



St Mark's Parish Magazine
September 2023



THE PARISH CHURCH OF SAINT MARK, REIGATE

Vicar: The Reverend Martin Colton

Tel: 01737 241161 Email: vicar@stmarksreigate.co.uk

Assistant Curate: The Reverend Reginald Grant

Tel: 07385 832372 Email: curate@stmarksreigate.co.uk

PARISH OFFICE

Monday to Thursday 9.00am to 2.00pm 01737 210785/ 07979 788601
Parish Administrator – Alexia Hartman E-mail: office@stmarksreigate.co.uk

READERS

Mr Ian Archer
Mrs Sarah Cousins
Mrs Susannah Dyde

CHURCHWARDENS

Mrs Louise Wallis
Mr Ben Read

DEPUTY WARDENS

Mrs Jane Artis
Mr Timothy Warren

SACRISTAN

Mr James Tanser

PCC TREASURER

Mrs Mel Crighton

GIFT AID SECRETARY

Mr Nigel Perkins

PCC SECRETARY

Mr Terrence Hancock

ORGANIST AND CHOIRMASTER

Mr Terrence Hancock

ELECTORAL ROLL

Mr Terrence Hancock (acting)

Visit our website: www.stmarksreigate.co.uk

Donations to cover the cost of this publication are welcome

In this month's issue

Letter from the Vicar	Page 2
News from the Church of England	Page 3
SMOATathon	Page 5
Macmillan Coffee Morning	Page 5
Church News	Page 7
Harvest Supper	Page 9
Round the World in 90 Years	Page 10
Food Bank	Page 10
Families	Page 11
Calendars	Page 12
When Autumn Comes	Page 14
All in the month of September	Page 15
The Watchmaker's Epitaph	Page 16
Book Review	Page 17
Help!	Page 18
Reader Recipes	Page 19
Prayer for September 2023	Page 20
Mouse Makes	Page 21
Crossword	Page 22
Puzzles	Page 23



Meet the Parish Magazine Team

Editor: Helen Starmer *email: magazine@stmarksreigate.co.uk 07525 370320*

Website Link: Alexia Hartman

Advertising: Jane Artis *email: janeartis@hotmail.com 07831 269866*

Calendar Update: Fr. Martin

Crossword & Sudoku: Terrence Hancock

Proof Readers: Fr. Martin Colton, Terrence Hancock & Malcolm Toye



LETTER FROM THE VICAR

Dear Friends,

September – a month of endings and beginnings. As summer draws to a close, and shorts and t-shirts are put away for another year, the usual rhythm of life returns with children heading back to school, youngsters packing up for university or college, and the TV is showing the ads for all the new programmes about to begin. In the church, we look towards all that lies ahead in the next few months – Harvest Festival, All Souls, Remembrance Sunday, Advent and then, of course, the culmination of it all, Christmas!



But before we get to Christmas, we enter the season of autumn – a time of thanksgiving. Perhaps you want to give thanks to God for a lovely summer holiday, for weddings, for friends and family, or for new beginnings. On 1st October in our church we give thanks for the harvest. Do join us as we say thank you for all that is produced for us.

In his letter to the Ephesians, Paul encourages us all to live our lives in an attitude of thankfulness. This can be hard and takes a lot of discipline and requires effort. Living lives of thankfulness doesn't mean that we should just ignore our sufferings or the suffering of others and say they don't matter, because they do matter. There is a time to laugh and a time to cry. So many people say they mustn't grumble and imply that their sufferings are too small to be of value compared to other people's: "There are so many worse off than me." That is not true. All of our struggles and sufferings matter to God, however small they are. Paul understood that if we can learn to be positive and thankful during the good times, then that will help to sustain us through the difficult times. He was in prison when he wrote to the Ephesians. Being thankful didn't diminish his hardship, but it did help him to endure it.

Each new day brings with it a new beginning and a challenge. So how about a challenge, a challenge to be thankful! To make the effort to see the positive in a situation rather than the downside. To stop us when we start moaning and give thanks instead. And I think that if we can do that, we will discover that whatever life may bring, it will be the better for having consciously tried to live it in an attitude of thankfulness.

With my best wishes



News from the Church of England

Church of England announces £13 million of grants to reach children, youth and families

Awards of nearly £13 million have been made for dioceses to help churches reach more children, young people and families, from toddler groups to apprentice youth ministers, in the latest round of grants for mission from the Church of England.

The grants from the Strategic Mission and Ministry Investment Board of the Archbishops' Council will revitalise parishes and start new congregations. The investments build on already successful projects to create new congregations and reach children and young people in areas including Bolton, Bournemouth, Guildford, Southampton and Wakefield.

In the Diocese of Guildford, £3.27 million has been awarded for the first phase of a nine-year project to reach young people of secondary school age with the good news of Jesus Christ in partnerships with schools.

The first phase of the programme will place youth ministers in three Church of England secondary schools and one state secondary school, recruit and train ten church-based apprentice youth ministers and train four existing youth ministers. The programme will also recruit a team to lead high quality youth worship gatherings across the diocese.

The programme will provide training for volunteer youth leaders and offer one-year internships to allow young people to test their vocation to serve the Church. This first phase will test and validate a model of evangelism and discipleship to be expanded in a second phase.

In the Diocese of Manchester, £2.77 million has been awarded to build on the Diocese's Children Changing Places project, a five-year project supported by Strategic Development Funding and based in Bolton deanery.

The plans aim to reach more schools, children, young people and their families across Bolton deanery and the diocese.

The project so far has engaged with more than 8,000 children and young people in worship and Christian activities, through school and church and more than 400 adults who worship with their children.

The majority of church primary schools and church toddler groups in Bolton deanery have adopted 'Wiggle Worship' – accessible worship including songs, stories and art activities, for young children and families.

It has also created 12 new Christian toddler groups and seven new parish youth groups along with an anti-racism and faith project, which promotes racial justice in schools.

Funding of £2.89 million has been awarded in the Diocese of Winchester for parish revitalisation plans in Bournemouth and Southampton including three curates and three associate ministers to support this work.

The programme will build on successful revitalisation projects in the diocese such as Saint Mary's in Southampton where around 600 people a week now regularly attend services, with more than half aged under 35. St Mary's in Andover now also has more than 370 people attending every week after a revitalisation project which began in 2019.

In addition, a further £1.66 million has been agreed subject to the diocese submitting finalised implementation plans to include further parish revitalisations and work to enable sustainable ministry in rural benefices, including the launch of new children, families or youth ministry.

The Diocese of Leeds has been awarded £3.94 million for its Barnabas: Encouraging Confidence programme of church revitalisation, leadership development for clergy and laity and practical support for churches.

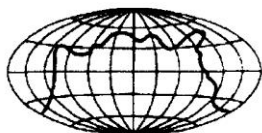
The programme includes plans for new worshipping communities, along with an increased focus on children and young people.

As part of this, nearly £1 million will go to a new project in Wakefield: Every Good Work, supporting three churches to serve and work with young people, develop youth leadership and social action, and establish a training centre for church interns.

John Spence, the outgoing Chair of the Strategic Mission and Ministry Investment Board, said: "We are really pleased to be awarding these grants for projects across the country aimed at helping revitalise congregations and support parishes in a range of different ways in their mission to reach children, families and young people.

"It is exciting be building on already successful projects such as the Children Changing Places project in Manchester, which has reached more than 8,000 children and young people, and the successful revitalisation projects in churches across the country."

The Diocese of Leicester has been awarded £925,000 over three years to help support their capacity to develop a diocesan wide strategy and implementation plan, and to accelerate the formation of Minster Communities which are geographical groups of parishes, Fresh Expressions of Church, and schools working together in mission and led by a diverse team of ordained and lay ministers.



S · M · O · A · T

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

SMOATathon

On Sunday 24 September we shall be staging our 5th SMOATathon in St Mark's Church Hall. Our intention will be to provide live music from 11.30am until well into the afternoon, with the aim of raising funds through donations for one of the projects supported by SMOAT.

In total, SMOATathons 1-4, held between 2013 and 2019, raised more than £7,500. Help us make this year's event equally successful by coming along on September 24th to enjoy a live music extravaganza (and refreshments, of course).

And if you like to sing or play a musical instrument, why not consider taking part? Performance slots can be as short or as long as you like, and the audience is always particularly appreciative of the efforts of younger participants.

David Lear (davidlear1947@gmail.com) will be delighted to hear from anyone interested in becoming involved.

Barbara Perkins
Chairman



Macmillan Coffee Morning

We will be holding a Coffee Morning as part of the annual Macmillan fundraising programme on **Saturday 30 September from 10.00am to 12noon in the Church**. We will be grateful for any volunteers to help on the day and anyone who is willing to bake a cake (or 2!) And of course, everyone is welcome to come on the day – just make a donation when you come, and please invite your friends and family to come along too.

Fr Martin

It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes
to support people living with cancer.

St Mark's Church, Alma Road,
Reigate RH2 0DA

Saturday 30th September 2023

10am – 12 noon

Contact: office@stmarksreigate.co.uk
for more details

Simply scan this QR code with your phone
to donate to your host's Coffee Morning.
It's easy, quick and secure. Thank you.



Headline Partners

MACMILLAN
CANCER SUPPORT



COSTA
COFFEE



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC19431_Poster2



Church News

SMART



SMART meets on the first Thursday of each month between 2.00pm– 4.00pm in St. Mark's Church Hall (except for those marked* which are outside visits). We welcome everyone of retirement age who lives locally and enjoys meeting others for interesting discussion and lively conversations, accompanied by suitable refreshments.

SMART is run by **Sarah Cousins** - 01737 789943. We are always happy to welcome new members and arrange lifts to the meetings and help. Please feel free to bring a friend to any of the meetings.

For meetings in the church hall there will be a charge of **£1.00** for tea and coffee etc. unless stated otherwise.

The SMART Programme for the remainder of the year is listed below.

7 Sep "SIGHT FOR SURREY" Samantha Head will speak to us about her charity that works to support all Surrey residents who are blind, vision impaired, deaf, deaf blind and hard of hearing.

5 Oct "MUSIC AND FUN" Bruce Cousins entertains with songs you may remember! Please come to have fun and join in.

2 Nov Rev'd Martin Colton will be our speaker – on subject TBC

7 Dec "CHRISTMAS IS COMING!" Come and celebrate Christmas with carols and plenty of Christmas fare. Please bring a friend or family member.

FROM THE REGISTERS

Baptisms : *We welcome into the Church family:*

2 July 2023 Arthur Gunnar Suenson-Taylor

23 July 2023 Cleo Mary Robinson

Holy Matrimony: *We congratulate those joined together in marriage:*

29 July 2023 Camilla Whittington and David Taylor

Funerals: *We commend them to God's loving care:*

12 July 2023 Alexander Parish



MESSY CHURCH

Messy Church at St Mark's takes place on the 3rd Sunday from 4.00pm to 6.00pm of most months (term time only).

What is Messy Church?

Messy Church is for all the family. It includes crafts, games and discussion, a time of worship and a meal together. It's not about making the church messy!

How can I help?

We always need lots of help with this, from being a welcomer, helping with the activities, being on the catering team, and being part of the worship and music team. If you are able to help, please contact the Parish Office.



TEA-TIME TALES

Tea-Time Tales takes place in Church every Wednesday from 3.25pm to 3.55pm during term time only.



What is Tea-Time Tales?

Tea-Time Tales is for all children up to 7 years old and their parents and carers. It includes a bible story and singing.



Come and join us for half an hour on Wednesdays for a drink and a biscuits with a nice cup of tea/coffee for the big people!

TODDLER GROUP

Toddler Group takes place in the Main Hall almost every Monday from 9am to 11.15am (term time only). Cost is £3 per family.

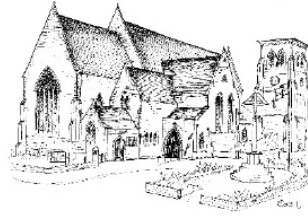
What is Toddler Group?

Toddler Group is a playgroup where children under 5 and their big person can come and enjoy a chat with tea/coffee and a biscuit or two whilst their little ones play with our variety of toys and games.



How can I help?

We always need lots of help with this setting up and tidying up afterwards. If you would like to help, please contact the Parish Office.



St Mark's Church

Harvest Supper

Sunday 1st October 5pm
Following the All Age Harvest Service
in Church at 4pm

Everyone Welcome

Adults £8 Children £5
Family ticket £22

Booking online via the Church
website www.stmarksreigate.co.uk
or via the office

Deadline 28 September

All payments to be made
in advance please

office@stmarksreigate.co.uk





Round the World in 90 Years

I had never thought I might qualify for the Guinness book of records, but if they are interested I might do so by 31 October, this year.

As many of you might know, I was evacuated from England by the passenger ship S.S Orcades in 1940 at the age of 7 to New Zealand as a refugee via South Africa and Australia, where I was apart from my parents for nearly 5 years. Happily, I was able to return to them in 1945 as the War in Europe was coming to an end. I was then aboard the passenger ship S.S. Wiawera which sailed through the Panama Canal and across the Atlantic Ocean. So, at the age of 12 I was lucky enough to have circumnavigated the world by sea.

Now, at the age of 90 I have planned to once again travel to New Zealand, this time via Singapore, on 5 October returning via San Francisco at the end of that month, both these journeys by air. Thus at such an advanced age, if I keep well enough, I will have circumnavigated the world, both by sea and by air, at the beginning and near the end of my life.

My early journey to New Zealand started by the ship weaving about to try to avoid torpedoes and luckily the ship got me there safely. Sadly, that ship was sunk some 2 years later. I was able to take Jenny with me on the only other occasion when I could visit New Zealand in 1996, at which time many friends were still alive. I feel some real links with that beautiful country, where I will visit the lovely family of my best friend at school. My mother was born in New Zealand in 1909.

The world has changed so much in my lifetime, with global warming being so much with us in so many countries. Travel is so much easier now than before, so let us all hope we can feel closer to all those we meet, in whatever part of the world we are in.

Ian Archer

Foodbank

St Matthew's Foodbank are desperately short of donations at the moment. With the squeeze on household finances, more and more people are turning to the Foodbanks for the first time, and yet the amount of donations has fallen. If you are able to give anything at all, please leave your donation at the Vicarage. Please remember that no fresh food can be accepted, and all tins and packets must be in date. More information can be found at:

<https://www.redhillfoodbank.org.uk/shopping-list>



Families

Family life can be wonderful and a great joy to all members, young and old. We also find families in the world of birds and animals who can often survive better as such than being on their own.

However, sadly this isn't always the case for us humans if one or more members is excluded or ignored for one reason or another. Communication, understanding and respect is needed from each of us in a family regardless of whatever age we may be and may there be forgiveness where any misbehaviour arises.

Get-togethers are important for all of us, and not just at Christmas. Some members of a family have harder lives to live and more difficulties than others so wherever we can, we must support them as far as we are able. This all might become more difficult when marriages or partnerships occur and where separations become inevitable when the family needs to grow in other directions, too. Also, close friends can become part of our extended family needing care and attention, too.

Whether we are persons living on our own or part of a family, as Christians we need to extend our horizons to include other acquaintances we might have, as neighbours, at work or in gatherings such as our Church. They, too, should be part of our extended family that we have a responsibility to care for and support.

As potential parents should we have more children as many did in the past? The trouble is that the world does not need a larger population yet so many seek to give life to new babies which should obviously be a blessing to those babies and to those around them. Some arrive unexpectantly, but however they are born a great responsibility lands on the shoulders of the parents or parent to form a new supportive family. Hopefully the children in turn will show love and compassion to others.

Jesus started life without a human father but he grew up with Joseph and Mary and their family until he drew his disciples and others into his worldwide family. May we always welcome others into a grand extended family wherever they come from. We must not be exclusive but always welcome others with ever open arms.

Ian Archer

CALENDAR FOR SEPTEMBER 2023

Sunday 3rd September

13th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online

4.00pm Family Service – in Church

Thursday 7th September

12.45pm Holy Communion (Iona) in Church

2.00pm SMART

Sunday 10th September

14th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online
with Junior Church

1.00pm Community Lunch

Wednesday 13th September

3.25pm T-Time Tales

Thursday 14th Sept

Holy Cross Day

12.45pm Holy Communion (Iona) in Church

Saturday 16th September

8.00pm Social Ballroom and Latin Dance in the Hall

Sunday 17th September

15th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online

4.00pm Messy Church

Wednesday 20th September

3.25pm T-Time Tales

Thursday 21st Sept

St Matthew, Apostle and Evangelist

12.45pm Holy Communion (Iona) in Church

Sunday 24th September

16th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online
with Junior Church

11.30am SMOATathon

6.00pm Taizé Prayer

Wednesday 27th September

3.25pm T-Time Tales

Thursday 28th September

12.45pm Holy Communion (Iona) in Church

Friday 29th September

St Michael and All Angels

Saturday 30th September

10.00am Coffee Morning for Macmillan Cancer Care

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

CALENDAR FOR OCTOBER 2023

Sunday 1st October

Harvest Festival

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
4.00pm All-age Service – in Church
5.00pm Harvest Supper

Wednesday 4th October

3.25pm T-Time Tales

Thursday 5th October

12.45pm Holy Communion (Iona) in Church

2.00pm SMART

Sunday 8th October

18th Sunday after Trinity

8.00am Holy Communion (BCP) – in Church
10.00am Sung Eucharist – in Church and Online
with Junior Church
1.00pm Community Lunch
4.00pm Pet Service

Wednesday 11th October

3.25pm T-Time Tales

Thursday 12th October

12.45pm Holy Communion (Iona) in Church

Sunday 15th October

19th Sunday after Trinity

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

Wednesday 18th October St Luke the Evangelist

3.25pm T-Time Tales

Thursday 19th October

12.45pm Holy Communion (Iona) in Church

Sunday 22nd October

20th 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 26th October

12.45pm Holy Communion (Iona) in Church

Saturday 28th October

St Simon and St Jude, Apostles

Sunday 29th October

Bible Sunday

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

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



When Autumn Comes

Should we be sad
When autumn comes
And winter looms ahead?
Is it so bad
That days grow short
And verdant leaves grow red?

We'll miss the sun
And long, hot days
We'll miss the sea and sand;
But soon will come
The starry nights
And wintry landscapes grand!

Perhaps it's best
That nature sleeps
And things no longer grow;
We get a rest
From vibrant weeds
And grass we need not mow.

So celebrate
The equinox
The autumn season's here!
It is a date
To mark, with joy
The turning of the year.

Nigel Beeton





All in the month of September

It was:

125 years ago, on 26 September 1898 that George Gershwin, American composer, was born. Known for his operas, Broadway musicals and film scores.

100 years ago, on 4 September 1923 that Noel Coward's musical revue *London Calling!* was first performed, in London. It was his first publicly produced musical work.

Also 100 years ago, on 7 September 1923 that Interpol, the International Criminal Police Organisation, was founded.

Also 100 years ago, on 29 September 1923 that the British Mandate for Palestine came into effect. Britain took control of Mandatory Palestine (formerly part of the Turkish Empire) until 1948, when Israel became an independent state.

80 years ago, on 10 September 1943 that the Germans occupied Rome, Italy, and took over the protection of the Vatican City.

75 years ago, on 9 September 1948 that the People's Democratic Republic of Korea (North Korea) was established, headed by Kim Il Sung.

70 years ago, on 10 September 1953 that the discovery of rapid eye movement (REM) sleep was published in the journal *Science*. It had been discovered in 1952 by Eugene Aserinsky and Nathaniel Kleitman at the University of Chicago.

50 years ago, on 2 September 1973 that JRR Tolkien, British fantasy writer, poet, scholar, and educator died. Best known for his novels *The Hobbit* and *The Lord of the Rings*.

Also 50 years ago, on 29 September 1973 that W H Auden, British born American poet, died. Regarded as one of the greatest writers of the 20th century.

25 years ago, on 4 September 1998 that Google, the internet search company, was founded by Larry Page and Sergey Brin, both students at Stanford University in California. The company was originally based in a friend's garage at Menlo Park.

15 years ago, on 7 September 2008 that the Financial Crisis erupted. The troubled US mortgage-financing giants, Fannie Mae and Freddie Mac, were put into government conservatorship under the Federal Housing Finance Agency. On 15th September 2008 the global investment company Lehman Brothers filed for Chapter 11 Bankruptcy. It was the largest bankruptcy filing in US history.



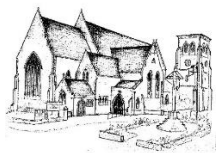
The Watchmaker's Epitaph

*Here lies in horizontal position
The Outsize case of
GEORGE ROUSLEIGH, Watchmaker
Whose abilities in that line were an honour
To his profession.
Integrity was the mainspring,
And prudence the regulator
Of all the actions of his life.
Humane, generous and liberal
His hand never stopped
Till he had relieved distress.
So much regulated were his movements
That he never went wrong
Except when set a-going
By people
Who did not know his key.
Even then he was easily
Set right again.
He had the art of disposing his time
So well
That his hours glided away
In one continual round
Of pleasure and delight
Till an unlucky minute put a period to
His existence.
He departed this life
Nov 14 1802
Aged 57
Wound up
In hopes of being taken in hand
By his Maker
And of being thoroughly cleaned, repaired
And set-going
In the world to come.*

The story of the Watchmaker's Epitaph

If you have ever visited St Petrock's church, Lydford in Devon, you may have seen this epitaph on the grave of George Routledge, a watchmaker who died in the village of Lydford, in 1802 aged 57. For some time, it was thought that George had written his own epitaph some years before his death but it is now known that the words were published in an American almanac in 1797, the work of a black American astronomer called Benjamin Banneker who was also a clockmaker. However, in more recent years, an even earlier version has been discovered as having been printed in the Derby Mercury in 1786, but in this one the deceased's name was 'Peter Pendulum'!

Over two centuries, the stone lid of the outside grave on which the epitaph was inscribed became so worn by the elements that it was in danger of being lost, so the decision was made to bring the original lid into St. Petrock's church where it now hangs on the wall. The grave in the churchyard has been re-covered with a replacement stone – it's obviously much visited as there is a small track worn into the grass.



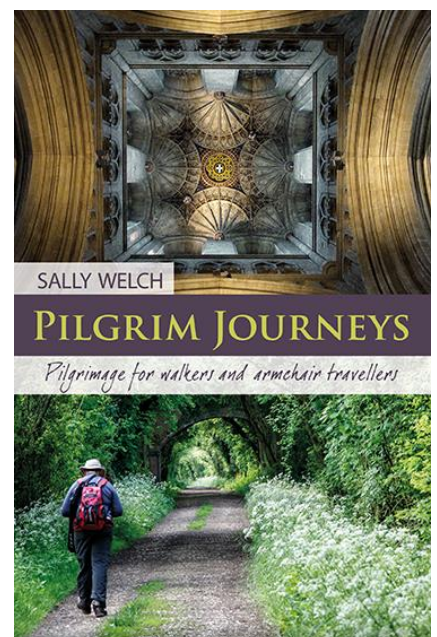
Book Review

Pilgrim Journeys: pilgrimage for walkers and armchair travellers **By Sally Welch**

Why do pilgrims walk so much? What do they learn?
What lasting good does it do?

In *Pilgrim Journeys*, experienced pilgrim and writer Sally Welch explores the less-travelled pilgrim routes of the UK and beyond, through the eyes of the pilgrims who walk them.

Each chapter explores a different aspect of pilgrimage, offering reflections and indicating some of the spiritual lessons to be learned that may be practised at home. This absorbing book shows how insights gained on the journey can be incorporated into the spiritual life of every day, bringing new ways of relationship with God and with our fellow Christians, offering support and encouragement as we face the joys and challenges of life.





Help!

When do we ask for help and when do we offer help?

Asking for help is essential in emergencies. If in real trouble we must not hesitate in asking for help by dialling 999 or 111 or pushing the button, if as vulnerable people, we wear one. We are blessed in this country in normally having such essential help to hand.

Those of us in lesser needs can be very unwilling to ask for help. We can either feel that somehow, we can always manage or just feel embarrassed at having to ask for help. In the past we would always stand for a lady and offer help to the aged. I remember traveling in a bus in France when Jenny was expecting William and when I said she was pregnant she was immediately offered a seat in the crowded bus as the other passengers seemed to think she was just about to give birth, which was far from the case.

Indeed, on that same holiday a forceful mother of a friend who was wearing flip-flops insisted on taking Jenny down a cliff face to see seashells at the bottom. This might have been a disaster for Jenny, and for the future William, too, but happily they achieved it all safely.

So offers of help can be unwelcome and even dangerous at times. But they are so important as became obvious in the isolating times of Covid. Then many more people became helpful when at earlier times they just kept to themselves. But how can we be conscious of the needs of others unless we keep in touch with them and listen to what they have to say?

What about the help for strangers whom we don't know but need our help? They could be homeless, foreigners or refugees who are adults or children who are being ignored or rejected by others. If they need our support should we be helping more, perhaps through charitable donations?

We all need to be "Good Samaritans", not walking by on the other side but helping any others who are in trouble.

As recipients of help we need all to learn to be gracious and try not to reject help when it is offered. We might be helped across the road when we didn't want to make the crossing, but we can still say "Thank you" and cross back later. We need to always say "Thank you" whenever we are helped and thank God also for providing someone to help us in any difficulty we have.



Reader Recipes

Creamy pumpkin pasta

Make the most of pumpkins this autumn. When puréed and combined with mascarpone and parmesan, their flesh transform into a silky, delicious pasta sauce.

Ingredients:-

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 500g pumpkin or squash, peeled and cut into roughly 3cm cubes
- 50-100ml whole milk
- 2 tbsp tomato purée
- 2 tbsp mascarpone
- 350g short pasta (rigatoni or penne work well)
- 40g grated parmesan or vegetarian alternative, plus extra to serve



Method:-

1. Heat the oil in a large, shallow, flameproof casserole or frying pan over a low-medium heat and fry the onion with a pinch of salt for 10-15 mins until softened and translucent. Add the garlic and fry for 1 min more. Remove from the heat and leave to cool slightly.
2. Meanwhile, cook the pumpkin in a pan of boiling salted water for 10-15 mins until tender when pierced with a cutlery knife. Drain and tip into a blender (or use a hand blender). Blitz with 50ml milk and the onions until completely smooth, gradually adding more milk until the mixture is thick enough to just coat the back of a spoon (you may not need all the milk). Tip into a large frying pan with the tomato purée and mascarpone, and bring to a simmer over a low heat.
3. Cook the pasta in a large pan of boiling, salted water following pack instructions. Drain, reserving a cupful of the cooking water. Toss the pasta with the pumpkin sauce, parmesan and 50-100ml of the reserved water to loosen. Season and scatter with extra parmesan.

Recipe taken from BBC Good Food. If you have a recipe you'd like to share email us at magazine@stmarksreigate.co.uk.



Prayer for September 2023

Dear Father in heaven,

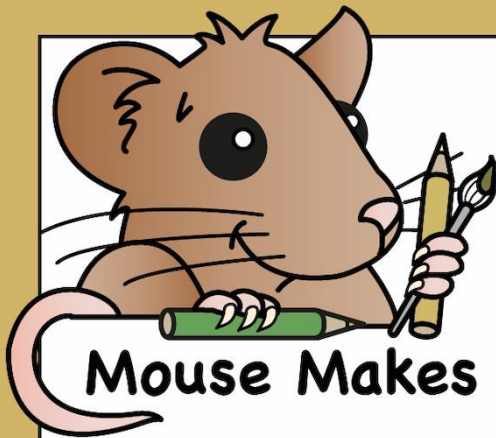
September is a time of change, a change of season, changes in many areas of our lives as a new term begins and new opportunities present themselves. It can be a time of challenge and uncertainty for many of us as well as excitement. Thank you Lord, that You never change, Your promises never change, Your Holy-Spirit inspired Word never changes. You are constant and rock-solid, always.

Help us to remember that You make all things new when we put our trust in Jesus, You give us new life and new ways of understanding, but help us also to remember that You never contradict Your revealed self. Help us always to check out our thinking with what You say in Your Word. Help us to be faithful to You as we take each step forward, each new day.

In Jesus name, Amen

Daphne Kitching

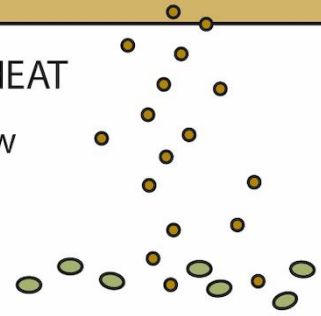




THE WEEDS AND THE WHEAT

What did the enemy sow amongst the wheat?

Matthew 13:25



READ

the parable in

Matthew 13 v24-30,
and v36-43

At harvest time the weeds are gathered, bundled then

but the wheat is stored in the

Matthew 13:30

Who sows the good seed?

Matthew 13:37

What does the field represent?

the

and who is the good seed?

The people of the

Matthew 13:38

Who sows the weeds?

The

Who are the harvesters?

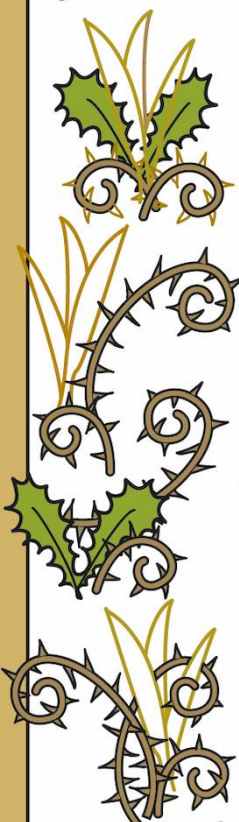
The

Matthew 13:39

"He who has ears, let him

"

Matthew 13:43



T O G E T H E R S H E A R
D S O X F I R E P E N G T
P E O P L E W B A A D E N
E E D L B E H A R V E S T
G D G A T H E R A E V I L
R K T I E K A N B N I P G
O Y I N D I T W L O L E R
W C M B U N D L E B V J A
E N E M Y G V I N U F E I
E W O R L D E S W R I S N
D E A R S O W E D N E U I
S O N O F M A N G E L S M
D I S C I P L E S D D V A



PARABLE • HEAVEN • SOWED • GOOD • SEED • FIELD • ENEMY • WHEAT • GRAIN

GROW • TOGETHER • TIME • HARVEST • GATHER • BUNDLE • TIE

PEOPLE • DISCIPLES • JESUS • EXPLAIN • EVIL • FIRE • END • AGE • EARS

Find the words from the questions too!

September Crossword

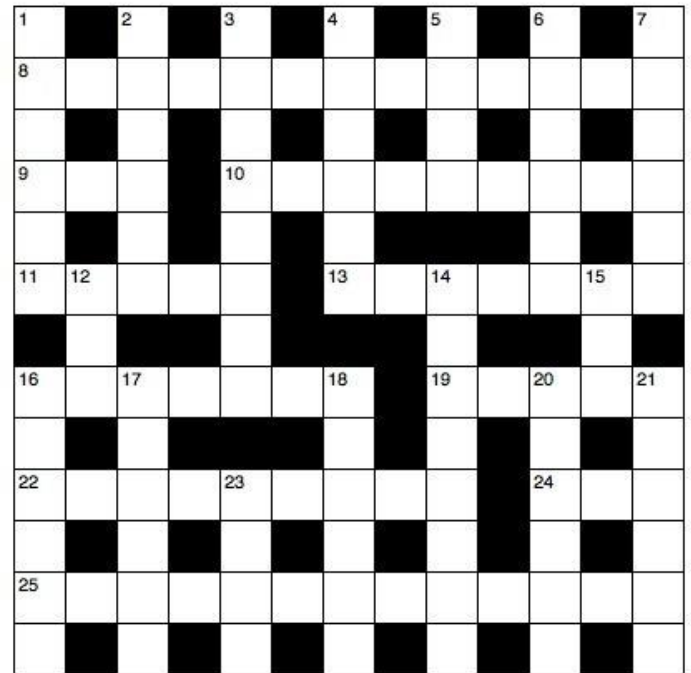
Biblical references are from the New International Version

Across

- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)
 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)
 10 Uncomfortable (3,2,4)
 11 'Yet I have loved Jacob, but Esau I have — ' (Malachi 1:3) (5)
 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)
 16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)
 19 Prophet from Moresheth (Jeremiah 26:18) (5)
 22 Comes between Exodus and Numbers (9)
 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)
 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

- 1 Rough drawing (2 Kings 16:10) (6)
 2 See 24 Across
 3 Underground literature (including Christian books) circulated in the Soviet Union (8)
 4 Lo, mash (anag.) (6)
 5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)
 6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
 7 Can be seen in a dying fire (Psalm 102:3) (6)
 12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
 14 Second city of Cyprus (8)
 15 United Nations Association (1,1,1)
 16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
 17 Braved (anag.) (6)
 18 — of Evangelism, outreach initiative in the 1990s (6)
 20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)
 21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
 23 What Jesus shed in 5 Down (4)



August Answers

ACROSS: 1 John 3 And James 8 Nea. 9 Omission 11 Theocratic 14 Asleep 15 By-path
 17 Stalingrad 20 Backbone 21 Baca 22 Whose eye 23 Seth

DOWN: 1 Jonathan 2 Heavenly 4 No meat 5 Justifying 6 Maid 7 Sins 10 Acceptable
 12 Marriage 13 Shadrach 16 Plenty 18 A bow 19, ECHO



Puzzles

September Sudoku

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

August solution

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

Inspected and rated
Good
Care Quality Commission

novuscare

Care in the heart of your own home

Are you or an elderly loved one looking for extra care and support at home in **Reigate** or the surrounding areas? Then our local carers are here to help.

Novus Care is regulated by the Care Quality Commission and can provide a qualified carer to support your loved one in their own home from just **a visit per week to around the clock live-in care.**

For more information or to arrange a **FREE** care assessment please call: **01483 494132** or email: **hello@novus-care.com**

www.novus-care.com



A HOME WITH A HEART
RESIDENTIAL ♦ RESPITE ♦ DAYCARE

We offer people in their retirement the opportunity to live in comfortable surroundings, in a relaxed and secure family environment, with the degree of care necessary to enhance their quality of life.

- ♦ Good wholesome, home-cooked meals
- ♦ Weekly hairdresser & regular chiropodist
- ♦ Large garden with patio, summerhouse & pergola
 - ♦ In-house entertainment
 - ♦ Social activities & outings arranged

88 Doods Road, Reigate, Surrey RH2 0NR
admin@ridgegatehome.org.uk

01737 242926

www.ridgegatehome.org.uk

Abbeyfield House at 34 Somers Road, Reigate is a friendly, happy place.

In our affordable family style house we provide a careful combination of independence with support, privacy with companionship.

Residents have their own rooms, furnished by themselves, with meals provided by our House Manager. We are part of the nationwide Abbeyfield movement but the Reigate House is managed independently by local volunteers to provide sheltered accommodation for active independent senior citizens at very reasonable all-inclusive rates.



Bullimores



ESTABLISHED
1928

Accountants for Life

- Tax
- Accounts
- Probate
- Inheritance Tax
& Executorship

Bullimores LLP licensed to carry out the reserved legal activity of non-contentious probate in England & Wales by the ICAEW



For advice, call us on: **01306 880880** | Email: **partners@bullimores.co.uk** | Web: **www.bullimores.co.uk**

Graham Williams Decorating

20+ YEARS EXPERIENCE / NVQ QUALIFIED / INSURED

Tel: 01737 646028

Mobile: 07985 940083

grahamw777@hotmail.co.uk

Interior and Exterior work

Free estimates



Stoneman Funeral Service

Head Office and Funeral Home
Doran Court
Reigate Road, Redhill
Tel: 01737 763456



An Independent Family Business
Est: 1865

PREPAID FUNERAL PLANS

ALSO AT

49 Bell Street Reigate
Tel: 01737 243164

ANTIQUE FURNITURE RESTORATION

ALL ASPECTS OF
FURNITURE REPAIRS
AND
POLISHING
UNDERTAKEN
INCLUDING MODERN
FURNITURE

30 YEAR'S EXPERIENCE
FREE ADVICE AND
ESTIMATES GIVEN
CALL

STEVE PEACOCK
01883 743879

Advertise Here

If you would like to advertise
your business or event in the
St Mark's Parish Magazine
please contact Jane Artis to
find out more.

07831269866

We offer quarter, half and
full page adverts, at great
rates in black and white or
colour.