendance is low, the emotional connection to the Church is huge."

Alena Douglas, from the Diocese of Leeds, has visited 29 churches in the diocese over the six months since her appointment providing expertise and advice in areas ranging from starting long term church reordering projects to help with application forms to grants panels.

"Leeds Diocese is massive – my work can include going from a city centre church in Leeds to a tiny medieval chapel in the Dales in a space of a couple of days, it is great," she said. Sophie Allen, who previously worked in consultancy in the heritage sector and took up her post as CBSO in the Diocese of Chichester in November, has been overseeing the distribution of funds for minor repairs and improvements.

Many of the grants have been made to replace and repair guttering in churches, she said, "unglamorous but so important" work that can save churches from the potentially highly damaging impact of heavy rain.

"It is wonderful to work so directly with the parishes," she said. "The diocese has allocated the grants to the areas most in need and the buildings most at risk."

David Knight, Head of Church Buildings for the Church of England, said: "All these newly appointed Church Buildings Officers are in post as a direct result of the Buildings for Mission fund announced last autumn.

"It has been wonderful to see their enthusiasm and hear of the great work and practical support that is already being provided to help our parishes remain sustainable into the future."

Buildings for Mission is funded by the Church Commissioners and administered by the Archbishops' Council over the period 2023 to 2025.



Stop Press: Local Woman Changes the Criteria for Drilling Wells

The local authority had given permission for the drilling of an oil well in Horley, but this has been reversed by the Supreme Court.

Permission was first granted by the local authority on the basis of the amount of pollution from the building of the well but not the burning of the oil later (The downstream effect). Can you imagine a more stupid criterion? The permission was reversed by the Supreme Court tasking account of all potential pollution. The case is likely to affect all future applications.

Substantial

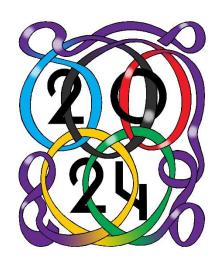
The case illustrates the extent to which rules are used to allow pollution to take place. Sarah Finch, the complainant, spent several years achieving this result. This shows both the capability of an individual in opposing the use of fossil fuels but also the amount if determination which is required.

Harry Ingram



The Olympic Games

This month sees the start of the Olympic Games in Paris. In describing the Christian life as a marathon race, the writer of Hebrews (12:1-2) challenges us to finish well.



'throw off everything that hinders and the sin that so easily entangles'

As in a normal race, we have to get rid of any burdens that weigh us down (eg possessions, worries, what others think of us) and besetting sins (wrong habits or attitudes). We can cast our burdens on the Lord (Ps 55.22) and be assured of His forgiveness (1 John 1.9).

'run with perseverance the race marked out for us'

The Christian life is like a marathon not a sprint race, which calls for endurance. The course is *marked out* for us, as we all have a unique race to run, with its opportunities and difficulties. God knows our path and will provide all that we need to complete the race.

'fix our eyes on Jesus, the author and perfecter of our faith'

The runner keeps their focus on the finishing line and avoids all distractions. Our focus is on Jesus, who has run the race before us ('author') but is the one who can show us how to finish well ('perfecter').

We are also surrounded by a 'great cloud of witnesses'. These are God's people, both past and present, who are cheering us on!

During the 1992 Barcelona Olympics, the British athlete Derek Redmond was running in the 400 metres semi-finals. About 250 metres from the finish his hamstring tore, and he fell to the ground in pain. However, his father ran on to the track to support him in completing the race. Let's not forget that whatever we face, God is there beside to enable us to finish the race!

CALENDAR FOR JULY 2024

Wednesday 3rd July St Thomas, Apostle

3.25pm T-Time Tales

Thursday 4th July 12.45pm Holy Communion (Iona) in Church

Sunday 7th July 6th **Sunday after Trinity**

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

4.00pm Family Service 6.00pm Summer Concert

Wednesday 10th July Thursday 11th July 3.25pm T-Time Tales

12.45pm Holy Communion (Iona) in Church

Sunday 14th July 7th **Sunday after Trinity**

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

1.00pm Community Lunch

Wednesday 17th July Thursday 18th July Saturday 20th July 3.25pm T-Time Tales

12.45pm Holy Communion (Iona) in Church 8.00pm Social Ballroom and Latin Dance

Sunday 21st July 8th **Sunday after Trinity**

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

4.00pm Messy Church

Monday 22nd July Thursday 25th July

St Mary Magdalene

St James the Great, Apostle

12.45pm Holy Communion (Iona) in Church

Sunday 28th July 9th **Sunday after Trinity**

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

6.00pm 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.

CALENDAR FOR AUGUST 2024

Thursday 1st August 12.45pm Holy Communion (Iona) in Church

2.00pm SMART

Sunday 4th August 10th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

Tuesday 6th August The Transfiguration of our Lord

Thursday 8th August 12.45pm Holy Communion (Iona) in Church

Sunday 11th August 11th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

Thursday 15th August Blessed Virgin Mary

12.45pm Holy Communion (Iona) in Church

Saturday 17th August 8.00pm Social Ballroom and Latin Dance

Sunday 18th August 12th **Sunday after Trinity**

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

Thursday 22nd August 12.45pm Holy Communion (Iona) in Church

Saturday 24th August St Bartholomew, Apostle

Sunday 25th August 13th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

6.00pm Taizé Prayer

Thursday 29th 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.



Fairness

Whenever we play a game with others we expect that all will play honestly and fairly, none of us must cheat. In some games we may have to play with a handicap but that provides some balance between the expert and the beginner. In team games the honesty of all of us is ensured by the umpire or referee.

But in life we would dearly love situations that we experience could be fair, too, and as children our parents and teachers might do their best to help it to be so. But in life so often we find that life is not fair. So soon children have to learn that "Life isn't Fair!" Some seem to have all the good luck they can desire, whereas others seem to suffer whatever they do. Also, logically all of us can't win as then it would not matter how badly we played the game we are in.

If the success of others makes us feel jealous maybe we can't see the troubles they face which are not always apparent.

I often wonder at my good fortune when I see that so many I know personally, as well as so many in the world at large, really have troubles, whichever way they turn. How would I fare if I was with a family in a war-torn situation with nowhere to live and without money, food or medical supplies? How do those who suffer feel about us who are more fortunate? Envy and jealousy could be among their feelings.

When tragedies occur it is tempting to blame someone else and some end up blaming God. However, if we look at the situation fairly He would not wish any harm on any of us but will be next to us in our troubles if we let him walk alongside us.

I heard today that one in three children in this country suffer from poverty and some young people are so desperate that they are driven to taking their own lives.

Some people live just short lives, often in pain, whereas others can even enjoy old age, and perhaps, like me, can only say "Thank you" to God at the end of each day for what has happened.

The blessings we receive must be different for each one of us. I heard of someone, who at the end of each day wrote down what to be thankful for. It seems a good idea to me that might cheer us up whereas to list those things that have gone wrong with the day would only make us sad.

Finally, we must all try to make the days of the people we meet happier, and perhaps more fair, as a result of our contact with them.

Ian Archer



All in the month of July

It was:

750 years ago, on 11 July 1272 that Robert I (Robert the Bruce) was born. He was King of Scotland 1306-29.

125 years ago, on 1 July 1899 that the Gideons International was founded. The evangelical Christian association places free Bibles in hotel rooms, hospitals, schools, military bases and prisons around the world.

100 years ago, on 11 July 1924 that British sprinter Eric Liddell won the men's 400 metres gold medal at the 1924 Olympics in Paris. He preferred the 100 metres, but the heats were held on a Sunday, and he refused to run in them.

90 years ago, on 4 July 1934 that Marie Curie, Polish-born French physicist died. Twice winner of the Nobel Prize for her work on radioactivity. The first woman to win a Nobel prize.

75 years ago, on 29 July 1949 that the BBC began broadcasting regular weather forecasts on TV.

70 years ago, on 5 July 1954 that the BBC launched the first daily television news programme in the UK.

65 years ago, on 25 July 1959 that the first hovercraft crossed the English Channel. The SRN-1 had been designed by British inventor Christopher Cockerell.

50 years ago, on 4 July 1974 that Georgette Heyer, best-selling historical romance novelist, died.

Also 50 years ago, on 24 July 1974 that the US Supreme Court ordered President Richard Nixon to surrender the White House tape recordings that had been subpoenaed by the House Judiciary Committee in April. The White House released the tapes on 5 August, and Nixon resigned on 9 August, before he could be impeached.

40 years ago, on 9 July 1984 that York Minster in England was struck by lightning, which set fire to the roof and destroyed the south transept.

30 years ago, on 15 July 1994, that the Rwandan genocide ended. Up to 1.1 million people were killed by the Hutu-led government and other militias between April and July.

25 years ago, on 1 July 1999 that the Scottish Parliament was officially opened by Queen Elizabeth II.

15 years ago, on 5 July 2009 that the Staffordshire Hoard was discovered by a metal detectorist in Hammerwich, a village in Staffordshire. It is the largest hoard of Anglo-Saxon gold and silver ever found, and consists of around 4,600 items dating from the 7th century.



Bed-time

Except on special occasions and when friends and family visit of an evening and we need to talk more, I follow a useful pattern in starting to go to bed at 9pm with the plan that I will turn off my last light at 10.30pm, waking at 6am.

I often seem to find that I have lost something before I go to bed; keys, glasses, mobile phone or wallet, which I first need to find. I have turned the TV off at 9pm and if it is important save the rest of the programme for the next day. This way of closing down for the night suits me well.

However, one evening this week I was just about to get into bed when I realized I was an hour earlier than usual. There was no point in getting dressed again so I thought "Good. I can read more of my book." It was not to be, as in no time I had dozed off. This resulted in me waking an hour earlier the next morning, but to be truthful I was only then half awake and had a very peaceful hour, happily without any pain, thinking peacefully how wonderful the world is.

This makes me think that I should be allowing more time to just relax in peace without the driving thoughts of the day ahead. I suppose this can happen each autumn when we put the clocks back an hour, but perhaps I should just make that mistake of the time more often than just once a year.

So often we live such busy lives that we need some times of silence in contrast to the noise and activity usually all around us. I do realise that this is easier for me at my age than for those younger people who necessarily have much more to fill the 24 hours of each day.

Ian Archer

Prayer for July 2024

Father,

Thank you for summertime, when thoughts turn to holidays and relaxation.

July is a month of endings for many; the ending of the school or college year and for some a moving on to the next stage of education or work. Often, there is uncertainty or trepidation about the future. Whatever stage of life we are at, whatever season of the year it is, we can feel uncertain and concerned in a world which seems increasingly secular and confusing.

Remind us Lord, of Your promise to be with us always, every step of every way, when we put our trust in You, through Jesus.

Thank you that in the ups and downs of life, You never change. You are the rock on which we stand securely, eternally. Help us to move forward confidently, trusting in that truth.

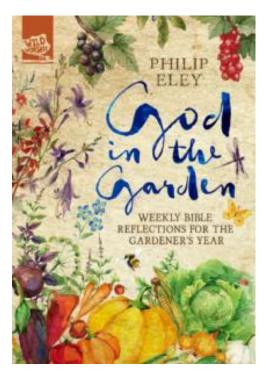
Thank you, Lord.

In Jesus' name.

Amen. Daphne Kitching



Book Reviews



God in the Garden By Philip Eley

A year of weekly Bible reflections that follow the seasons and changes of the gardener's year. They help to encourage consistent devotional time – outside with God and deepening a spiritual relationship.

A good gift for gardeners, organic food growers, families with allotments and fans of our Wild Worship series. The book includes reflection questions, practical tips, advice and space for journaling.



Antigone Kingsley: Don't Judge Me By Marina Magdalena

This second book in the Antigone Kingsley series will be a helpful companion for girls aged 9-plus going through the highs and lows of growing up.

When Antigone Kingsley (Tig) and her sister Ismene are invited to join their French cousin Amelie at a holiday camp in Switzerland, adventures and big trouble follow.

The book is filled with positive role models, healthy self-exploration, fruitful relationships, vulnerability and good humour, teens will love journeying with Tig as she faces the social pressures, spiralling emotions, burning desires and grand disappointments of teenage life.

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



A Lasting Gift for St Mark's Church

Leaving a legacy

Legacy gifts can make a huge difference to churches. Each year, gifts in wills, ranging from £100s to £100,000s are received. Faithful witnesses leaving generous legacies have enabled churches to invest in their buildings, pioneer new ministries, and sustain a welcoming presence in their communities.

Why should you write a will?

Writing a will means you choose:

- How you would like to share your property and possessions;
- Who you would like to look after any children under the age of 18;
- How to support any charities or churches that are important to you.

Without a will, these decisions will be made according to pre-ordained rules, and by the courts, which may be different from your wishes. Leaving a will gives you peace of mind and lifts a burden from loved ones after you are gone.

To make it easier the Church of England has partnered with Farewill, the UK's favourite will-writer, so anyone can write a simple will online for free, in as little as 30 minutes. You can find out more by visiting https://farewill.com/southwarkdiocese.

We strongly advise seeing a solicitor for more complicated wills, or for people wishing to review their existing will or add a codicil.

A gift for future generations

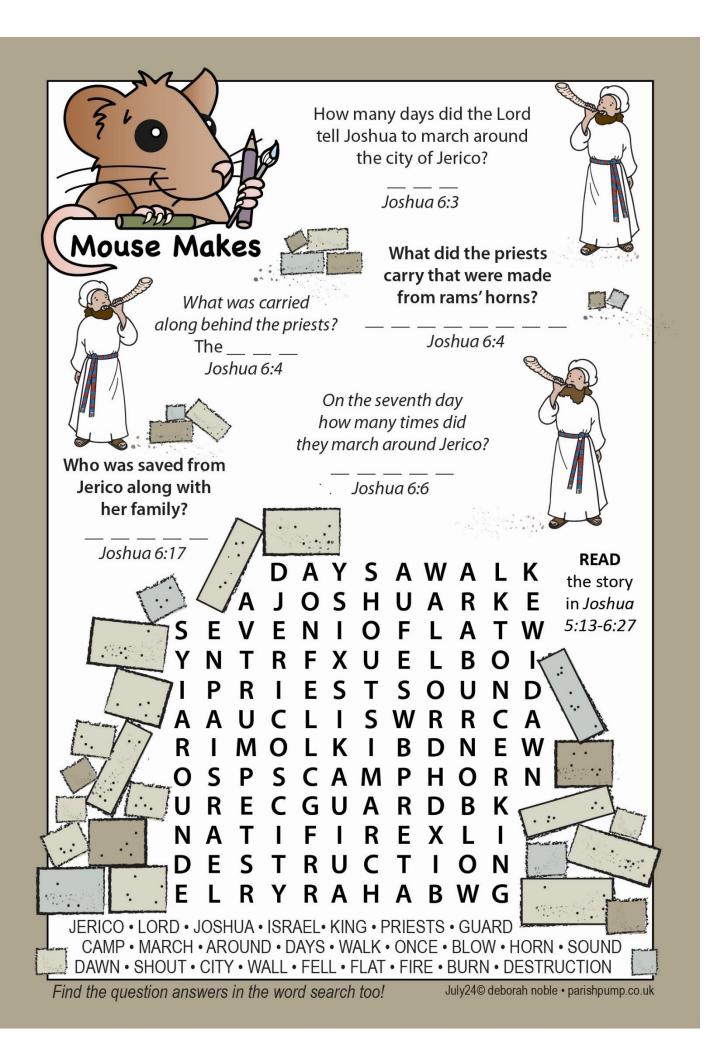
After you have made provision for your family and friends, we hope you'll also consider leaving a gift in your will to St Mark's. A legacy is a valuable expression of how meaningful a church has been during your time there. It's a way to give thanks - a lasting testimony to the faithfulness, goodness and generosity of God.

The policy of the PCC is to use legacies to help fund additional mission or development projects in the parish, whether buildings, equipment or staff. Circumstances change over the years, so church members are encouraged to leave legacies for the general purposes of the parish. The PCC will discuss the most appropriate use of the legacy in the light of current projects and the donor's known areas of interest in the church (for example, children and youth, music, buildings).

You may also receive tax benefits for including a gift to St Mark's in your will. A gift in your will to a charity is free of inheritance tax and may also reduce the amount of tax payable on the rest of your will. https://www.gov.uk/donating-to-charity/leaving-gifts-to-charity-in-your-will

Please consider leaving a legacy to St Mark's.

Mel Crighton, PCC Treasurer

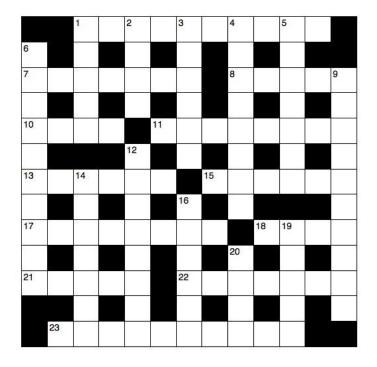


July Crossword

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 Ambush 4 School 8 Tired 9 Famines 10 Citadel 11 Endor 12 Atonement 17 Avert 19 Oracles 21 Married 22 Lance 23 Rhythm 24 Hyssop

DOWN: 1 Attach 2 Biretta 3 Sided 5 Compete 6 Owned 7 Lustre 9 Falsehood 13 Ostrich 14 Talents 15 Farmer 16 Asleep 18 Early 20 Alley

Puzzles

July Sudoku

					1	9	330	
		7	5	3			6	
5					6	1	3	2
1				4	7		8	3
	7						9	
2	5		8	9				7
6	8	9	3					1
	3			1	9	8		
		1	6					

June solution

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



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.

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