



# **St Mark's Parish Magazine**

**July 2019**

**Donations to cover the cost of this publication are welcome**

# THE PARISH CHURCH OF SAINT MARK, REIGATE

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### Your Views & Contributions

Next issue will be available from Sunday 4 August 2019

All contributions to the editor by Friday 19 July 2019

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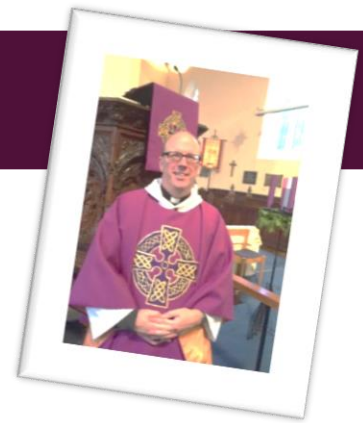
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## LETTER FROM THE VICAR

Dear Friends

I am writing this on St Barnabas' Day (11<sup>th</sup> June). Who was he and what is he renowned for? One of our lesser celebrated Saints, but perhaps this year he should have a higher place in our memory bank of revering.



Barnabas was (according to the Acts of the Apostles in the Bible) a man from Cyprus called Joseph, but when the apostles met him, they renamed him Barnabas, which means "Son of encouragement". Why did they do this? Because he sold a field and gave the money to the apostles to use for their cause of sharing and helping those less advantaged than themselves. As the Bible puts it – the widows and orphans. Women and children were dependent on the eldest man of the house ensuring that the whole family had food and shelter. If they were bereft of such care they were often reduced to begging. So the apostles did their best for them with what little they had, relying on the generosity of others to do this. They felt Joseph had encouraged them on their mission so much they called him Barnabas.

At the time of writing, there are hundreds of people stranded on boats in the Mediterranean being denied landing on Greek Islands, or Malta, or Italy, or other islands and countries. There are also refugees crossing the English Channel in nothing more than a child's blow-up dinghy. Among those on the boats are many children. Without getting into a political debate, I wonder what Barnabas and the apostles would have to say about this?

We are also waiting to hear who will become the next leader of the Conservative Party and thus our Prime Minister. Whoever succeeds, will they extend generosity towards the other candidates and the nations of Europe (and the world) as they attempt to lead our nation out of Europe in an orderly and peaceful way to the benefit of all. Almost every piece of news can be challenged by asking "where is the generosity in that?"

In a nutshell, to ponder on generosity; to challenge ourselves on our own generosity is something I believe we should do more of. Even if we don't consider our possessions, there is also the question of our generosity of spirit. How willing are we to give of ourselves, our time and our love? Last year a book was written to help us divorce ourselves from our phones, so that we give more of ourselves outwardly instead of to a screen. (I think that might only get read though if it is produced as an app on screen!) We run the risk of becoming more and more insular and in short, selfish.

So – as we move towards those lazy, hazy days of summer, how about we each reflect on how we just might take a lesson from Joseph (aka Barnabas) and give more of ourselves to others, by leaving our phones alone, spending more time and energy and love on each other and engaging with charitable causes that can truly help those in need or distress.

Enjoy the start of summer and for all those people and homes affected by the wait for exam results I offer you my love and prayers.

With my best wishes

A handwritten signature in black ink, appearing to read "Martin". The signature is written in a cursive, slightly slanted style.

## What a cup of coffee can do for you

If you didn't make it to the Children's Society coffee morning in June, perhaps this will convince you to attend the next one.

Here is a curious thing: even just one cup of coffee a day can reduce the risk of an older person falling – by up to a third.

A recent study of thousands of patients from the UK and Spain has found that even small amounts of coffee are enough to make them steadier on their feet.

That is good news for many, as about one in three people over 65 will have at least one fall a year, and half will fall frequently. This is because the older we get the more likely we are to suffer balance problems, weaker muscles, dementia or low blood pressure.

The study was done at a university in Madrid. All in all, it costs the NHS £2.3billion a year to treat and care for elderly patients who suffer a fall. So, instead of a cuppa, reach for the Nescafé.

If that is not enough to convince you, research has shown that coffee can reduce the risk of death from stroke, cancer, dementia and heart disease amongst other things. Three cups a day can reduce risk of death from a number of diseases by 18%.

You can read more at: <https://www.medicalnewstoday.com/articles/318324.php>





## News from the Church of England

A year after its launch, the Church of England's award-winning Alexa skill has been asked more than 75,000 questions, according to recent data. The smart speaker skill was originally launched with prayers, explanations of the Christian faith and details of where to find the nearest church for local events and services based on location.

The data also reveals a trend of highest numbers of people using the skill in the evening. As a result of this, the Church's Digital and Church House Publishing teams added a wider range of mealtime, evening and night prayers during the year.

More family prayers have also been added, and integration improved with A Church Near You, the national church finder tool, to show maps of where the nearest church is. A range of videos have also been added to bring the Christian faith to life and showcase the social action work of churches across the country.

In a typical week people ask the following questions by topic area:

Read today's daily 'EasterPilgrim' reflection – 16%

Say a prayer – 40%

Explore the Christian faith – 31%

Share a grace before a meal – 6%

Where is my local church? – 7%.

The skill is average 4.2 out of five stars on the Alexa store, with comments such as "Love it – great example to the kids on how to pray".

The Archbishop of York, Dr John Sentamu, said: "The aim of the Alexa skill is to help users to know more of the love of Jesus Christ, to enable regular churchgoers and those exploring faith to connect with God in another way and at a time that's right for them."

Adrian Harris, Head of Digital at the Church of England, said: "We are pleased with the levels of engagement in the first year of launching the skill, which was built in just three months in 2018." The skill has also been recognised at a number of leading digital industry awards.

To activate the Church of England skill "*Alexa, open the Church of England*". A full list of commands is available on the C of E's dedicated Alexa page at <https://www.churchofengland.org/our-faith/try-church-englands-alexa-skill>

## Local News

### Holmesdale School

This term like every other seems to be flying by! This is particularly significant for me as it is my final term at Holmesdale as I will be retiring in July. I have been Head for 12 years and I was the Deputy before that.

One of the things I have done in my last term is gone on all the school trips! I have been to Leeds castle with Year 1, Godstone Farm with reception and Wakehurst Place with Year 2. I have really enjoyed them all.

We have also had visitors in school. One of the most popular was a junk orchestra workshop and we all got to play instruments that had been made from recycled materials.

The last few weeks will also be very busy. We hope that the weather stays fine with all our Sports Action Stations. We also have a 'Feeling Good Week' planned and an Enterprise Market on Tuesday July 23<sup>rd</sup> at 1.45pm to which you all invited!



I have loved my time at Holmesdale and I have really valued the school's connection with St. Mark's and I'm sure that the relationship will remain strong with the new Head teacher Mrs Sharon Mullarkey.

**Sarah Beasley**

## Fundraising

### Easy Fundraising



Do you ever shop online? Did you know that just by buying the things you would typically buy online you can help St Marks raise money?

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) is a charity cashback website. It lists hundreds of online retailers including John Lewis, M&S, Amazon, Sainsburys and many more.

#### How does it work?

You register your details with the website and select St Marks as your chosen charity. Then you find the retailer you want from the list on the website and click the link to visit the place you want to buy something. You do your shopping as normal. Then the shop you purchased something from online will pay Easy Fundraising a commission, which they pass back to St Marks.

The website claims to have over 1.6 million members who have raised over £27 million for charity. It doesn't cost anything to become a member and even the smallest donations all add up.

## Church News

### Our New Curate

We are delighted to welcome The Reverend Reginald Grant as our new Part-Time Non-Stipendiary Assistant Curate at St Mark's. Reg was ordained Deacon on 29 June at Southwark Cathedral. He works Full-Time in the NHS so will only be with us on Sundays and a few hours during the week. We welcome him, his wife Lauriette and his children Cahleb and Lukas to the parish.



## Church events

### Community Lunches

On the second Sunday of the month we provide a Community Lunch at St Mark's...



A lovely Sunday roast with all the trimmings followed by a traditional dessert provided by our wonderful team of volunteers for the senior members of the community, who would otherwise be on their own.

Members should RSVP by the 26 August to join us on the 8 September, this will enable us to reallocate any spaces. There won't be a lunch in August.

We need more volunteers to enable us to host more guests!

For more information or to volunteer as a driver or helper please contact:  
Robert Cramp on: **07887 600 190** or Alison Stagg on: **01737 243992**

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### St Mark's Afternoon Retirement Team – SMART

On the first Thursday of the month – 2pm - 4pm

Next month will be cream tea at Patricia and Tony Bird's house. Taking place on the 1 August, please book early for a lift.



New members are always welcome. Contact Sarah Cousins - **01737 789943** or Louise Wallis - **01737 242129** for more details.

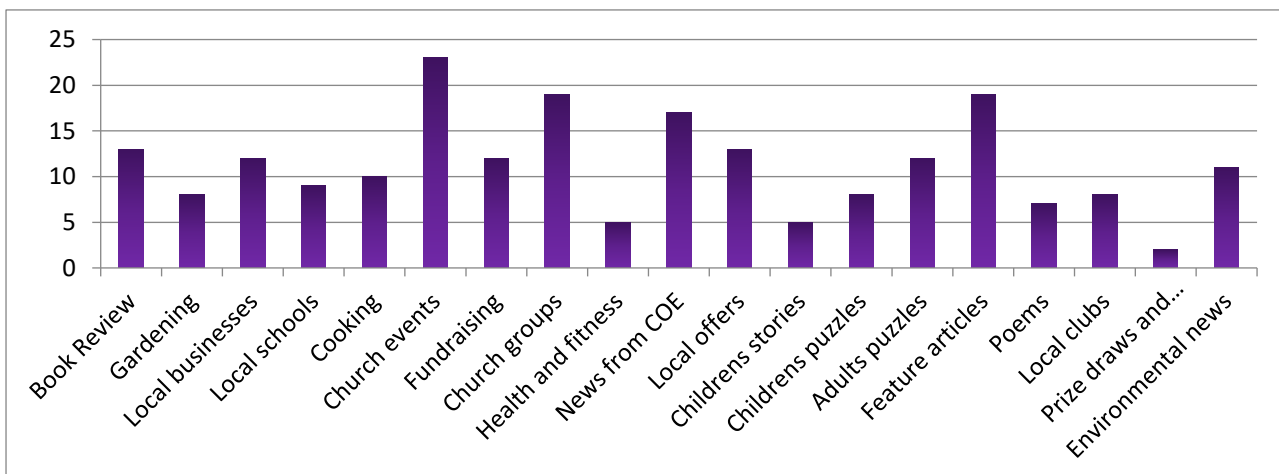
## Your feedback

Thank you to everyone who took the time to provide feedback as part of the reader survey. We received 26 responses to the questionnaire plus feedback emailed directly to the editor.

You'll see that in the July edition of the magazine we have started to implement your feedback, but we thought we would share some of the results with you.

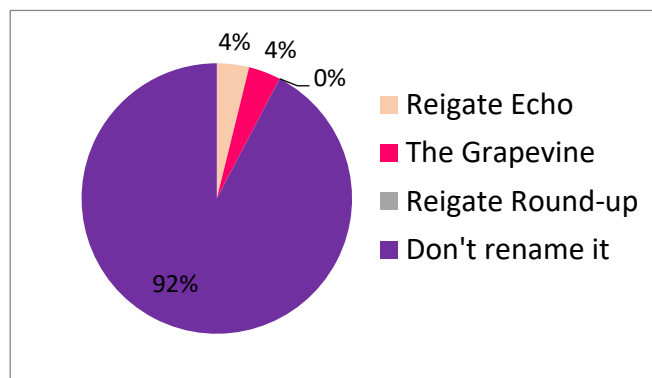
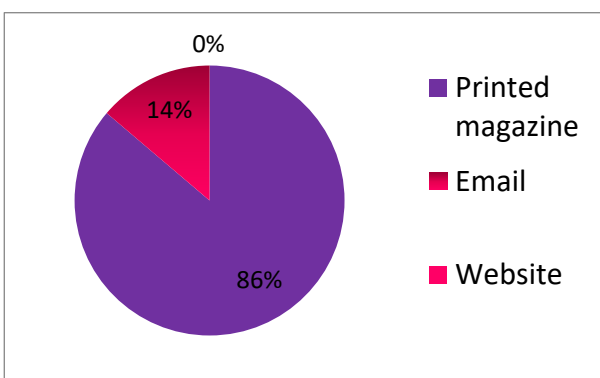
### Areas of interest:

There were some clear areas of interest which readers wanted included in the magazine. The magazine content now reflects these preferences.



### Magazine format and name:

A printed magazine was by far the preferred format and there is a clear preference for the existing magazine name to be kept.



## St Mark's Pull-Out Guide

### **REGULAR SERVICES AND EVENTS AT ST MARK'S SUNDAYS**

8.00am	Each Sunday	Holy Communion (Book of Common Prayer)
10.00am	1 <sup>st</sup> Sunday	Parish Eucharist (with Junior Church)
	2 <sup>nd</sup> Sunday	Sung Eucharist (with Junior Church)
	3 <sup>rd</sup> Sunday	Sung Eucharist (with Story Telling)
	4 <sup>th</sup> Sunday	Sung Eucharist (with Junior Church)
	5 <sup>th</sup> Sunday	Sung Eucharist (with Junior Church)
1.00pm	2 <sup>nd</sup> Sunday	Community Lunch
4.00pm	1 <sup>st</sup> Sunday	Family Service
	3 <sup>rd</sup> Sunday	Messy Church
6.00pm	1 <sup>st</sup> Sunday	Evening Prayer (said)
	2 <sup>nd</sup> Sunday	Taizé Prayer
	3 <sup>rd</sup> Sunday	Evening Prayer (said)
	4 <sup>th</sup> Sunday	Evening Prayer (said)
	5 <sup>th</sup> Sunday	Evening Prayer (said)

### **MONDAY TO WEDNESDAY**

8.30am Morning Prayer in the Lady Chapel (20 minutes)

#### **MONDAY**

9.30am St Mark's Toddler Group in the hall (term-time only)

#### **TUESDAY**

10.00am 3<sup>rd</sup> Tuesday St Mark's Buffers (in the church)

#### **WEDNESDAY**

3.25pm T Time Tales (term-time only)

#### **THURSDAY**

8.30am Informal Morning Prayer in the Lady Chapel

12.45pm Holy Communion (Iona) followed by tea or coffee

2.00pm 1<sup>st</sup> Thursday SMART

#### **SATURDAY**

8.00pm 4<sup>th</sup> Saturday St Mark's Social Dance

## A Handy Pull-Out Guide to 'What's On' at St Mark's

### CALENDAR FOR JULY 2019

Wednesday 3 <sup>rd</sup> July	<b>St Thomas the Apostle</b> 8.00pm PCC Meeting
Thursday 4 <sup>th</sup> July	12.45pm Holy Communion (Iona) 2.00pm SMART Meeting
<b>Sunday 7<sup>th</sup> July</b>	<b>Trinity 3</b> 4.00pm Family Service 6.00pm Evening Prayer
Wednesday 10 <sup>th</sup> July	3.25pm T Time Tales (Last of term)
Thursday 11 <sup>th</sup> July	12.45pm Holy Communion (Iona)
<b>Sunday 14<sup>th</sup> July</b>	<b>Trinity 4</b> 1.00pm Community Lunch 6.00pm Taizé Prayer
Thursday 18 <sup>th</sup> July	12.45pm Holy Communion (Iona)
<b>Sunday 21<sup>st</sup> July</b>	<b>Trinity 5</b> 4.00pm Messy Church 6.00pm Evening Prayer
Monday 22 <sup>nd</sup> July	<b>Mary Magdalene</b> 9.30am Parent and Toddler Group (Last of term)
Tuesday 23 <sup>rd</sup> July	10.00am St Mark's Buffers
Thursday 25 <sup>th</sup> July	<b>St James the Great</b> 12.45pm Holy Communion (Iona)
Saturday 27 <sup>th</sup> July	8.00pm St Mark's Social Dance
<b>Sunday 28<sup>th</sup> July</b>	<b>Trinity 6</b> 6.00pm Evening Prayer

## CALENDAR FOR AUGUST 2019

Thursday 1 <sup>st</sup> August	12.45pm Holy Communion (Iona) 2.00pm SMART
<b>Sunday 4<sup>th</sup> August</b>	<b>Trinity 7</b> No Family Service 6.00pm Evening Prayer
Tuesday 6 <sup>th</sup> August	<b>The Transfiguration of our Lord</b>
Thursday 8 <sup>th</sup> August	12.45pm Holy Communion (Iona)
<b>Sunday 11<sup>th</sup> August</b>	<b>Trinity 8</b> 6.00pm Taizé Prayer
Thursday 15 <sup>th</sup> August	<b>The Blessed Virgin Mary</b> 12.45pm Holy Communion (Iona)
<b>Sunday 18<sup>th</sup> August</b>	<b>Trinity 9</b> No Messy Church 6.00pm Evening Prayer
Thursday 22 <sup>nd</sup> August	12.45pm Holy Communion (Iona)
Saturday 24 <sup>th</sup> August	<b>St Bartholomew the Apostle</b> 8.00pm St Mark's Social Dance
<b>Sunday 25<sup>th</sup> August</b>	<b>Trinity 10</b> 6.00pm Evening Prayer
Thursday 29 <sup>th</sup> August	12.45pm Holy Communion (Iona)



## **PARISH ACTIVITIES, EVENTS, GROUPS & CONTACTS**

### **CHURCH FLOWER ROTA**

*Contact: Mrs Valerie Jones 01737 246538*

### **CHOIR PRACTICE**

*Each Thursday in church - all parts at 7.00pm - other practices as notified*

### **DATA REQUESTS**

*Contact: Parish Office – 01737 210785*

### **HOME GROUP**

*Contact: Mrs Susannah Dyde – 01737 221638*

### **IONA COMMUNION – LUNCHTIME SERVICE**

*Every Thursday 12.45pm to 1.15pm followed by Coffee/Tea*

### **PARENT AND TODDLER GROUP**

*Contact: Mrs Louise Wallis 01737 242129*

### **PARISH SAFEGUARDING OFFICER**

*Mrs Rosemary Absalom 01737 240351*

### **SMART - St Mark's Afternoon Retirement Team**

*Meetings on the first Thursday of the month*

*Contacts: Mrs Sarah Cousins 01737 789943 or Mrs Louise Wallis 01737 242129*

### **ST MARK'S BUFFERS**

*Meeting in church on the third Tuesday of the month from 10am - 12noon*

### **ST MARK'S COMMUNITY LUNCH**

*Contacts: Mrs Angela Daniels 01737 247162 & Mrs Alison Stagg 01737 243992*

### **ST MARK'S CHURCH HALL**

*Regular Lettings Secretary: Mrs Jean Hatton 01737 765759*

*Party Bookings & Church Bookings via Parish Office 01737 210785*

### **ST MARK'S OVERSEAS AID TRUST - SMOAT**

*Chairman: Mrs Barbara Perkins, 01737 226632*

### **ST MARK'S SINGERS**

*Rehearsals Monday 7.30pm in the church – all welcome*

*Contact: Toby Garrood 01737 241979*

### **WEBSITE & FACEBOOK**

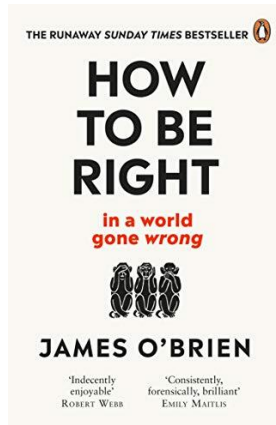
*Contact: Ben Read Email: [benread@hotmail.com](mailto:benread@hotmail.com)*

### **YOUTH WORK**

*Junior Church: Mrs Leonora Corden, [l.corden@btinternet.com](mailto:l.corden@btinternet.com) 01737 224534*

## Book Review

This month we review *How to be right in a world gone wrong*



My grandfather died when I was 21 but for the 4 or 5 years before hand we would regularly enjoy a good debate. He would always say to me; "Helen, when I was your age, I thought I knew it all too. By the time I was 40, I wasn't so sure. And now, I know I don't know much." My 18-year old self always found this funny because I always thought my Grandad was a bit of a know-it-all. God bless him. So when I saw this book I thought, finally, my chance to be right for a change, which is what attracted me in the first place.

This is the most controversial book I have reviewed. Written by James O'Brien who is a radio presenter for LBC, the book covers in its 8 chapters, topics such as Brexit, Lesbians, Gays, Bisexual and Transsexuals (LGBT), Trump and Political correctness to name but a few. O'Brien uses examples from his radio show of conversations with listeners to cross examine commonly held views. Addressing ignorance and bigotry with facts and figures, he suggests that newspapers have a lot to answer for in poisoning the mind of the British public and causing anger, hatred and ignorance.

Whilst O'Brien comes across as a bit self-righteous and a know-it-all, the key takeout was perhaps we should question more what we hear in the media and perhaps if we show a bit more compassion, empathy and understanding for people whose circumstances are different to our own, the world would be a slightly better place.

Have you read this book? Got a suggestion for a book review? We would love to hear your thoughts. Please get in touch at [magazine@stmarksreigate.co.uk](mailto:magazine@stmarksreigate.co.uk).

## Letter to the editor

Last month's book review considered the merits of "The Hundred Year Life" and was most thought provoking. Working to eighty, get real. It's well known the intellectual ability is on the downward slope well before sixty. Is there a wonder drug to change this?

However, at St Mark's there are many experts on retirement with many years of experience so I guess they had some thoughts on the subject too. My thoughts took me first to the two day retirement course for all ranks which I attended so many years ago.

The doctor was ill (fine state of affairs) and was deputised by an elderly single lady who at the beginning addressed the men present: "you must not take-over the running of the house!" This was greeted by hoots of laughter from the mixed company. The women understood that often the woman would be still out at work maybe in a superior position to her husband. The men could not get their heads round the thought that they could take over anything from their modern wife's possession. The best jokes are often those not intended.

But better was to come from the subject of how we might invest our meagre lump sums. This was planned to set out the options available on the market but unwisely the visitor chose to approach this by asking questions. The first question was: "what is a good short-term investment?" An Indian colleague raised his hand and offered the single word "diamonds". He then expanded on the simplicity of sale and the past record of short-term gains. The visiting expert was quite non-plussed.

His second question was "What is a good long-term investment?" Same man, same answer, "diamonds". This time his answer was followed by a detailed review of the Fotsie 100 and other indexes and the excellent performance long term of diamonds. He did not entirely get away with it. A fellow Indian colleague explained that he had three plots of land in Las Vegas, bought on mortgage and now paid for. One he planned to sell and with the money build two luxurious houses on the other two plots one to let and one for himself. Evidently his pension was only for his back pocket. I could not help wondering what these two had been doing at their desks whilst I was cracking my poor head on intractable problems.

During the next four weeks I spent my commuting time planning my retirement. There would be holidays, of course, but then I divided time between craft, wood

carving, singing (can you believe it, I joined a choir), two functions in the church, public service via the Reigate Society to review the plan then being drawn up for Redhill, and several other activities which I thought spanned the scope of my functional interests. That has partly worked out and I recommend the process, but not altogether. For example I know of several retirees who help at the hospital or other needy institutions to considerable public benefit.

If I were retiring today I would first identify the key needs. The medical profession seems united on the value of exercise. (Almost by chance on retirement I took up swimming). One of my old friends, a biologist who is the oldest full-time working Don in the Western Hemisphere once said: "there is no evidence that Sudoku, cards or cross words maintain intellectual performance, but there is plenty of evidence that half an hour daily exercise will keep the mind working." He was, of course, referring to the need to circulate oxygen round the body. He still daily rides to his lab on a bike.

More recently the value of social contact has been recognised and here St Mark's scores high with worship, coffee after, SMART, Community Lunch, vintage tea, choirs, buffers, and more. Another must is intellectual stimulation of some kind or other.

Some years ago on holiday we chanced to meet up with a couple who at first seemed quite interesting. They were constantly on holiday and must have been 'well heeled'. However, their main preoccupation seemed to be criticising hotel, food and the local environment. They were not happy.

I was reminded of this at a recent visit to an old people's retirement home. What was lacking in both cases was a sense of purpose, and it occurred to me that this may be vital to the wellbeing of some people. This might, of course, not to be with their own welfare but with that of others, say by helping with some charitable activity or simply visiting.

Well I shall hand over now to those many retirement experts in our community. In the future more people will work longer for many reasons but sooner or later they will retire and they will then still need more than the daily paper. Perhaps only TV is worse than that.

**Harry Ingram**

## Local business spotlight



This month's local spotlight is Paracise; classes are held in St Mark's Church Hall.

Paracise is an exercise class; it is a gentle but effective 45 minute workout that flows smoothly through movements designed to improve mobility, flexibility and balance.

Participants are taken through a series of movements performed to very motivating music. *'Medication in Motion'...* Everyone is encouraged to work at their own level.

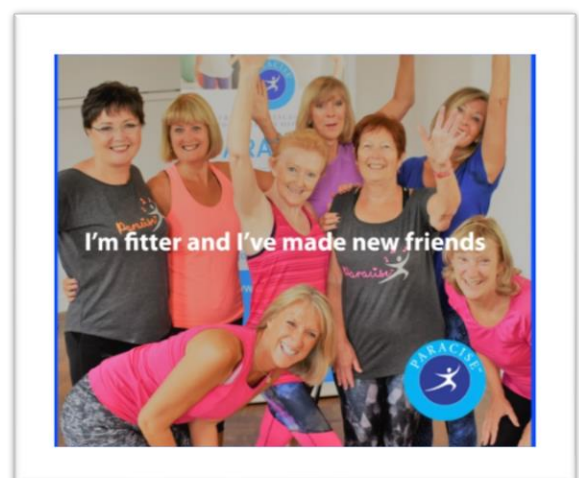
Paracise was created by a lady called Sarah Goldsack who lives locally. Sarah has been a Pilates and Fitness instructor for over 30 years. A few years ago she was diagnosed with Muscular Dystrophy. She put together exercises to help her maintain her mobility and fitness and realised that there were probably a lot of people out there that could also benefit from these 'functional exercises'.

The instructor Lynne tries to create a friendly, supportive atmosphere in which everyone feels comfortable. "We want you to enjoy the class and leave smiling, refreshed and relaxed."

Classes are held at St Marks Church Hall every Friday at 11am.

The cost is £5 per class. No need to book. Just turn up. **Your first class is free!**

If you would like more information please call Lynne 07930 553271/01737 222879 or just come along and bring your friends!

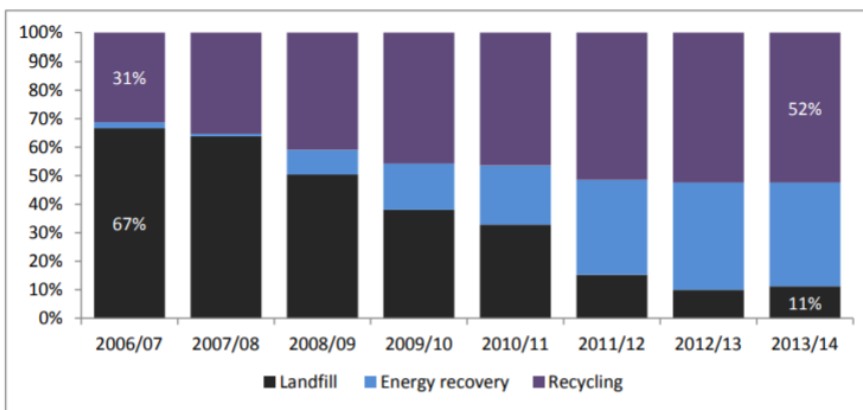




## Environmental news: It's a load of rubbish

Have you ever stopped to think about the things you throw in the bin? The Surrey Waste Partnership does. The Surrey Waste Partnership (SWP) is made up of Surrey County Council and the 11 district councils across Surrey. Its aim is to manage our waste in the most 'efficient, effective, economical and sustainable' way possible.

The SWP has a 10 year strategy to do this and through changing behaviours, its kerbside collection and its recycling centres it is already making some dramatic changes to how we dispose of our waste. The SWP works to reduce the amount of waste which goes to landfill, which is the worst possible outcome for our rubbish. It has made some massive improvements in this area. The graph below shows those changes over time. Its aim is to achieve 70% of waste recycled.



Waste management in Surrey costs around £76 million per year (figure from 2014). However, with increases in the population expected to be 8% by 2024 and reduced central government funding, the quality of waste management is under threat.

The SWP has set itself the target to be the 'leading county in England for waste management' and therefore has set itself some big goals to achieve this. It aims to do this by helping Surrey residents reduce the amount of waste which makes it to landfill in the first place. Supporting the increase in recycling and composting, you can expect to see further changes at our local community recycling centre in Earlswood. The SWP is also investing in a new 'Eco Park' which will be state of the art and based in Shepperton. You can read more about the Eco Park at <https://www.ecoparksurrey.uk>.

You can find the SWP strategy at <https://www.surreycc.gov.uk/waste-and-recycling>

## Reader recipes

Following feedback as part of our reader survey, this is the first of a new feature called *Reader recipes*. We would like to share your recipes each month. What are your favourite things to make? It can be a main meal, an occasional treat or your favourite comfort food. Please share your recipes, with photos and we will publish one each month. Email them to [magazine@stmarksreigate.co.uk](mailto:magazine@stmarksreigate.co.uk) or leave them with the Parish Office.

### Banana and Sultana Muffins

#### Ingredients

Makes: 12 muffins

- 85g (3oz) butter or sunflower spread
- 85g (3oz) light brown sugar
- 170g (6oz) self-raising flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon bicarbonate of soda
- 1 medium egg, beaten
- 2 medium very ripe bananas
- 114g (4oz) sultanas



#### Method

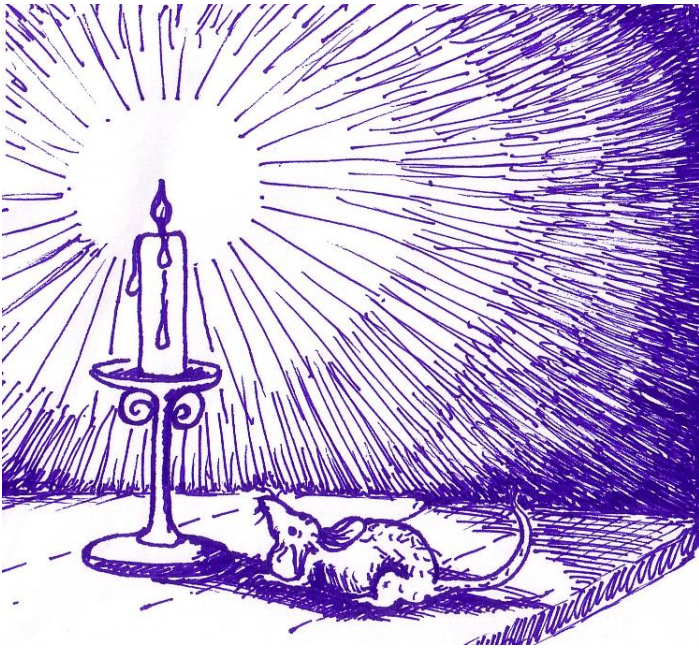
Prep: 10min - Cook: 20min - Ready in: 30mins

1. Preheat the oven to 180 C / Gas 4.
2. Cream butter and sugar together in a bowl till light and fluffy.
3. Sift flour, cinnamon and soda together in a separate bowl.
4. Add egg and a spoonful of the flour mixture to the butter and sugar. Beat well.
5. Mash the bananas with a fork in a separate bowl, add to main mixture and stir in.
6. Stir in the rest of the flour mixture and mix well. Add the sultanas, stir in and beat to mix thoroughly.
7. Divide mixture between 12 muffin cases. Bake until a skewer comes out clean, about 20 minutes.
8. To freeze, place baked muffins in plastic container and place in freezer. Thaw at room temperature for a couple of hours.

Recipe from [allrecipes.co.uk](http://allrecipes.co.uk)

## Candlemouse returns

*Another Tale about a Church Mouse for younger readers written by Sarah Cousins and illustrated by Roger Lloyd*



Hallo, it's me again, Candlemouse. I live in St. Mark's church near the railway station in Reigate. I'm as small and as quiet as a mouse can be, so most people don't notice me, which gives me plenty of time to see them and the things that they do!

Did you know that people go into the church not just on Sundays but during the week as well? I can't help being a nosy mouse so I creep out of my corner when they come in on their own and I wonder what they are doing. When it's empty the church has a special feel. It feels big and there is a lot of space and light pours in through the windows on sunny days.

Sometimes there are rays of coloured light on the carpet and sometimes with my whiskery nose I sniff wonderful scents, which I think come from the flowers. When there are no flowers there is still a mysterious but lovely smell. The sounds of people outside the building sound special when you are inside in the still quiet. If you listen very carefully you can hear the soft sound of pigeons up on the roof, coo-cooing to each other.

The people who come in during the week are sometimes busy but sometimes they stop being busy and light a candle and say a prayer. By that I mean they sit or stand still and talk to God. I think that lighting the candle helps them to stay still and try hard to hear what God has to say to them. I can't hear their talk with God, it's private. I know that I feel better when I have stopped scurrying around and had a short peaceful rest with God, inside the church.

### Let's pray

As I light my candle help me to think of all who find prayer hard. That includes me.

May the prayers we say softly here between us in this holy place go on lighting up my life and the lives of others long after I say Amen. Let it be so Lord God.

## Puzzles

### July Sudoku Challenge

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

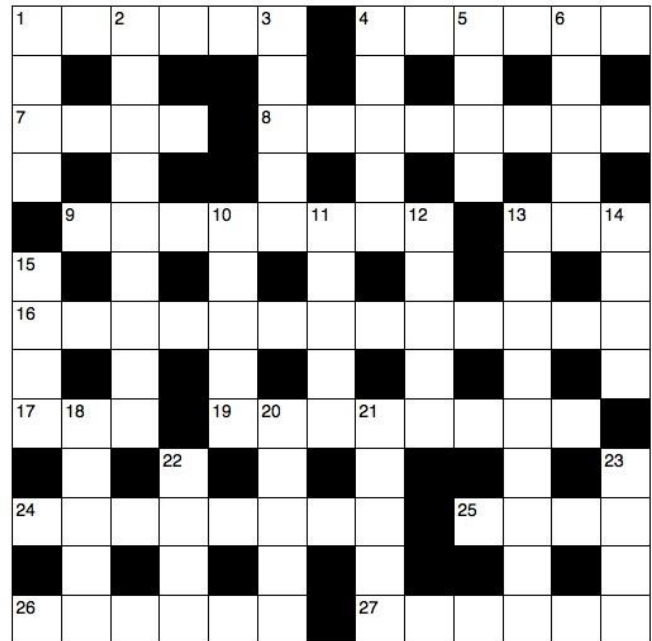
### June Sudoku Solution

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

# July Crossword Challenge

## Across

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)  
 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)  
 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)  
 8 See 5 Down  
 9 Laws (1 Kings 11:33) (8)  
 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)  
 16 Artistry (Exodus 31:5) (13)  
 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)  
 19 How David described his Lord (Psalm 19:14) (8)  
 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)  
 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)  
 26 Intended destination of arrows (Lamentations 3:12) (6)  
 27 Eve hit (anag.) (6)



## Down

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)  
 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)  
 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)  
 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)  
 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)  
 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)  
 10 Trout (anag.) (5)  
 11 Easily frightened (1 Thessalonians 5:14) (5)  
 12 The ability to perceive (Ecclesiastes 10:3) (5)  
 13 One of the clans descended from Benjamin (Numbers 26:38) (9)  
 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me"" (Mark 14:20) (4)  
 15 Resound (Zephaniah 2:14) (4)  
 18 Traditional seat of the Dalai Lama (5)  
 20 Precise (John 4:53) (5)  
 21 Build (Ezekiel 4:2) (5)  
 22 Beat harshly (Acts 22:25) (4)  
 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

## SOLUTION TO LAST MONTH'S CROSSWORD

**ACROSS:** 8 Grandchildren 9 Pro 10 Marvelled 11 Strut 13 Startle 16 Babysit 19 Orate

22 Eucharist 24 Map 25 Commissioners.

**DOWN:** 1 Egypt's 2 Favour 3 Edomites 4 Thorns 5 Blue 6 Armlet 7 On edge 12 Tea

14 Adoption 15 Lot 16 Breach 17 Become 18 This So 20 Armies 21 Expose 23 Avid



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