



St Mark's Parish Magazine
June 2023



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LETTER FROM THE VICAR

Dear Friends,

The Easter Season is now over, and we have celebrated the events and changes that arise from that momentous day. We now find ourselves like the disciples, left wondering "what's next? – it's a long time until Christmas!" The build-up and excitement over. Easter is now long gone and life seems to return to the old rhythm – with maybe exams, new babies, new homes etc. thrown in!

But the disciples had lost their beloved Jesus, leader and mentor, following the day he finally ascended into Heaven (Ascension Day which we remembered on 18th May). Now they had mixed emotions, but mainly must have felt bereft and wondering if it was all true; had their minds played tricks on them for the last 3 years? Mostly they returned to their jobs of fishing etc and their families. BUT Jesus had told them to go and spread his message – of love, healing, repentance and baptism. Yes, he told them to Baptise in his name to all nations – the world.

But clearly they were feeling flat and that the power and excitement had gone from their lives. Jesus had also told them that he would send them a 'helper' – but in what guise? Another Jesus? No – the promised 'helper' was to be the Holy Spirit, the almighty and powerful Spirit that was with God in the beginning at creation, that same Spirit that is at work all the time, acting for and with God. This Spirit was to help them in a powerful way in their joint mission to spread the word and to call everyone to believe.

When the Holy Spirit did come (Pentecost) – it was a very profound and even pretty scary event; we read in the Bible that tongues of fire could be seen on people's heads, languages from far and wide were spoken and understood by all. POWER happened in a very big way. Lives changed and the Christian Church was born. Over 2,000 years ago and contrary to reports in the press, it is still not dying, but flourishing, alive and well.

So as we celebrate Pentecost on 28th May, let it not be just one day but we can let the Spirit's power be with us all and in the centre of the Church every day of the year. God's power is with us now, and we can share his love with all those whom we meet every day.



Church Notices

Annual Parochial Church Meeting 2023

At the meeting which took place on 14 May, Louise Wallis and Benjamin Read were re-elected as Churchwardens with Jane Artis and Timothy Warren being re-elected as Deputy Wardens. Vacancies on the Deanery Synod were taken by Susanne Baker-Hedge and Sarah Walker leaving two vacancies still to be filled. Terrence Hancock took one of the two places on the Parochial Church Council leaving one vacancy.

Terrence F Hancock
PCC Secretary

Annual Gift Day Appeal

On the weekend of 14 May we launched our Annual Gift Day with one-off donations being welcomed until the end of June.

This is an opportunity for you to make a donation to the ongoing work of St Mark's and to the running and maintenance costs of the church and hall buildings. Every year we rely on this additional income to cover expenditure and this year we are aiming to raise around £30,000 including Gift Aid. To those who have already donated, a **big thank you**. If you haven't done so already and you'd like to contribute here are the ways to donate.

By **bank transfer** to the following HSBC account

Name of Account - SAINT MARK, REIGATE (please select 'paying a business')

Sort Code 40 18 22 Account Number 72393263 (With 'Gift Day' as the reference)

Via our **website** <https://www.stmarksreigate.co.uk/donate/>

Using either 'Give A Little' or the 'Parish Giving Scheme'

By **cheque** made payable to 'Saint Mark Reigate' in an envelope addressed to the treasurer and either brought to the APCM or another Sunday service or handed in to the church office.

If you are able to Gift Aid your donation the church will receive an additional 25%. If we do not already have a gift aid declaration from you [please complete this form](#).



News from the Church of England

Church of England's Social Impact Investment Programme makes £5.7m in investments

The Church of England's Social Impact Investment Programme, established in 2020 to direct capital towards new solutions to deep-rooted social challenges, has invested £5.7m in its first two years, according to its 2023 [Impact Report](#).

The programme aim is to support vulnerable people and communities, while generating sustainable returns that preserve the capital for future impact.

"It's a privilege to support the Church of England's wider mission through this innovative programme," **said Vanessa Morphet, Head of Social Impact Investment at the Archbishops' Council.** "We work with excellent investment managers who have deep knowledge of the UK charity and social enterprise sector, and we're confident our capital will have a real, lasting impact where it counts most."

The programme has so far made four investments.

One of the investments is in the [Women in Safe Homes](#) fund, which buys houses and leases them to grassroots organisations that provide refuge to vulnerable women and their children. The programme also made a £1.1m equity investment to take a 3.6% stake in [Charity Bank](#), which can unlock new loans to charities, social enterprises, and faith-based organisations.

In total, the Church Commissioners for England has allocated £25,000,000 to this programme through a grant to the Archbishops' Council, a charity that supports the work and mission of the Church of England.

Full article available on the Church of England website.



How are the refugees who have come to the UK getting along?

Refugee Week, a UK-wide annual festival which celebrates the contributions and resilience of refugees, provides a programme of arts, cultural, educational and media events, through which refugees can find their voice in the UK.

This year the refugees have chosen to share their experiences on the theme of 'what compassion looks like in action'.

Hanna from Ukraine tells her story:

We are all very traumatised, even if it doesn't show. Every day we read news about our country, talk with relatives there. We are also trying to work, study English, manage our home, raise children, and understand the UK culture. People in Ukraine are constantly in danger. Those who have left feel guilty. It tires and exhausts.

Life has changed for everyone; the whole world feels the worsening economic situation due to the war, yet you in the UK continue to support us. It's incredible.

My heart is torn in half. I am afraid for everyone who stayed in Ukraine. I am angry with Russia for everything she is doing. My anger will pass. What remains unchanged is a feeling of deepest gratitude to the British for opening their hearts and families to us. Your kindness and mercy help us not to despair. We understand that without you, we would not exist long ago. Perhaps this is how God created people.

**

Canterbury resident Richard Llewellyn writes of his experience:

I had volunteered to be a 'mentor' to a young man from Chad, so two years ago I met Adam from Chad, to help him learn English. Since then we have tried to meet weekly for about an hour simply to have a conversation about whatever seems appropriate at the time.

I am not able to tell you anything about how, why, and when Adam became a refugee and arrived in England. In the training I received I was told never to ask, but only to wait until the refugee wants to tell his or her story. I am still waiting.

I know Adam wants to stay here, and train as a plumber. I also discovered that he is a devout Muslim, saying his prayers five times a day and going to the mosque on Friday. I told him that I am a committed Christian and therefore we have something very important in common, in that we have put our trust in the same God – the only God. With a puzzled expression he asks me, "Then what about Jesus?" I reply that for Muslims Jesus is a Prophet, and for Christians something more than a Prophet, but that we both worship the same God. I don't think that he was entirely convinced but, for all our differences, we have remained good friends.

**

Sahed, 18 last month, has been living in a small English town for a year, after she and her family fled Jordan.

I came here with my parents and my two brothers and little sister, and I arrived knowing only 'Hi' and 'How are you' in English. So I set myself the goal of learning the language online, going to college and volunteering at the local library.

Now I am virtually fluent, which means that I am the only one to act as interpreter for my family. It's vital, as my 20-year-old brother has a severe mental health illness, which means frequent hospital admissions.

Some of our neighbours, alarmed at the noise my brother was making during an episode, called the police. They were actually very kind and just wanted to make sure everyone was alright; in fact all our neighbours are kind and welcoming – except one who is always very rude.

I want to get my GCSEs, and then go to University – maybe York or Manchester. I want to study business management.

Please pray for these refugees, and others, and for those who, in Christ's name, are providing sanctuary.

For more on Refugee Week, please go to: <https://refugeeweek.org.uk>



Yes Minister

Claire felt exhausted. The only good side of working long days was there was usually a seat on the commute home. But when she arrived the children would already be in bed and her teacher husband, would be worn out by another day in the classroom, coping with recalcitrant kids whilst trying to bolster the enthusiasm of those who wanted to learn. Had it been wise of her to choose a profession where the hours are extensible and one's best work can just be side-lined without explanation?

It had been a hard day for Claire. Nothing seemed to have gone right. Progress was negative. Her mind wandered back over ten years now to her Finals Year at University. There were eight in her seminar group including two young women. At the end of each session her professor had the habit of raising something off syllabus or asking a question. This time it was, "So, why did you all choose to study economics?" Eventually, the silence was broken by a mundane comment by one friend who Claire knew had chosen economics as a soft option and regretted it. Then she heard herself saying: "Well, unemployment, really. It causes so much unhappiness and worse; suicide rates rise, businesses fail, the poor fall into debt. No individual seems responsible, it just happens, perhaps a rise in oil prices or some other event. It's all such suffering and an unnecessary waste of people's lives and resources and I wanted to understand why and what should be done."

The other woman, Philippa responded, "It's a natural rhythm of booms and slumps. Unemployment has to happen to get new ideas, new products and more efficiency." Philippa was known for her off message ideas which she stuck to whatever the facts or arguments. Claire found her stubborn, unreal, unreasoning and incapable of understanding another's point of view.

Then for Clare came Finals followed by other exams and interviews culminating in a job at the Treasury.

Quite early on in her career, Claire had attended a high level committee of a dozen MPs and two civil servants, she carrying the bag for her Permanent Secretary. They sat at the extremity of a very long table. The Minister summarised the problem, omitting, it seemed to Claire, many salient points. Then the discussion jumped around from one member to another. It all seemed to be about the reactions of particular groups of MPs and interest groups, how they could either be discouraged or encouraged, what political advantage or damage might result and what the consequences of that might be. What kinds of lobbying lay behind these interventions? The core problem for the country, which they should have been discussing, seemed to Claire to be buried somewhere else.

Then, when she could hardly bear it anymore, the Minister asked a question to which she knew the answer and unthinkingly she put her hand up. An influential committee member got in first with a comment evidently unwelcome to the chairman who said, "Wait a minute, I think there is someone at the end there who may understand this issue." Claire set out the facts and made her point succinctly and without undue emphasis. She was controlled and objective and waited for the response from the chair. The minister simply ignored what she had said and raised another issue. It felt like a slap in the face. Had she been ignored because of her sex? Should she have been more forthright?

Afterwards, the Permanent Secretary gently, and with a smile, reminded Claire that civil servants were not expected to contribute. Furthermore, it had been difficult to get a presence at such meetings which was important if the executive were to understand the views of the various vested political interests. "We don't want to lose these seats."

The office got to hear what had transpired and Claire was the butt of good humoured comment, suggesting that realism had at last come to town. As she rose in the ranks, Claire unknowingly fostered that view by insisting at her meetings with her junior colleagues that they settle the real question of what to do about the actual problem before considering the many different shades of political opinion and motivation. "We are public servants whose purpose is to inform Ministers on policy," she said. On one frustrating meeting she accused an Under Secretary of going "political" to avoid the real question. Not everybody approved of that.

She caught her 7.20am train the next day for another day tilting at windmills. Today the internal committee meeting, part of the Minister's programme for devising a new economic policy, was to examine ways of stimulating national growth and generating more income. A Junior Minister had decided to attend, though the meeting this time was intended only for civil servants. Rachael had put in a paper and was recognised in her office as something of an authority. However, the Junior Minister was none other than Phillipa, so Claire determined to keep her mouth tightly buttoned.

It was widely known that Philippa had a large overseas trading company in her constituency which was in some financial trouble. At the meeting Philippa soon began to dominate the discussion, pressing her strident view that the best way to foster growth was by supporting existing businesses. Other views she ignored and spoke over the top of them. Under this barrage the discussion slowed and members began to look to Claire who eventually, and with great reluctance, entered the discussion. Intuitively she knew there was no point in trying to dress it up to avoid conflict. Philippa was on a high and bound to object. She had to be faced down.

"Mr Chairman, the wider purpose of this committee is to inform ministers on the creation of a national economic strategy. This meeting is to consider promoting economic and income growth alongside other objectives and even that is very complicated," she said. "But let me take a simple point. The common current business plan is frequently for companies to design products in this country but have them made abroad with cheaper labour and lower costs. That may be best for low

cost and profits, but does it give the best result for this country? The income is often diverted to tax havens so we may not even get the tax."

Philippa interrupted. "This is not a meeting on tax avoidance, and your job is to support Ministers in their policies to serve the electorate, not to introduce personal red herrings."

Claire surprised the meeting by not waiting for the chairman to intercede. She responded, "Minister, you have had your say many times this afternoon and as you are very well aware it only covers a small corner of our brief and is heavily exported. This is a meeting for civil servants to inform Ministers on an economic strategy for the good of the whole country. You are here as a courtesy, and I have not finished.

As I was about to say, investment in production abroad makes use of cheaper labour, but those costs are also income for the employees of the developing country; income which otherwise would accrue to labour in this country. The result of making these things abroad is a reduction in our national income and probably more imports and less exports, which could be our next major national problem as the pound loses value. I am not saying this is the only issue, but it is an important one. All issues should be considered by this committee and special financial pleading for particular companies should take place in the Committee for Corporate Welfare.

Philippa interrupted yet again. "You should be here to support the views of Ministers. I strongly advise you, with your academic attitude Claire, and your complete failure to understand the realities of government and how it works, to avoid a move onto my section."

Claire took a deep breath. "Thank you, Minister, but I am actually addressing the policy question raised by your superior Minister. As for your advice, I thank you for that and I shall be sure to follow it to the letter," said Claire.

The chairman interrupted. "Ah hem, Ladies, er ...we certainly need to address this problem in the round before Ministers make policy decisions. It is our responsibility to properly inform them on all issues so there can be a coherent and effective policy. I shall adjourn till next week and in the meantime you all need to consider a full list of considerations.

On the train home, Claire ran over her contribution. Should she have temporised? Would Philippa get back at her in some way? Would she be accused of frustrating the policies of a Minister? A word from a Minister had sometimes put a stop to a promising career and many years of loyal service.

Her musings turned back over all those years to her Professor's concluding comments at the end of the seminar. He had said: " My old friend Professor Sprott of Philosophy commented in the Staff Common Room the other day that one can divide mankind broadly into two camps. There are those who believe that the best way to advance the interests of the community is for each to pursue his own self-interest; laissez faire. The other group believes it better that mankind should work co-operatively for the benefit of all members of the community.

Harry Ingram

CALENDAR FOR JUNE 2023

Thursday 1 st June	12.45pm Holy Communion (Iona) in Church
Sunday 4th June	Trinity Sunday 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Family Service – in Church
Thursday 8th June	Corpus Christi 12.45pm Holy Communion (Iona) in Church 5.00pm Choral Evensong
Sunday 11th June	St Barnabas 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 1.00pm Community Lunch in the Hall
Thursday 15 th June	12.45pm Holy Communion (Iona) in Church
Saturday 17 th June	8.00pm Social Ballroom and Latin Dance in the Hall
Sunday 18th June	2nd Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Messy Church
Thursday 22 nd June	12.45pm Holy Communion (Iona) in Church
Saturday 24th June	Birth of John the Baptist
Sunday 25th June	3rd Sunday after Trinity 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online with Junior Church 6.00pm Taizé Prayer
Thursday 29th June	St Peter and St Paul 12.45pm Holy Communion (Iona) in Church

CALENDAR FOR JULY 2023

Sunday 2nd July

4th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
4.00pm Family Service – in Church

Monday 3rd July

Thursday 6th July

St Thomas the Apostle

12.45pm Holy Communion (Iona) in Church

Sunday 9th July

5th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist with APCM –
in Church and Online with Junior Church
1.00pm Community Lunch in the Hall

Thursday 13th July

Saturday 15th July

12.45pm Holy Communion (Iona) in Church

8.00pm Social Ballroom and Latin Dance in the Hall

Sunday 16th July

6th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
4.00pm Messy Church

Thursday 20th July

Saturday 22nd July

12.45pm Holy Communion (Iona) in Church

St Mary Magdalene

Sunday 23rd July

7th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
6.00pm Taizé Prayer

Tuesday 25th July

Thursday 27th July

St James the Great

12.45pm Holy Communion (Iona) in Church

Sunday 30th July

8th Sunday after Trinity

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

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.



Who's in Charge?

At home, is it the mother or father?

At school, is it the teacher?

At church, is it the vicar?

At work, is it the boss?

In a ship, or a game, who is the captain?

In our country is it the King or the Prime Minister?

In the world of course it is God, even if many do not recognize this?

Whoever takes charge of others is privileged to do so but also should accept the responsibility of caring for those answerable to them to the best of their ability, a duty which should not be ignored.

So often it seems the person in charge has an inflated idea of their importance, and rights to benefits, that go with the job. Their duties and responsibilities are vital to such successful ventures that they lead. How many seem to think laws either don't apply to them, or that if found guilty of stepping beyond the mark, that the rules should be changed so that they are no longer guilty. If they are found guilty on any occasion, then they might think that all the good things they have done in the past must make their misdemeanor excusable.

But where would we be if no one is in charge and necessary decisions can't then be taken?

If no parents take charge the family is at risk.

If teachers don't take charge a school can be in danger.

A Church without a vicar can flounder.

Work without a boss can go bust.

A ship can run aground without a captain.

A team in any game without a captain is unlikely to be successful.

The King has a very important job in hopefully, as a figurehead, setting a superb example to others.

The Prime Minister is challenged to lead parliament and the country through troubles to success.

Above all these is God, who is there to guide all those others in charge, but only if they allow Him to do so.

But who is in charge of me, in my life? I could say myself, but I can't be sure of being a good judge of my own behaviour. As a Christian, I hope it is God, but I really need his guidance through my prayer life to make that possible.

May God be with us all in all our challenges in life.

Ian Archer



Celebrating Fatherhood

'What is a Christian? The richest answer I know is that a Christian is one who has God as Father. If you want to know how well a person understands Christianity, find out how much he makes of the thought of being God's child and having God as his Father.' (J I Packer, *Knowing God*)

This month we celebrate fathers on Fathers' Day. Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. However, it does provide an opportunity to celebrate God's fatherhood and what it means for us.

At His baptism, as Jesus came out of the water: *"heaven was opened, and He saw the Spirit of God descending like a dove and alighting on Him. And a voice from heaven said, 'This is my Son, whom I love; with Him I am well pleased.'*" (Matthew 3:16,17). What can we learn about Jesus' relationship with His Father, the role of fathers and our relationship with God?

The Father's Presence

When Jesus was baptized, the Father made His presence real by the Holy Spirit. It's the Spirit who enables us to call God *'daddy'* (abba, Galatians 4:6). God is with us and knows our joys and sorrows, fears and trials. In this way, dads can relate to their children.

The Father's Love

The Father described His Son as *'beloved'*, who like us, is subject to His unconditional love. Dads should be constant in assuring their children of their love.

The Father's Pleasure

The Father tells Jesus that He is *'well pleased'* with Him. We also need to hear this, if we feel that we are disappointing God or letting Him down. This can arise with harsh words spoken by our parents. Fathers should use every opportunity to demonstrate their pleasure in their children, especially when things go wrong.



The world of tomorrow

To survive, the monarchy has to adapt. In that restricted sense only, it shares the principal problem of the world today.

Just as many thought economics along with quantitative easing had banished booms and slumps, so also many thought the time of war in the West had passed in favour of liberal free trade and international interdependency.

The idea that we have now emerged from a period of world trade and sound economic growth was never a complete description for the recent world at large. Distant wars and civil unrest always dominated too much of the world. Nevertheless for the West, the Far East and many developing countries such as India, the recent past has been a time of widespread growth and much mutual benefit.

But today the era of leadership by the US is changing. Widespread internal discontent has led to the emergence of populist, extremist parties feeding on such discontent, which in some instances threaten rocky democracies. China and India are resurgent and some smaller countries have specialised and forged ahead. New international relationships are being formed. Competition for scarce resources especially those coming on stream from the need for changes to counter climate disaster, is becoming intense. There is great power rivalry with expansionist intentions and the risk of collision and military engagement is a real possibility. Nuclear weapons lurk in the background.

This competition of great powers, and growth of uncertainty is leading to a situation where there is extreme competition for economic resources but little chance that any of the players is likely to achieve dominance either in economic change or conflict. A knock down drag out by an apparently benign power (if there ever was such) is no longer on the cards. One way or another, players, in the end, will have to be content with compromise solutions, sometimes perhaps the lesser of two evils. Some will have to accept a lower place in the league table of world nations. Can this situation be managed without the irrelevant use of military power? The Ukraine suggests that the answer may be NO. The next test may be Taiwan. But the experiences in Afghanistan, Iraq and several other conflicts suggest that military confrontation only exacerbates the situation and solves nothing.

The US will remain a top player in this scenario but its internal instability and inflexibility will prevent it from providing a steady leading role and it may at any time simply take its ball elsewhere. Europe will need to adapt to provide much of its own security. If realistic policies and an understanding of "the others point of view" is not achieved but instead the usual demonisation of the opponent indulged in and with

the usual empty huffing and puffing as an attempt to unify attitudes at home with a revival of militant nationalism, then this is likely to lead to armed engagement.

Yet somehow what is required is a situation where all parties recognise the futility of war and the need for realism, restraint and learning to live together.

If ever there was the need for a clear still voice of calm then it is now. It needs to be a voice which is informed and respectful of the views of the other side in the knowledge that any other road will lead to engagement. It needs to be an authority with a clear understanding of the issues and views on both sides which can patiently and repeatedly set out the likelihood of mutually undesirable, destructive outcome if some compromise is not reached. It will need to be wise and firm in the interpretation of responses. It will need to adopt a step-by-step approach identifying areas of already recognised agreement and record and build on them as the next step towards further agreements and recognition of mutually desirable outcomes, leading to a compromise settlement. Any other approach, with nuclear weapons in the background, would be dicing with war.

At its inception the UN was designed to provide this conciliatory role but it requires a new lease of life, true independence and more authority.

You might well comment that above all this uncertainty and regression lurks the increasing threat from climate change. That is so, but a shrewd conciliator would recognise that setting out the inevitable consequences of ignoring or going slow on limiting climate change for reasons of short-term self-interest, is probably the strongest foundation for starting more general conciliation on the basis of the final recognition of this most urgent mutual self-interest: saving the world from extinction. Attending to Climate Change is therefore not something for the future but a necessary beginning. Survival of the fittest and seeking own national self-interest, may have been the rule of the jungle in the past, but today survival requires the replacement of outmoded thinking and practices with a recognition that in the end we shall all sink or swim together.

Harry Ingram

Choir News

Fr Martin presented Janet Burns with a Certificate and a Medal from the Royal School of Church Music to mark her retirement from the Choir after more than 40 years. The presentation took place in the Care Home where Janet is, at the end of a regular service that Fr Martin leads there.





World Earth Day

Monday 5 June marks World Earth Day, an international recognised event which shines a spotlight on the most pressing issues facing our environment.

This year marks 50 years since the awareness day was established and this year the theme of the day is about beating plastic pollution.

Around the world, one million plastic bottles are purchased every minute, while up to five trillion plastic bags are used worldwide every year. In total, half of all plastic produced is designed for single-use purposes – used just once and then thrown away.

In the early 2000's, the amount of plastic waste we generated rose more in a single decade than it had in the previous 40 years and today we produce almost 400 million tonnes of plastic waste every year.

Approximately 36 per cent of all plastics produced are used in packaging, including single-use plastic products for food and beverage containers, approximately 85 per cent of which ends up in landfills or as unregulated waste.

Of the seven billion tonnes of plastic waste generated globally so far, less than 10 per cent has been recycled. Millions of tonnes of plastic waste are lost to the environment, or sometimes shipped thousands of kilometres to destinations where it is mostly burned or dumped.

Cigarette butts — whose filters contain tiny plastic fibres — are the most common type of plastic waste found in the environment. Food wrappers, plastic bottles, plastic bottle caps, plastic grocery bags, plastic straws, and stirrers are the next most common items. Many of us use these products every day, without even thinking about where they might end up. Much of it is carried by lakes and rivers to the sea.

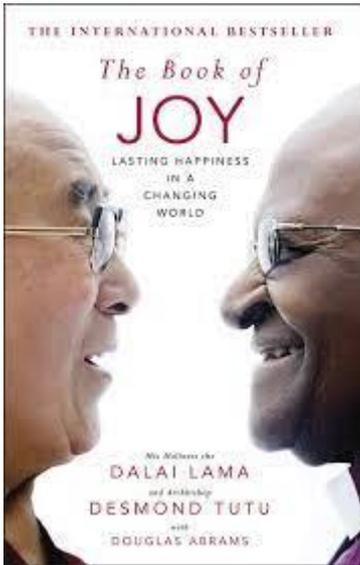
Here are a few things you can do to help:

- A beach or river clean up. Stop plastic getting into the sea with a litter pick.
- Shop sustainably. Pick reduced plastic or plastic free packaging.
- Be an advocate for change, ask supermarkets, restaurants and other suppliers to ditch plastic.
- Travel sustainably. Don't use mini plastic bottles from hotels and choose reef safe sunscreen, with no microplastics.
- Choose plastic free personal care items. Many get washed straight from your bathroom into the sea. Look for plastic-free face wash, deodorant and shampoo.

For more info visit: [Visual Feature | Beat Plastic Pollution \(unep.org\)](#)

Book Review

This month we review: The Book of Joy



This book records the enlightened findings of the authors, the 14th Dalai Lama, the Buddhist Spiritual Leader of the Tibetan People, and Archbishop Desmond Tutu who, as friends, met for a week and discussed Joy in all its aspects in 2016. Having survived more than 50 years of exile and soul-searching violence and oppression, the book describes their findings. Despite their hardships, or as they would say, because of them, they were two of the most joyful people on the planet. Out of sadness and distress they could find true joy. A hardback book is sold by Amazon for £12.99 or costs £2.99 on Kindle.

Ian Archer

Thank you to Ian for this book recommendation. Have you recently read a good book? Tell us about it. Email magazine@stmarksreigate.co.uk with your book review.



Prayer for June 2023

Dear Father,

As we come to this beautiful time of year, the month of June, we thank you for the wonder of your creation and the way our spirits are lifted as we see all around us the freshness of a new summer.

This month we remember Barnabas, whose name means, *child of encouragement*. He was a good person, full of the Holy Spirit and faith. Lord, help each of us to be a *Barnabas* to someone today, to encourage and lift up, led by your Holy Spirit and full of faith.

Help us to share your love and goodness, especially with those whose circumstances are difficult. Help us all to trust you through good times and testing times, knowing you are always with us, always encouraging us, always faithful.

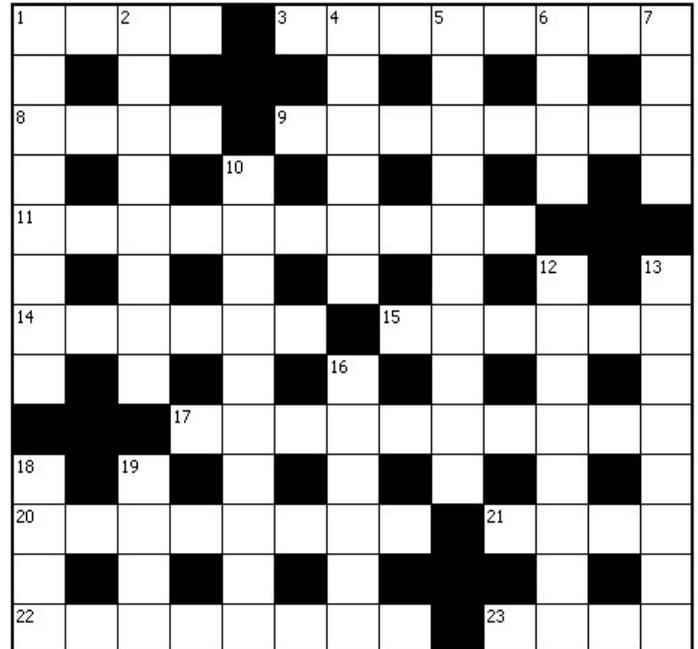
In Jesus' name. Amen
By Daphne Kitching

June Crossword

Biblical references are from the New International Version

Across

- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)



Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in — , faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was — , to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — — Jonathan; he is crippled in both feet'(2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)

May Answers

ACROSS: 1 Stop 3 Call upon 9 Regular 10 Octet 11 Inner 12 Hudson 14 Holy Communion 17 Myself
19 See to 22 About 23 Iterate 24 Monarchy 25 Stet

DOWN: 1 Straight 2 Organ 4 Abraham's faith 5 Lloyd 6 Puteoli 7 Note 8 Cleric 13 Innocent 15 Lay down

16 Ussher 18 Enter 20 Enact 21 Balm



Puzzles

June Sudoku Puzzle

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

May Solution

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



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