



St Mark's Parish Magazine

October 2019

Donations to cover the cost of this publication are welcome

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Your Views & Contributions

Next issue will be available from Sunday 3 November 2019
All contributions to the editor by Friday 18 October 2019

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LETTER FROM THE VICAR

Dear Friends,



If there is one thing that history teaches us, it is that we are not good at learning the lessons of history! The human race tends to repeat the mistakes of the past. This nation stands at a crucial point in its history, having taken a momentous decision to leave the EU, a decision which has deeply divided us. Whichever way we voted in 2016, we need to recognise that almost half of the nation voted the other way! Whatever the outcome of negotiations, the UK is going to face great uncertainties and difficulties over the next six to eighteen months - and almost certainly much longer - as we seek to find new ways of relating to our European friends - who sometimes, for very good reasons of their own, do not seem to be too friendly!

If we believe that the affairs of this world are ultimately governed by our sovereign God who is seated upon his throne, and whose kingdom will never end, then this is the lens through which we should see human history. What is God's purpose and will for us as a nation within the continent of Europe? Every human institution and structure is both inevitably flawed and also subject to God's judgement. If, then, we place our hope on any human institution or structure, we are standing on shaky ground. As the great hymn reminds us "What with care and toil he buildeth, tower and temple fall to dust." There has been much talk of sovereignty in recent times, but the sovereignty of God is the only sovereignty that truly matters. So, as the first line of that hymn says, "All my hope on God is founded".

If our hope is placed on God alone, we know we are standing on solid ground. Our faith in the kingdom also removes fear from us, and enables us to face all the uncertainties of the future. The position we are called as Christ's followers to adopt is one of fervent prayer. Prayer for those in authority (1 Timothy 2.1-4) that this nation, and indeed the world as a whole, will recognise God's sovereign power, and seek first his kingdom and righteousness. Let us be wide awake at this time, and never cease to call upon the Lord to have mercy upon us, that his will and purpose for us, for Europe, and for all the world, will be accomplished. The lessons of history, however, are not encouraging! Yet we should never cease in our prayers and longing for peace and harmony in the world which will only find its fulfilment in God's kingdom - the kingdom that has no end.

With every blessing.

A handwritten signature in black ink, appearing to read 'Manton'.

National Cholesterol Month

October is National Cholesterol Month in the UK. It is dedicated to raising awareness and funds for Heart UK to carry out life-saving work. With that in mind here is some interest information about cholesterol.

What is Cholesterol?

Cholesterol is a type of fatty substance called a lipid which is found in the blood. It is made in the liver and also consumed in some of the foods we eat including milk, cheese, meat and eggs to name a few.

Cholesterol is essential for our bodies because it is used to make vitamin D and some steroid hormones which help to keep our teeth, muscles and bones healthy. It makes up the outer layer of our cells and it makes bile to help us digest fats.

There are two types of cholesterol, HDL (high density lipoprotein) and LDL (low density lipoprotein). HDL helps clear out the arteries whilst LDL clogs them up. Too much cholesterol (both HDL and LDL) increases your risk of health problems in the future, particularly heart disease and cardiovascular disease.

How can we reduce our cholesterol levels?

Stop smoking – smoking makes LDL cholesterol stickier so increases its effects.

Keeping active – it helps lower LDL and raises HDL. 150 minutes of moderate activity a week is the recommendation.

Diet – healthy eating can reduce cholesterol. By cutting out high cholesterol foods, named above and introducing cholesterol busting foods such as soya, nuts, oats, Benecol, fruit and vegetables and unsaturated fats such as olive oil, oily fish and avocado.

Information repurposed from the Heart UK website. For more information and support visit: <https://www.heartuk.org.uk>.



News from the Church of England

Parents still value Harvest Festival for their children

Parents have warm memories of taking part in Harvest Festivals and want their children to do the same - new polling shows.

Two thirds of people (67%) say there is still value in children taking part in Christian Harvest Festivals, according to a ComRes survey of over 4,000 adults.

But only half (49%) of parents say their children participate, possibly because of limited opportunity.

The poll found that three quarters (73%) remember celebrating harvest festival as a child, with most remembering bringing in food to give to people in need (61%) as well as attending Harvest services, singing hymns or saying prayers (64%).

Two thirds of participants (65%) say their memories of Harvest Festival were positive, with the main perceived benefits listed as generosity to people in need (62%), giving thanks for the good things in our lives (51%) and teaching children where food comes from (48%).

Over a third (37%) also say that that learning about sustainability and the impact of growing food on climate change and the environment is important.

The Church of England's Chief Education Officer, The Revd Nigel Genders, said: "Harvest Festival is just one of the ways that the Christian tradition enriches the lives of children of all backgrounds as part of daily collective worship.

"It's encouraging to know that parents agree, and there is a clear call for more schools of all kinds to use the coming weeks to celebrate harvest, and I hope many will do so."

Full story can be found on the Church of England website:

<https://www.churchofengland.org/more/media-centre/news/parents-still-value-harvest-festival-their-children-poll>



Fundraising



S · M · O · A · T

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

On Sunday 29th September our SMOATathon took place in Church and it was another great success. We heard some fantastic and quite eclectic music, with a tuba, some harps, oboes, a clarinet, trumpets, our organ, played by Father Martin, and, of course, our beautiful grand piano, played by several different people. It shows what a great range of musical talent St Mark's has on its books!

The project we were supporting came from an organisation called Afrinspire, who we have supported on one occasion before. We were so impressed by the speed at which our donation was put to good use last time we supported them, that we had no hesitation in supporting them again. They were asking for money to build classrooms at two nursery schools in North Uganda set up for South Sudanese refugees. Presently, the children have to have their lessons under trees and this means they are very weather dependent, having to avoid the searing heat of the day and the torrential rains in the rainy season.

The schools which are set up by the communities in these camps are vital. Having a safe and stable institution for the children to belong to greatly aids the psychological recovery of these children and the community. And, of course, education provides these children with a future.



The money sent to Afrinspire in November 2018 was put to immediate use, building classrooms in refugee settlements.

Thank you to the musicians who kept us entertained for 5½ hours and thanks to everyone who came and supported us and made it such a wonderful event.

Barbara Perkins

Church hall tables

Thank you to all those who donated to the Church Table fund, the total has now been reached and we are able to go ahead and order 20 new tables. The tables will take around 3-4 weeks to arrive and the old tables will be gifted to Abbeyfield.

Bahama Relief

Thank you to all those who donated to the Bahama Relief appeal during our services in September, the total raised was **£824.22**. A cheque has been sent to the British Red Cross Bahamas Disaster Fund. Your donation will help support the humanitarian response to Hurricane Dorian providing food, shelter and health-care.

Church Garden

On **Saturday 12 October**, between 9.00am and 12.00pm, there will be a working party to tidy the church garden. Volunteers are needed - you don't need to know anything about gardening as there are many other tasks to be performed.

Refreshments will be available.

We need to purchase compost and bulbs so if you can't join us, but would like to contribute to improving our garden, a donation would be appreciated. There is a list at the back of the church for you to sign if you can help, even for an hour.



Liz Davis and Patricia Bird

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 26 October to join us on 10 November, this will enable us to reallocate any spaces.

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 600190** or Alison Stagg on: **01737 243992**

St Mark's Afternoon Retirement Team – SMART

SMART meets from 2-4 pm on the first Thursday of the month in the church hall unless notified.

For a lift please call Sarah Cousins on **01737 789943**. There is a charge of £1 for teas and coffees. Sometimes we have to charge a little more if we are providing something special.

7 November – To mark the 80th commemoration of the outbreak of WWII SMART and invited family and friends will be sharing wartime memories. Please come prepared to talk briefly about your experiences of the war. Tea will be provided as usual.

5 December – Christmas Carols and a splendid tea. Please bring a friend.

Please call Sarah to confirm attendance and dietary requirements on **01737 789943**.

The month of food

October really is the month of food with national baking week and national chocolate week between 14 and 20 October. But one day which is particularly important is World Food Day (WFD).



WFD is celebrated each year on 16 October to promote worldwide awareness and action for those who suffer from hunger and for the need to ensure food security and nutritious diets for all. Organised by Food and Agriculture Organisation of the UN, the aim is to reduce worldwide hunger to zero by 2030.

A combination of unhealthy diets and sedentary lifestyles has sent obesity rates soaring, not only in developed countries, but also low-income countries, where hunger and obesity often coexist. Now, while over 800 million people suffer from hunger, over 670 million adults and 120 million girls and boys (5–19) are obese, and over 40 million children under five are overweight.

Zero hunger is about encouraging people to eat more nutritious food and reducing the environmental impact of the food which is produced.

In recent decades people have dramatically changed their diets and eating habits as a result of globalisation, urbanisation and income growth.

We have moved away from locally sourced, seasonal, mainly plant-based and fibre-rich dishes to diets that contain refined starches, sugar, salt, processed foods, meat and other animal-source products.

Less time is spent preparing meals at home and people are relying on supermarket, fast food outlets, take-aways, restaurants and street food vendors. This reduces nutrition, increases waste and environmental impact.

World Food Day events aim to encourage individuals, governments and industry to make a shift back to nourishing food and to end world hunger.

References from:

<http://www.fao.org/world-food-day/theme/en/>

https://en.wikipedia.org/wiki/World_Food_Day

REGULAR SERVICES AND EVENTS AT ST MARK'S

SUNDAYS

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

MONDAY TO WEDNESDAY

8.00am 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 3rd Tuesday St Mark's Buffers (in the church)

WEDNESDAY

3.25pm 'T' Time Tales (term time only)

THURSDAY

9.15am Informal Morning Prayer in the Lady Chapel

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

2.00pm 1st Thursday SMART

SATURDAY

8.00pm 4th Saturday St Mark's Social Dance

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

CALENDAR FOR OCTOBER 2019

Thursday 3 rd October	12.45pm Holy Communion (Iona) 2.00pm SMART
Sunday 6th October	Harvest Festival 4.00pm Family Service 5.00pm Harvest Supper No Evening Prayer
Thursday 10 th October	12.45pm Holy Communion (Iona)
Saturday 12 th October	9.00am Garden Working Party
Sunday 13th October	Trinity 17 1.00pm Community Lunch 5.00pm ROOTS Church (at Wisdom of God) 6.00pm Taizé Prayer
Tuesday 15 th October	10.00am St Mark's Buffers
Thursday 17 th October	12.45pm Holy Communion (Iona)
Friday 18 th October	St Luke the Evangelist
Sunday 20th October	Trinity 18 4.00pm Messy Church 6.00pm Evening Prayer
Thursday 24 th October	12.45pm Holy Communion (Iona)
Saturday 26 th October	8.00pm St Mark's Social Dance
Sunday 27th October	Bible Sunday 5.00pm ROOTS Youth Club (Lower Kingswood Hall) 6.00pm Evening Prayer
Monday 28 th October	St Simon and St Jude, Apostles No Parent and Toddler Group (Half-term)
Wednesday 30 th October	No T Time Tales (Half-term)
Thursday 31 st October	12.45pm Holy Communion (Iona)

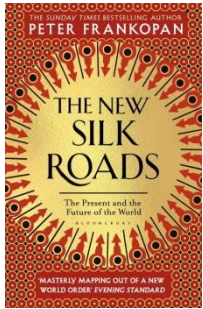
CALENDAR FOR NOVEMBER 2019

- Sunday 3rd November** **All Saints' Sunday**
4.00pm Family Service
6.00pm All Souls' Memorial Service
- Monday 4th November 9.30am Parent and Toddler Group (Resumes)
- Wednesday 6th November 3.25pm T Time Tales (Resumes)
- Thursday 7th November 12.45pm Holy Communion (Iona)
2.00pm SMART
5.00pm Choral Evensong
- Sunday 10th November** **3rd Before Advent / Remembrance Sunday**
9.45am **Parish Eucharist & Act of Remembrance**
1.00pm Community Lunch
5.00pm ROOTS Church (at Wisdom of God)
6.00pm Taizé Prayer
- Thursday 14th November 12.45pm Holy Communion (Iona)
- Saturday 16th November 4.00pm Confirmation Service
- Sunday 17th November** **2nd Before Advent**
4.00pm Messy Church
6.00pm Evening Prayer
- Tuesday 19th November 10.00am St Mark's Buffers
- Thursday 21st November 12.45pm Holy Communion (Iona)
5.00pm Choral Evensong
- Saturday 23rd November 8.00pm St Mark's Social Dance
- Sunday 24th November** **Christ the King**
5.00pm ROOTS Youth Club (Lower Kingswood Hall)
6.00pm Evening Prayer
- Thursday 28th November 12.45pm Holy Communion (Iona)



Book Review

This month we review *The New Silk Roads – The present and future of the world*



This book, written by Peter Frankopan, examines the power shift from the East to the West.

It talks about the impact on Europe and America of this growth of Asia and the Arab states. It explores how countries are achieving growth through co-operation and mutual interest and juxtaposes it against Trump's and Europe's, and particularly Britain's, promotion of isolation and self-interest, an interesting and thought provoking book in the light of the Brexit saga.

The book which is not a light read requires you to keep up with the leaders' names, the cities and countries across the Silk Road from Belarus to Kazakhstan. It talks about the reasons these countries have to be positive and also about the initiatives they are working on to promote economic growth.

The book left me a little nervous about the future in the next 50 years and wondering what the UK and Europe's place will be.

The author is Professor of Global History at Oxford University where he is Senior Research Fellow at Worcester College, Oxford and Director of the Oxford Centre for Byzantine Research. His original book *The Silk Road* is considered one of the world's 25 most influential books.

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.

Letter to the editor

Reconciliation

The use of counselling as a means of dealing with many varied problems from mental health to personality problems, work related stress or bereavement and more, is now generally recognised as a helpful service. The role of the counsellor is to listen and to help without judgement or criticism.

Similarly the use of group therapy to help a group of people with similar problems is now widely used. Listening to others with similar problems may reduce feelings of isolation or guilt. It may lead to a resolution of the problems or learning to live with them. Again, the counsellor's function is to listen and help from a totally impartial perspective.

In fields of debt resolution, conflict between both individuals, groups and, yes, even countries, the use of mediation with similar principles of impartiality and a non-judgemental attitude by the enablers is crucial. It is recognised that such methods are very dependent on the participators and do not always work. But they often do work.

Here the Quakers are the experts. They have a background of reconciliation lasting centuries. They did, for example, set up safe meetings between Catholics and Protestants during the Troubles so that each may hear the views of the other. It is significant that even in that context there were leaders on both sides who considered this was in their interests and that the Quakers were to be trusted and impartial.

I know of a person who attempts to contain the present spread of nuclear weapons by use of a similar methodology. He gathers together representatives of the relevant countries and persuades them to present the motivations of their opponents. He puts them in the shoes of their potential enemies. Then the roles are reversed and the underlying motivations brought to the surface. He is greatly helped by the Japanese who have actually suffered the effects of nuclear explosions and also have a need for a protective shield from the US against their nearby potential enemy, North Korea. The withdrawal of leadership from the USA initially influenced minor countries towards acquiring nuclear weapons but now those countries understand this is a problem they need to solve on their own. Hopefully it will lead to an understanding that being nuclear free is beneficial to both sides.

Perhaps the most well-known use of such reconciliation processes was the Truth and Reconciliation set up in South Africa in 1996 to settle the problems from the history of racism and violence which preceded the current Republic. This was a massive problem. "How do you eat an elephant?" asked Archbishop Tutu. His answer was: "one mouthful at a time". It is important to recognise that the process operated throughout the country, not just in Cape Town, took several years, and developed to the use of TV both on work in progress and reports. The whole country needed to be informed. Archbishop Desmond Tutu was trusted.

Now the one thing common about our current debate on membership of the EU is that attitudes on both sides have considerably hardened. I don't propose to enter into that but when this matter is settled it is common ground that those holding the respective views will need to be reconciled if the country is to return to some form of unity. This will not be achieved by pronouncements, appeals or by asserting rightfulness. Remember the principle of reconciliation in the above methodology is listening and helping impartially to those who hold differing views. Hopefully this will enable them to put themselves in the shoes of their former protagonists and see both sides.

So this is not a job for government though it may be set up by government. It is not a job for the press or any other instrument of promotion. Yet a little consideration will show that the process needs to take place widely and involve the many together with the impartial. It will require terms of reference quite different from those of the South African Truth and Reconciliation Committee. But it will still aim at uncovering the truth and reconciliation. It will require channels of communication throughout the country and perhaps the help of religious and other local communities.

I can hear you wondering whether this is necessary or practicable. Well, the need is currently felt in the confusion and strong views which divide the country at present and the need to restore government generally accepted by all. The South African experience shows it is doable. Real National Unity, and not the concepts of opposing political parties, is a necessity for us to face our problems including the overarching threat to the environment.

Of course, there will always be those to whom the idea of understanding the others point of view is anathema and a sign of weakness. Some cannot see beyond their own perceived interests. That needs to change too if we are to successfully counter at this late stage the consequences of damage to the environment. So there is a future element to this process and not only the resolution of the past.

Reconciliation is not only worthwhile it is essential.

Harry Ingram

Environmental News

Would you like micro plastic with your tea?

If you enjoy a nice cup of tea, you may be getting more than you bargained for. Tea drinkers have been urged to avoid plastic tea bags after tests found that a single bag sheds billions of particles of micro plastic into each cup¹.

The researchers from McGill University in Canada have found that when plastic tea bags are steeped in a cup of almost boiling water (95C), the bag releases around 11.6bn microplastics and 3.1bn smaller nanoplastic particles into the cup². That is several orders of magnitude higher than other foods and drinks.



What are micro plastics?

They are extremely small pieces of plastic debris in the environment resulting from the disposal and breakdown of consumer products and industrial waste³. When these microplastics enter the food chain, they can cause humans, animals and marine life health issues as they can contain toxic and carcinogenic chemicals⁴, although the full extent of the risk is unknown.

While microplastics are increasingly found in drinking water, the World Health Organization says there is no evidence of a health risk for humans. To test the potential toxicity of the particles released by plastic tea bags, Tufenkji at the McGill University and her colleagues exposed water fleas to the contaminated water.

“The particles did not kill the water fleas, but did cause significant behavioural effects and developmental malformations,” she says. However, she says that more research is needed to understand possible health impacts in humans⁵.

Tea can be purchased in paper tea bags or as loose-leaf tea, which eliminates the need for this single-use plastic packaging. Some brands which use plastic tea bags are:

- Co-op
- PG Tips
- Tetley
- Twinings 'heat-sealed' and 'string and tag' ranges
- Yorkshire Tea
- Lidl own brand

A few brands whose bags do not use plastic in their bags⁶:

- Clipper
- Pukka Herbs
- Teapigs
- Twinings pyramid range
- Waitrose Duchy range



1. <https://www.newscientist.com/article/2217483-plastic-tea-bags-shed-billions-of-microplastic-particles-into-the-cup/#ixzz60wXbIk6P>
2. <https://www.theguardian.com/food/2019/sep/27/milk-sugar-microplastics-some-tea-bags-found-to-shed-billions-of-particles>
3. https://www.google.com/search?q=what+is+a+microplastic&rlz=1C1FLDB_enGB532GB532&oq=what+is+a+microplastic&aqs=chrome..69i57j0l2.5850j1j4&sourceid=chrome&ie=UTF-8
4. <https://en.wikipedia.org/wiki/Microplastics>
5. <https://www.newscientist.com/article/2217483-plastic-tea-bags-shed-billions-of-microplastic-particles-into-the-cup/#ixzz60wXbIk6P>
6. <https://www.countryliving.com/uk/create/food-and-drink/news/a3291/plastic-tea-bags-environment/>

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Reader recipes

Parmesan and Chive Scones

Ingredients:

227g of self-raising flour

57g butter

Black ground pepper

Pinch of salt

Handful of chopped chives according to your liking

1-2 tbsp plain yoghurt

1-2 tbsp milk

Either 75g of grated Parmesan OR of grated cheddar

Beaten egg for wash



Steps:

1. Heat oven to 180C fan or gas 4.
2. Blend in food processor the butter and flour then add pepper/salt and chives followed by cheese (this is a great way to use up old Parmesan as you can just chop it up small & let the processor do the rest!)
3. Add either 1 tbsp of yogurt plus, 2 of milk or 2tbsp of yogurt, plus 1 of milk and process. The mixture should come away as a loose ball & not be too claggy!
4. Gently roll on floured board to about 2cm thick and using a 5.5cm cutter (the smallest in old fashioned sets) cut into rounds.
5. Brush with beaten egg before cooking at 180C for 12 minutes on a floured baking tray. This size of cutter produces lighter, crisper scones than the larger sizes.
6. You should get about 12 mini scones from this quantity.
7. Serve with butter and a nice cuppa. They freeze well if the family aren't around. Can be microwaved from frozen for approx. 30 seconds & taste just as good.

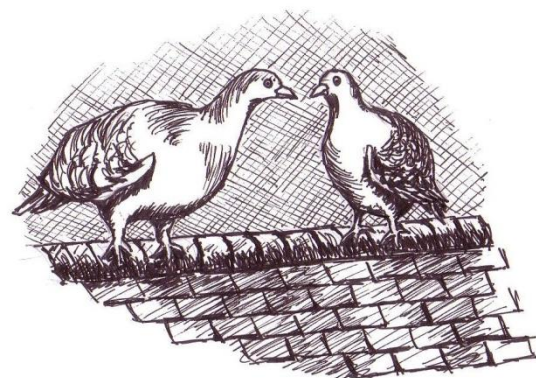
Thank you to Sarah Cousins for this recipe. We would really like to hear from you with your favourite recipes. It really can be anything. Please email them to magazine@stmarksreigate.co.uk or leave them with the Parish Office.

Candlemouse Returns

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

Pigeons and pulpits

Hello, 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!



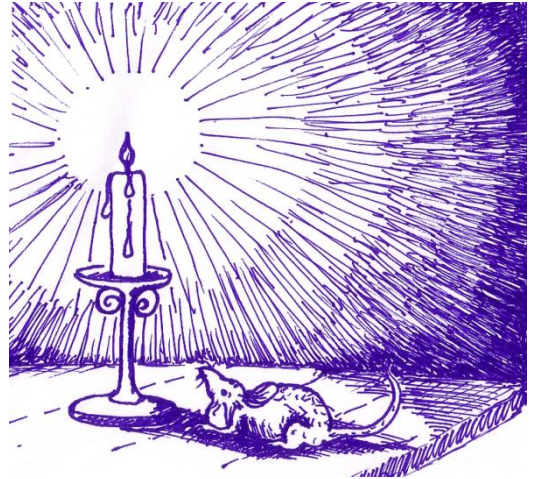
Philemon and Paul, two of the pigeons who live near St. Mark's church often tell me about the sermons or talks which they hear through the roof. Sometimes I hide under the pulpit and listen too. The tall man with the very kind face, who is called the **vicar** and whose job it is to run the church, does the talking from the pulpit, and he often talks about someone called **Jesus**.

Jesus lived on earth with his family a very long time ago. He did many wonderful things and helped all sorts of people: children, young men, old ladies, mums and dads.

He died when he was still quite young. The most amazing thing I ever heard was that God brought him back to life three days after he was dead! Christians are named after Jesus who was called "Jesus the Christ." Jesus means saviour or someone who saves and **Christ** means the one God has chosen.

Jesus was called this because God sent him to save the world from all the bad things humans do to it and each other. There is a picture of Jesus in a huge window at the very front of the church with blue and red, yellow and green multi coloured stained glass. If you look carefully you will see several creatures hidden in the picture!

Story and prayer copyright of Sarah Cousins and illustrations copyright of Roger Lloyd.



Let's pray

I'm on the edge of the circle.
 I know about Jesus
 I try my best to do everything right.
 I try so hard to pray and nothing seems to happen.
 I'm on the edge of the circle.

Jesus knows about me.
 Everything he has done, right for me.
 He hears my prayers and loves my willing heart inside out.
 He's on the edge of the circle with me, saying
 Let's dance on the edge of the circle.

Puzzles

October Sudoku Challenge

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

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September Sudoku Solution

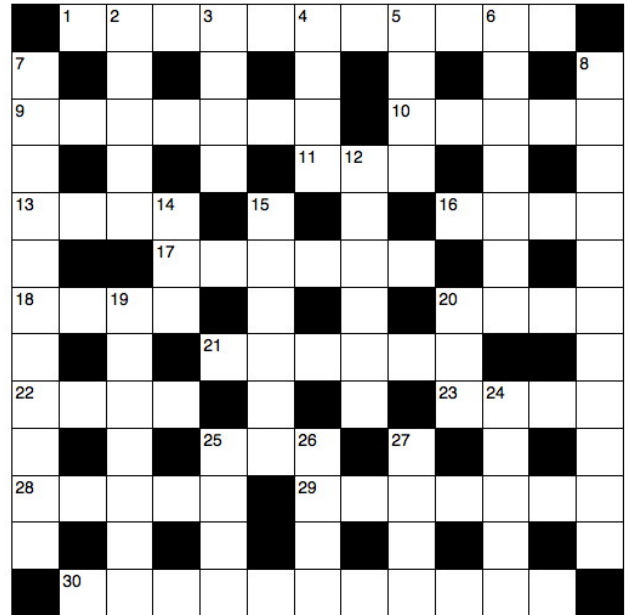
9	1	7	5	4	3	6	8	2
8	2	5	6	7	9	3	1	4
4	6	3	8	2	1	7	9	5
7	8	2	1	3	4	9	5	6
3	9	6	2	5	8	1	4	7
5	4	1	9	6	7	8	2	3
1	7	4	3	8	5	2	6	9
6	3	8	4	9	2	5	7	1
2	5	9	7	1	6	4	3	8

October Crossword Challenge

Biblical clues are from the New International Version

Across

- 1 The sixth disciple (Matthew 10:3) (11)
 9 'And lead us not into temptation, but deliver us from the — — ' (Matthew 6:13) (4,3)
 10 Love intensely (Song of Songs 1:4) (5)
 11 From Mt Carmel to Jezreel, Elijah — all the way (1 Kings 18:46) (3)
 13 One of the Midianite leaders who was captured and killed after Gideon's victory in the valley near Moreh (Judges 7:25) (4)
 16 Metallic element (4)
 17 At line (anag.) (6)
 18 'Cursed is everyone who is — on a tree' (Galatians 3:13) (4)
 20 Where Samson killed a thousand Philistines with a donkey's jawbone (Judges 15:14) (4)
 21 He succeeded Moses (Deuteronomy 34:9) (6)
 22 'When he saw him, he took — on him' (Luke 10:33) (4)
 23 'For — is the gate and broad is the road that leads to destruction' (Matthew 7:13) (4)
 25 'The god of this — has blinded the minds of unbelievers' (2 Corinthians 4:4) (3)
 28 Fear or terror (Psalm 31:22) (5)
 29 'We, who are many, are one body, for we all — of the one loaf' (1 Corinthians 10:17) (7)
 30 Assyrian ruler assassinated by his sons while worshipping his god Nisroch (2 Kings 19:37) (11)



Down

- 2 'For as in Adam all die, so in Christ all will be made — ' (1 Corinthians 15:22) (5)
 3 'After supper he — the cup' (1 Corinthians 11:25) (4)
 4 The request of a man of Macedonia in Paul's vision: 'Come — to Macedonia and help us' (Acts 16:9) (4)
 5 He disobeyed his father Judah by refusing to impregnate his dead brother's wife (Genesis 38:9) (4)
 6 I veto me (anag.) (7)
 7 Fourth king of Judah (1 Kings 15:24) (11)
 8 Priest of God Most High, who blessed Abram (Genesis 14:18) (11)
 12 'I have made you — — for the Gentiles' (Acts 13:47) (1,5)
 14 Implore (1 Samuel 15:25) (3)
 15 'Out of the eater, something to eat; out of the — , something sweet' (Judges 14:14) (6)
 19 'I am the most ignorant of men; I do — — a man's understanding' (Proverbs 30:2) (3,4)
 20 'Sin shall not be your master, because you are not under — , but under grace' (Romans 6:14) (3)
 24 Native of, say, Baghdad (5)
 25 The last word in the Bible (Revelation 22:21) (4)
 26 Heroic tale (4)
 27 'Then you will know the truth, and the truth will set you — ' (John 8:32) (4)

ACROSS: 1 Also 3 Offering 9 The Magi 10 Rules 11 Soper 12 Help me 14 Isaac and Jacob 17 Scorch 19 In man 22 Loads 23 Inertia 24 Vicinity 25 Belt

DOWN: 1 Artistic 2 Sleep 4 Faith in Christ 5 Enrol 6 Islamic 7 Gasp 8 Fabric 13 Abundant 15 Archaic 16 Jailer 18 Resin 20 Mitre 21 Slav

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