

Issue 7: May 2nd 2020

Welcome, brothers and sisters to the seventh edition of "Church at Home". I'm handing the opener to Colin this week.

At this time in April we would have had our annual Church meeting and new Churchwardens elected, but these are unusual times. I offered to continue serving as Churchwarden until we could resume normal business, now planned for October and I want to update you on what we are doing to protect the Church buildings.

Since this pandemic started Rochester Diocese, the Church of England and our Insurers have been providing guidance to Leadership Teams on many related issues and I have regular updates, sometimes more than two a week on the latest thinking; all this is considered locally by Clive, Lauraine, Charles and myself. You will have read about our financial situation from Clive and Charles.

Immediate steps were taken to remove Judy, our Administrator, from harm's way and she now runs the office remotely from her home. You can still leave phone messages 01322 336505 for enquiries/information/help and these are remotely accessed by Judy at her regular work times on Monday, Wednesday and Friday, as well as emails to the church office. adminstpaulnh@hotmail.co.uk. I regularly monitor emails to both the churchwarden's account cwardenspnh@hotmail.com and web address spnhweb@hotmail.com every day, so I can be contacted easily for any advice or emergency, this information is also on our website https://www.spnh.org.uk/ via any internet connected device.

Steps were taken to secure and isolate many of the resources used at the Church at the start of the Lockdown and these are under regular review. Regular internal and external security checks on our site are carried out by Bob and Monica and the results relayed to me; I am also taking ad hoc reports from church members who are passing the church. We have taken action to reduce the impact of regular costs by reducing the use of utilities and Charles has been very active in driving our costs down. Limited access to the Church is provided to our Foodbank team Grace and Sue Earley, to continue this important work, but all other access is now restricted.

May our Lord bless us and keep us safe. Colin

Church noticeboard

Following guidance from Bishop James all Churches are to be completely shut. Please speak to Clive or Colin if you need emergency access to our buildings.

Brenda Thompson-Murray who is the co-ordinator of the prayer ministry team has set up a WhatsApp group for shared prayer during the crisis. To join the group, download the WhatsApp app to your phone and send Brenda your number. <u>brendat.bt87@gmail.com</u>

Please put aside some food for our foodbank each week so our usual supply is still there when we come out of this crisis.

Colin is collecting pictures of the church for the website. If you have any please send them to cwardenspnh@hotmail.com

The Mission Outreach Group have sent the following from our mission fund. £400 to Tearfund, £500 to Greenwich & Bexley Hospice, £100 to Evergreen Bexley, £250 to Bexley Women's Aid and £50 to Christian Aid. These are in response to appeals during the crisis.

"During the lockdown I have moved from Welling back to my daughter's in Rydal Drive. Monica has given me all of the Church at Home to read and it is lovely to feel part of St Paul's again. I send you all my love" Marg Peaper



Community Notices continued

Bexley Community Help

1. Helpline

The London Borough of Bexley has set up a phone line to assist people in need during the coronavirus pandemic. Whether you need someone to get shopping, pick up other essentials, or to give you information, guidance and advice, please call us on 020 3045 5398. The helpline will be open from 8am to 6pm.

2. Volunteer Hub

We at the London Borough of Bexley are working with Bexley Voluntary Services Council (BVSC) to support Bexley residents who are able to give their time to support the community during the Covid-19 pandemic. We are inviting people to register with the Bexley Volunteer Hub (<u>https://bvsc.co.uk/covid-19</u>) where willing volunteers will be matched to where they are most needed in Bexley at this time.

3. Keeping in touch

We are also keen to build up our understanding of what community support is already being mobilised locally by neighbours and communities and how we can help. If you are involved with a local neighbourhood support scheme, whether it on social media or 'off line' between a few neighbours, we would be really interested to know as we build up our knowledge of what support is on offer where across our borough and how we can support you in this.

We are looking to share the wonderful displays of community spirit on our twitter and facebook page @BexleyTogether so please do share with us what is happening near you and find us on there if you haven't already.

Community Notices

Contactless Payments

You can now pay using a Contactless Card for sums up to £45.

Knitted Hearts

Darenth Valley Hospital are asking for donations of small knitted hearts that they place in patients' hands when they pass away. A second heart is then placed in a memory box for relatives. To donate please e-mail dgn-tr.wellbeing@nhs.net

Phishing Scams

Please be careful when receiving cold calls, suspicious letters or unsolicited emails and texts. Here is one Colin has heard of:

A scam which is aimed at potential users of Morrisons and Tesco. This involves tricking people into paying a small amount of money £1 usually, to get a voucher for 'free' shopping. The aim of the scam is to get users to reveal their banking/credit card details. There is **no such scheme** and if anyone receives **any** messages from **any** source, they are scams. Always check the website address to ensure that it begins with **https:// the 's' is proof of a secure site for the supermarket.** These crooks have copied the legitimate site information to construct a 'look-alike' one, but cannot use the **'s'**.

If you know of any doing the rounds, do let us know.



This week's prayer

For the health workers tending the seriously ill,

for the scientists working on a vaccination,

for the researchers analysing data and identifying trends,

for the media outlets working to communicate reality,

for the supermarket workers, hygiene and sanitation providers, for the good news stories of recoveries and effective planning, for the singing from balconies by locked-down communities, for the recognition that isolation doesn't need to mean loneliness,

for the notes through letterboxes offering help and support, for the internet and telephones and technology that connects, for the awakened appreciation of what is truly important, Thanks be to God.

From Christian Aid.

<u>Prayer</u>

There are many who still need our prayers. Those who have asked for our prayers are: Andrew Bennett, Charles Brooke, Elizabeth Foster and Joan Handy. For Marjorie and Eileen Hoare, Monica Lindridge and Alex and Wai Ming Martin, Christine Meaton and Christine Minns. For little Orlagh, still very poorly. For Carol & John O'Connor, John Ralph and Amanda Ralph. For Jane & George Stafford. For Karen Vaughan (Cameo), Peggy Vidler, Jeanette Watts and Mark Williams.

Please pray for those key workers still having to go out to work, including Liam and Claire (scout leaders).

Access Church services online

A number of places are offering closed services online. If you are able why don't you try one of the following.

Holy Trinity Brompton – Nicky Gumbel <u>https://www.htb.org/sundayonline</u>.

Freedom Church – Sim Dendy https://www.freedomchurch.uk

All Souls Langham Place <u>https://www.allsouls.org</u>

Watch on TV

TBN (Freeveiw 65 / Sky 582) Hillsongs TV (Sky 595)

Resources for children and young people

Primary

Veggietales (Netflix) Superbook (Amazon Prime & Youtube) Hillsongs: <u>https://www.youtube.com/user/hillsongkids</u> Rend Collective: <u>https://rendcokids.com</u> Bethel Kids <u>https://www.youtube.com/playlist?list=PLUmTiGOxKUOhwpvDtOl62m</u> <u>c4bs9JEUyFP</u>

<u>Secondary</u>

Bible society short videos - <u>https://www.biblesociety.org.uk/explore-the-bible/study-the-bible/gnb-youth-edition/videos/</u>

Bible Game for Apple or Android - "The Guardians of Ancora" 6 https://guardiansofancora.com

What you're up to. - Pictures and messages



Bethany Hand Virtual school is continuing for Bethany, but she now has to log on for life skill lessons! Tonight, we have Chicken casserole a la Bethany



Iremide & Felicia Ayeyemi Having a walk along Bursted Wood in the warm spring sunshine.



Ann & Ray Clark Celebrating our 45th Wedding Anniversary married at St Paul's 26th April 1975.

Julia Davenport <u>& Sylvia Levy</u>



<u>Oliver Sparrow</u> Keeping the hair out of his eyes!



John Turner Decided to sort through loads of old photographs, some dating from before WWII, but it does mean we are having to eat off trays!





Bob Lindridge Here is a picture of me as we arrange a new song for when we return to normal and can worship together.



<u>Joshua Beazley-Long</u> Was 6 on Wednesday.



Colin & Judy Smith

Here's one of Judy and I trying the new 'posh coffee' an internet sensation. 'The Korean coffee drink taking the internet by storm, dalgona coffee is like a cappuccino turned on its head, with the frothy coffee on top and the milk underneath. It only requires three ingredients to make and you can have it hot or cold. The hardest part is getting your picture just right!'

Ingredients

- 2 tbsp instant <u>coffee</u> or espresso powder
- 2 tbsp <u>sugar</u>
- 2 tbsp very hot water
- 400ml/14fl oz <u>milk</u>
- 1. Add the instant coffee, sugar and hot water to a medium mixing bowl. Using an electric hand-held mixer, whip the coffee mixture until it is light brown, fluffy and holds stiff peaks when the whisk is removed.
- 2. Heat the milk, if desired, and divide between two heatproof glasses. Spoon dollops of the frothed coffee mixture on top and smooth out with a spoon. Serve.

Please send me your pictures and messages to each other. Let's encourage each other and stay in touch. It will be good to see familiar faces each week. <u>revclive@hotmail.co.uk</u>



<u>All Age worship</u>

Cheryl, Laura & Sarah from the Diocesan team have sent some ideas for worship at home.

@Home

Ministry



Gather.....

- As you gather find a place that is comfortable and have the resources ready for the activities, prayer or response times ready.
- Choose 3 members to light the 3 candles (engage all ages)

Opening words of praise with lighting of 3 candles -

I will light a light in the name of the Maker, who lit the world and gave everything life.

I will light a light in the name of the Son, who saved the world and stretched out his hand to me.

I will light a light in the name of the Spirit, who is present everywhere in the world and gives me strength.

Together: We will light three lights for the trinity of love: God above us, God beside us, God beneath us; The beginning, The end and the Everlasting one.





Moses Example – Being Called

These resources are to help equip & enable worship together as "family". They are intentionally intergenerational to allow space, conversation, activity & response together as the family of God. We encourage all ages to be participative & open, being responsive to God and each other.

Welcome.....

Song: Light of the world <u>https://www.youtube.com/watch?v=CBKzCpkXJR4</u> (can be sung or listened to)

Reflection time: Party Popper Introduction

The party popper is an object, which contains exciting bits, but has to be activated **(pull the string).** We all have gifts and skills inside us, which can be activated, set in motion, used to purpose.

Reflect for a moment to yourself, then share with those who gather with you the following questions:

How has God called you? - Do you feel called?

Are there new possibilities in the future of being asked to serve God?

Bible passage: Exodus 2:23-3:20

AND/OR https://www.youtube.com/watch?v=LZpYMr-Ed0Q

As we continue to think about the great mystery of Easter we reflect on new life. As we think about a new lease of life, we might consider doing something new, not just now, but maybe sometime in the future - we'll explore that thought later.



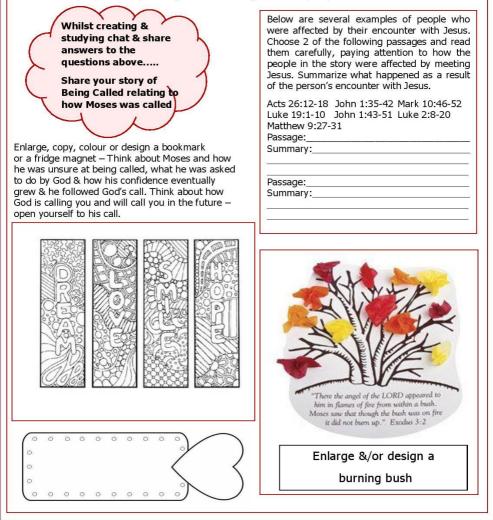
Interactive Learning.....

The Bible speaks of working hard and not asking for any reward except to know that we are doing God's will. The Bible also speaks of everyone being given different gifts and abilities.

Ask people whom you are gathered with if they can think of modern day equivalents of these inspirational lives who felt called to serve humanity, or who have inspired others to follow in their footsteps, for example to become a ballet dancer, singer, writer, musician and so on...

And.. what about those who don't seek the limelight and have a real servant spirit? Teachers, clergy, school caretakers, Lollipop ladies and men. Who do you know is like this? – Share examples

How do these people whom you've spoken of or thought about inspire you?



Reflection & Prayer Time.....

Song: Boldly I Approach

https://www.youtube.com/watch?v=4QDnVD7gu5Y

(can be sung/read aloud or listened to)

Encourage members to read silently or aloud the prayers below. Other prayers can be said at this time, concluding with the Lord's Prayer

We thank you Lord for the lives and example of those who inspire us, both famous people and those who are close to us.

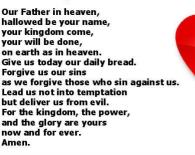
We give you thanks, O Lord

We thank you for the nudges you give us through other people to try new skills and to begin to put ideas into practice so we can serve you better.

We give you thanks, O Lord

We thank you for helping us to identify what we are good at and what we believe in, so we can achieve our heart's desire and do your will.

We give you thanks, O Lord The Lord's Prayer



Closing Responses.....

Song: Every Move I make https://www.youtube.com/watch?v=MPvnZILn6EY

(can be sung/read aloud or listened to) From where we are

to where you need us.

Jesus, now lead on!

From the security of what we know to the adventure of what you reveal.

Jesus, now lead on!

To make this world look more like your kingdom,

Jesus, now lead on!

Ask different members to blow out the candles.....until you meet again

Celebration....

If any of your members celebrate a birthday within the next week – sing

Happy birthday to you To Jesus be true May God's richest blessings Be showered on you.



Closing.....

The Grace (with "Messy" actions)

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.

Extra Ideas

- Read an inspirational story
- Ask a member who has an inspirational story to share it
- Watch a video of an inspirational story
- Activity sheets <u>https://sites.google.com</u> /site/sewhttkr/home/20 burningbush
 Draw around people's hands on red, yellow and gold paper, cut out

& glue together as the flames of the bush

A reflection on Genesis 4:10-12

When first reading the Bible passage set for this Sunday, Genesis 4:10-12, my heart sank for I wanted to preach a message of hope and comfort not one of repentance.

What have you done? God's ring down through the millennium. What have you done? Cain in a jealous range had killed his brother, and now his brother's blood cries out to God from the earth.

Our sins too leave footprints, on ourselves, on others, on society and on the earth. As the blood of his murdered brother, convicted Cain. So do our sins of thoughts, words, deeds and our failure to do good convict us.



Cain Slaying Abel by Ruben's 1608

We know this, but we are quite capable of self-deception, playing down our sin and ignoring it.

At the moment in this strange time of self-isolation, and lock down, most of us have more time. If we use it wisely it can be a gift. We can slow down, reflect, deepen relationships and spend time with God.

The reflection from St Paul's Cathedral today (Tuesday 27th of April) contained these words:-

"We are living in a kind of night now, as the pandemic eclipses life as it was before. What kinds of prayers are uttered in the night? Honest prayers. Vulnerable prayers. Prayers that groan or weep or wrestle. Prayers of gratitude. Prayers of earnest supplication. Real prayers."

Our fear and pain may be too deep for words. So just sit in silence and allow God to fill you with his love.



Cain and Abel By Marc Chagall 1960

Let this also be a time when we imagine building a new world based on God's love. Let Him show us what this new world could be like, and the part we have played in the things that are wrong in our old world.

May that personal knowledge bring us to repentance and a confession of our sins and a desire to live new lives.

His brother's blood convicted Cain of murder. But the blood of Jesus brings us forgiveness for our sins and new life. In repentance comes revival and new life which we can live in the power of the Holy Spirit and share with others and then together work to build the Kingdom of God.

Ann Norman



<u>Mission</u>

Volunteering as a street pastor

I heard about Street Pastors several years before I felt I was in a position where I had the time and emotional capacity to volunteer. When Cathy, the Bexleyheath coordinator came to St Paul's a second time, I felt ready and did some shadowing before undertaking the training which is run by the Ascension Trust and qualifying in 2018. I patrol twice a month but most people only go out once a month. Bexleyheath Street Pastors aims to have patrols every Friday night and the first Saturday. If we get more volunteers, we could cover two Saturdays. I'm a 'late bird' so staying up until 2 or 3 am is not a problem for me.

We meet up at Trinity Church in Bexleyheath about 9 pm on a patrol night so we can bond as a team. We chat a bit, share a tea or coffee and then have some prayer time. We can only patrol if there are at least three street pastors and two prayer pastors. The prayer pastors 'pray us out' then stay behind and pray for the streets of Bexleyheath, our safety and for any emerging situations that we telephone them about.

The first patrol of the evening often involves picking up glass bottles to dispose of them so they cannot be used as weapons. We wear a glove on our left hand so we don't get contaminated by anything (drugs or urine) that might be in the bottle. Once you have learnt to bottle-spot, you find yourself spotting them wherever you are and having to fight the urge to pick them up. It looks really strange to work colleagues if you do!

We also try to help homeless people, giving them information about winter shelters and sometimes buying them something to eat and drink. We talk with teenagers more in the first patrol of the evening. Some of them feel very lost. Many need to feel that they are valued and loved. After we have had a short break back at Trinity Church, we head out again at about midnight. This is when we start to come across fights starting out, young women (and sometimes men) distressed. Some are very drunk but happy 'Street angels, give me a hug' or sometimes argumentative 'that Jesus stuff is c**p'. We try to de-escalate situations through words, maybe by trying to encourage people to move away from each other, or sometimes simply by praying as a group and phoning the prayer pastors for their intervention. Bexleyheath clubs have licenses until 2am so the patrol may not end until later but mostly we finish before then if the bouncers tell us it is quiet. Each team has its own team leader and it is important that we listen to them, and not do our own thing. Even if we are having what we think is a good conversation with someone, if the team leader tells us it is time to go, we go. The team leader has to look out for our safety as well as move the team on to respond to an emerging situation that they might spot which we haven't.



The leaders and their teams all have their own unique characters. One team leader is amazing at how she spots potential predators – men who are circling the area looking out for drunk females on their own.

Currently, we aren't patrolling due to coronavirus. The clubs and bars are closed. Most of the homeless have been moved off the streets. I worry about the young men who need company and now are isolated and may have lost their jobs. If I see them in the park with cans of beer, talking in groups, I don't judge like some do. I think they probably need this contact more than any of us realise. I worry also about those who were already in abusive situations. As a Street Pastor, I have heard harrowing stories from people who have been abused by partners. We know that the number of people killed by domestic partners has risen from 2 a week to 5 a week since the lockdown. I have met teenagers who are couch-surfing and I wonder how they are faring. Please pray for healing for the hidden pain that existed in our society before lockdown and safety for the vulnerable at this challenging time.

Louise Terry



<u>Books</u>

This week's book suggestions come from www.thegoodbook.co.uk



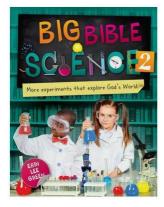
Know and tell the Gospel by John Chapman For most believers, clearly sharing the Christian gospel with someone is more of a dream than a reality. We feel inadequate and reluctant—but we absolutely want to see our friends come to know Jesus.

Filled with heart and humour, Know and Tell the Gospel deals with all the questions that quickly come to mind.

Born Again This Way by Rachel Gilson

In this powerful and personal book, author Rachel Gilson describes her own unexpected journey of coming out and coming to faith... and what came next. As she does so, she addresses many of the questions that Christians living with same-sex attraction are wrestling with: Am I consigned to a life of loneliness? How do I navigate my friendships? Will my desires ever change? Is there some greater purpose to all this?





Big Bible Science 2 by Erin Lee Green

God creates young minds to ask questions and seek answers. This book is designed to stir the imaginations of students and develop a lasting love for Christ.

There are twenty-one different units taking students through scientific concepts such as Potential and Kinetic energy, Levers, Pulleys, Chemical Reactions, Condensation and Symbiosis.

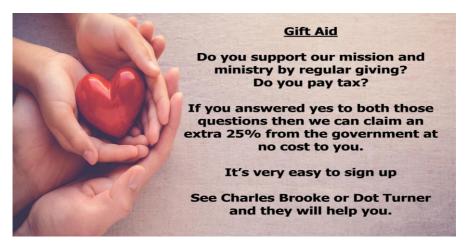
#Live Lent

This Lent, we hope both adults and children might engage in God's plea for us to "Care for Creation". It is an opportunity for us to rebuild our relationship with our planet, and in turn with the God who is Lord of everything.

Archbishop Justin Welby & Archbishop John Sentamu

Find out more and sign up here -

https://www.churchofengland.org/our-faith/livingout-our-faith/lent-holy-week-and-easter/livelentcare-gods-creation



Bible reading Apps

There are many of these available. Here are two suggestions, but let me know what ones you use.

Youversion - https://www.youversion.com

Wordlive - https://content.scriptureunion.org.uk/wordlive

Music Review





Band member Alison McGill reviews the compilation album "Worship Anthems 2020"

Do you love listening to live worship, enjoy being transported to mass Christian gatherings, or do you simply want to have a taste of what being at a

Christian festival is like? If your answer to any of these is 'yes', then this could be an album for you.

This 2-disk collection offers over two and a half hours of recorded live worship from a variety of Christian festivals, including Spring Harvest, Soul Survivor and New Wine. On the surface it appears to be an ambitious album, since all the festivals featured are aimed at different audiences and age groups and have varying worship styles. This is not an album I would have bought for myself, as generally I find listening to live worship unhelpful and too noisy (due to loud and long applause etc), so when Clive asked me to review *Worship Anthems 2020* I was a bit sceptical. However, I was intrigued to see how the differing styles of the festivals would come together on one album.

After making a cup of tea, I popped disk 1 into my DVD player and settled down to listen. Personally, I don't think the album began strongly – there was definitely a tendency for the first few songs to go a bit over the top and be too repetitive. However, I could also imagine teenagers jumping and dancing to some of these, especially to "Freedom" (track 2). From track 6 onwards, I started to really enjoy listening to this CD – there were some great lyrics, lovely instrumentals, catchy melodies and what sounded like more traditional congregational worship. The songs that really stood out to me on this disk were "He will Hold me Fast" (track 6), "Yes & Amen" (track 14) and "Jesus I Love You" (track 15); the latter is a wonderful affirming song that finished this CD nicely. To me it felt like the træcks on disk 1 were taking me on a journey, from praise and thankfulness to gratitude and affirmation. It was then time to switch to disk 2, which I soon discovered held several surprises that made this CD a refreshing and interesting listen. The first track, "Our God is for Us", is an empowering song of praise featuring some jazz trumpet - a great addition. I was not a fan of tracks 2 to 6, although some of the lyrics were great, the songs themselves, I felt, were slightly boring. Next, with a running time of 8 minutes, "Stir a Passion" (track 7) is the longest song on the album. It is a lovely, prayerful number that allowed me space to be still in God's presence and just let the lyrics and music wash over me (although 6 minutes would have been plenty). The next delight I found was a section of rap in the middle of the joyful song "Rise with a Roar" (track 12), which lifted my spirit and brought a smile to my face (my guinea pigs squeaked through this one, but I'm not sure what that tells you! (;). Following this is a fabulous version of the traditional hymn "I Cannot Tell". I always find that there is something reassuring and powerful about old hymns and the version of this hymn is no exception. The last track on disk 2 is "You Restore my Soul" (track 16), a lovely song based on Psalm 23. This provides a beautiful end to the album, although it does fade off abruptly, which is a shame.

Overall, I think this album is uplifting and both CDs include a mix of praise and lively songs alongside quieter more reflective ones. But the collection is a bit hit and miss, as it is trying to do too much in one album and sometimes the noise level is slightly overwhelming. Also, I think that the level of repetition on some tracks is best suited for the 'live' environment rather than at home, but that may be because I personally do not find this style helpful for personal listening. There are certainly several stand out tracks and the contrasting styles of these often work well together. I must say that I enjoyed the album more after listening to it a second time, although there are still some tracks that are just not for me. Worship Anthems 2020 has something for everyone, whether you are a teenager or an older adult. You will undoubtably find a handful of songs that you will like when listening to this album, and, in the process, you may even discover an appreciation for a style of worship you have not come across before, just don't expect to 19 love every track.

Official UK Christian & Gospel Albums Chart Top 15

Pos	LW	Title, A	rtist		Peak Pos	WoC
1	1	-	THE SEARCH NF	NF REAL MUSIC	1	38
2	2		JESUS IS KING KANYE WEST	EMI	1	25
3	New		PEACE BETHEL MUSIC	BETHEL MUSIC	3	1
4	3↓		CHOOSE TO WORSHIP REND COLLECTIVE	CCMG	1	3
5	5	1	LOOK UP CHILD LAUREN DAIGLE	CENTRICITY MUSIC	1	84
6	7 🕇		AWAKE HILLSONG WORSHIP	HILLSONG MUSIC	2	27
7	6 🕹	SKILLET	VITAL SIGNS SKILLET	WARNER BROS	2	254
8	10 个		THERE IS MORE HILLSONG WORSHIP	HILLSONG MUSIC	1	106
9	9		MANSION NF	CCMG	1	140
10	11 个		VICTORY - LIVE BETHEL MUSIC	BETHEL MUSIC	1	64
11	13 🛧	UNITED	PEOPLE - LIVE HILLSONG UNITED	HILLSONG MUSIC	1	16
12	12		AWAKE SKILLET	ATLANTIC	2	319
13	8 ↓		FOREVER AMEN STEFFANY GRETZINGER	ESSENTIAL WORSHIP	4	3
14	16 🕇		JESUS IS BORN SUNDAY SERVICE CHOIR	INC	з	16
15	15	5 00	UNLEASHED SKILLET	ROADRUNNER	1	193 U



Answers on Page 27

Mixed up stars

Anagrams of film stars can you unravel them?

1.	DO ON BALLROOM	
2.	NIL NACHOS JOCK	
3	HOT HAMBURG PREY	
4.	RENOWN DAIRY	
5.	RENAME MAN FROG	
6.	GRINDING AMBER	
7.	MERRY WARDROBE	
8.	MASTER WAS JET	
9.	THY LEAKIER KING	
10.	SYPHON INTO KHAN	

Places in Kent

Can you guess the place from the cryptic clue?

can you guess the place norm the cryptic clact					
1.	Just a Snack				
2	Solid Woman				
3	A horse at speed, underground				
4	Mass exit via				
5	For what reason				
6	Go up wide				
7	Unlit house				
8	Burnt water				
9	Small rock				
10	Top of a pot				

Ann's simple recipes for everyone

St Paul's resident culinary queen Ann Easter shares some of her recipes with you.

Cottage Pie



"All my family love the cheese and tomato topping. This is my go-to comfort food"

Ingredients 1lb / 450g Minced Beef 1 Large red onion 4oz / 120g Mushrooms 3 Dessert spoons of gravy granules 2lb Potatoes 2oz / 60g of Cheddar Cheese 1 Large Tomato

Instructions Top Tip Brown the mince in a pan with a little oil. Use lamb mince for a tasty Shepherd's pie Chop the onion and mushrooms and add

to the mince.

Make up the gravy with 16floz / 450ml boiling water and add to the mix.

Stir and place the mince mixture into a large oven tin.

Boil and mash the potatoes and then cover the mince filling.

Slice the tomato and place on the top.

22

Bake in an oven at gas mark 6 / 180c for 40 minutes.

Gardener's World

Margaret Richards & John Turner offer their seasoned advice on all things gardening.

Go into Bursted Woods or Lessness just now and enjoy the scent and beauty of English Bluebells. But did you know in recent years their Spanish cousins have spread across the UK? Can you tell the difference between English and Spanish Bluebells?



The picture on the left is of English Bluebells **(**Hyacinthoides nonscripta). Look out for the distinctive droop. They are daintier and more delicate than the Spanish variety.

Below is the Spanish Bluebell (Hyacinthoides hispanica). They are stiff, straight and are paler in colour than the English variety. The Spanish Bluebell also has no scent.

The Spanish Bluebell is an invasive species that was introduced by the Victorians. Be warned, Spanish are lovely but once they are in your garden you will never get rid of them! I have tried for over 40 years!! M.R.

Top Tips – What to be doing now.

1.Sow hardy annuals, herbs and wild flower seeds

2. Increase the watering of your house plants3. Feed hungry shrubs & Roses

4. Continue to dead head your pansies and violas

5. Cut back your Forsythia now it has finished flowering. It will flower on the new growth next year.



Top Tips Continued

6. Look out for the beautiful Lily Beetles (Lilioceris lilii) and their off-spring on your lilies - pick them off and destroy!
Picture of what they do best!
7. Forget-me-nots are just finishing their show. If you want lots more next year, pull up the old plants, shake the seeds out, and throw old plants away.



Vegetables

If you grow your own vegetables, April will have been a busy month for sowing seeds. If growing outdoors, the soil should have already been dug and hoed and, if available, some well-rotted manure added.

If not already done, beetroot, carrots, lettuce, leeks, radish, turnip, onions, and peas must be planted outdoors following the instructions on the packets as to depth and spacing. As there has been no rain in recent times, should this continue, make sure the seeds are watered regularly and the soil kept moist.

Should you intend to grow marrows, courgettes, sweet peppers, tomatoes, cucumbers, aubergines, and the like, the seeds should be sown indoors, again following the instructions. Where possible, the pots/seed trays should be kept in a constant temperature and the compost kept moist.

If you have tomato seedlings, these should be potted on when they develop true leaves above the more rounded seed leaves.

With the danger of frost receding in May, French beans, runner beans, squash and cucumbers can be sown directly into prepared beds outside. Once you are certain that all risk of frost has passed, plant out tomatoes, courgettes and other seedlings that were previously sown under cover.

Keep plants watered and weeded and wait for the harvest! J.T. 24

Photography



Picture of a picture – My sisters cat drawn by Carol O'Connor The winner of this week's Best photograph goes to Carol O'Connor for the picture of her drawing of a cat. She will receive "Worship Anthems 2020" as her prize. Well done Carol.



YOUR PICTURE HERE!

Send your pictures to revclive@hotmail.co.uk

Don't be shy!

A virtual hug sent to Bob & Monica Lindridge.



The good old days on North Heath, no traffic, and people only going out for essentials. Tim & Sue

Poet's Corner

Tim Luff has composed the following poem as his 2.6 challenge (See last weeks issue!) He is raising money for CRiBS. If you like it send him some donations (in fact send them even if you don't like it!)

A is for Ambulance the frontline of fire B for Boris, who came close to the wire

C is for Covid the invisible beast D is for Distancing, 2 Metres at least

E for Economy, its future we dread F is for Furlough, but where's the FLOUR for bread

G is for Gloves and Gowns, single use only H for Home schooling, Hospital and treating the lonely

> I for Italy infected so hard J for Jeyes fluid it could be a Trump card!!

K is for Kindness shown with such a good heart L for Lockdown that keeps us apart

M is for Masks worn for personal protection N for NHS, brave Nurses treating viral infection

O is for Outside space and mental wellbeing P for PPE, Pandemic and Pasta, Oh no!! is that a picnic I'm seeing?

Q is for Queueing, just to put food on the plate R for the rainbow of recovery, but we can't give a date

S is for Safety and Self isolation T is for Tom (Captain) who inspired a nation

U for Universal, how connected we are through the Worlds waxing and waning V for Virtual living, the Vulnerable, the Virus and finding a Vaccine

W is for Washing hands, Whitehall briefing, where statistics are shown X for a Kiss that can only be blown

Y is for Youth, the future, hope, our change innovators 26 Z for Zoo, with animals asking 'where are all the spectators'?

Just for Laughs!

These were sent in by Carol O'Connor. Warning they contain a high groan rating!

- •Venison for dinner again? Oh deer!
- •How does Moses make tea? Hebrews it.
- •England has no kidney bank, but it does have a Liverpool.
- •I tried to catch some fog, but I mist.
- •They told me I had type-A blood, but it was a Typo.
- •I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- •I know a guy addicted to brake fluid he says he can stop any time.

•I stayed up all night to see where the sun went, then it dawned on me.

•This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

- •When chemists die, they barium.
- •I'm reading a book about anti-gravity. I just can't put it down.

•I did a theatrical performance about puns. It was a play on words.

- •Broken pencils are pointless.
- •What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- •I got a job at a bakery because I kneaded dough.
- •Velcro is a big rip off!
- •Don't worry about old age; it doesn't last.

Blast from the Past From "St Pauls Church News August 1954"

THE VICAR'S LETTER

My dear Friends,

I am writing this letter on the fourth anniversary of my institution as Vicar of St. Paul's, and so I may be pardoned if I use the occasion for one or two reflections.

It was on July 20th, 1950, that I became your Vicar. It was a big day in my life, for it was the start of my first incumbency, and I remember entering upon it with considerable fear and trembling, aroused not by your fearsomeness (for you really are not fearsome!), but by the challenge of taking on such a responsible task with so few natural resources. However, it was with a real sense of God's call that I came, and that sense of vocation sustained me then and still sustains me now. I am reminded of a verse in Exodus : "If thou shalt do this thing, and God command thee so, then thou shalt be able to endure, and all this people shall also go to their place in peace." (18, 23). If God command thee so, then thou shalt be able . . ! That is a thought for us all to take to heart. What God calls us to, we can do, however inadequate we may feel in ourselves. I would ask you to remember this particularly in the days that lie ahead, when, as I believe, God is calling us all to a special task of witness in this parish.

The awareness of God calling me to this parish was met in the event by much kindness and patience on your part, and the result now is that initial fears have given way to genuine hopes. I think the outlook in our church and parish is hopeful. Only a tiny fraction of the parish meet for worship at St. Paul's (a very tiny fraction), but there is the stirring of new life amongst our church membership which is the promise of greater things to come. What is required is that each of you should be faithful (not least in the matter of regular worship in church Sunday by Sunday without fail), and zealous in your desire and determination that God's work shall go forward in our parish. Together and united we can, under God, go forward to great things; divided, indifferent, going our own ways, each one being a law unto himself, and without any bond of common loyalty and obligation, we shall fail and our hopes will be unrealised. The possibility of failure is always with us, but the greater possibility (if I read the present situation in our church aright) is that we shall make real and permanent progress in the days ahead. I am full of hope.

After four years in the parish and with three of our children born during, our time here, I think we can perhaps claim to be, as a family, genuine North Heathens now (using that term in a local and not an irreligious sense !). I would like to end by saying how much kindness and helpfulness my wife and I have received from you in our home and family life, for which we are most grateful.

Your sincere friend and Vicar, PETER SWINBANK. On TV this week Freeveiw Sky Virgin Freesat BT

<u>Saturday</u>

09:00: Father Dowling Mysteries: CBS Justice (**39** 148 193) 13:00: The Prince of Egypt: Sky1 (106 110) 18:50: Risen: Film4 (**14** 313 428 300)

<u>Sunday</u>

06:00: Hour of Power: Sky1 (106 110) 09:00: Father Dowling Mysteries: CBS Drama (**71** 147 197) 10:45 Sunday Worship: BBC1 13:15: Songs of Praise: BBC1 14:00 - 20:00: Father Brown: Alibi (132 126 312)

17:10 The Prince of Egypt: Sky Cinema Family (306 406 506) 20:00: Call the Midwife: Drama (**20** 143 130 158) 22:00: Retreat, Meditations from a Monastery: BBC4 (**9** 116)

<u>Monday</u>

09:00: Father Brown: Alibi (132 126 312) 11:00 & 17:00: Father Dowling Mysteries: CBS Justice (39) 14:15: Father Brown: BBC1

<u>Tuesday</u>

09:00: Father Brown: Alibi (132 126 312) 11:00 & 17:00: Father Dowling Mysteries: CBS Justice (**39**) 13:00: Sister Act: Sky Cinema Greats (304 404 504) **14:15: Father Brown: BBC1** 14:45: Sister Act 2: Sky Cinema Greats (304 404 504)

Wednesday

09:00 & 22:00: Father Brown: Alibi (132 126 312) 11:00 & 17:00: Father Dowling Mysteries: CBS Justice (**39**) **14:15: Father Brown: BBC1** 14:30 The Prince of Egypt: Sky Cinema Family (306 406 506) 17:20 Chariots of Fire: Sky Cinema Drama (310 410 510)₂₉ 18:50: Risen: Film4 (**14** 313 428 300) 19:00 O Brother Where Art Thou?: Sky Cinema Greats (304)

<u>Thursday</u>

09:00 & 22:00: Father Brown: Alibi (132 126 312) 11:00 & 17:00: Father Dowling Mysteries: CBS Justice (39) 14:15: Father Brown: BBC1

<u>Friday</u>

09:00 & 22:00: Father Brown: Alibi (132 126 312) 11:00 & 17:00: Father Dowling Mysteries: CBS Justice (39) 14:15: Father Brown: BBC1 15:00- 22:00: Father Brown: Drama (20 143 130 158) 14:55: Evan Almighty: Sky Cinema Comedy (308 408 508)

Times correct at publication, but do check to avoid disappointment.

Streaming & Box Sets



<u>The Story Of God with</u> <u>Morgan Freeman - Netflix</u> Actor, Morgan Freeman sets out on a journey to discover who is God? From the perspective of the worlds major religions.

Do you have any TV or Streaming suggestions? Let us know.



Radio programs

Prayer for the Day daily at 5.43am on Radio 4 Sunday Worship Sundays at 8.10am on Radio 4 Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB

Lent Talks Wednesdays at 8.45pm on Radio 4 Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3



Quiz answers

Mixed up Stars

1.Orlando Bloom, 2. Jack Nicholson, 3. Humphrey Bogart,4. Winona Ryder,5. Morgan Freeman, 6. Ingrid Bergman,7. Drew Barrymore,8. James Stewart,9. Kiera Knightley,10. Anthony Hopkins

Places in Kent

Sandwich, 2. Maidstone, 3. Canterbury, 4. Dunkirk, 5. Wye,
 Broadstairs, 7. Dymchurch, 8. Ashford, 9. Little Stone, 10. Lydd