

THE

# CRAYFISHER

July 2021

*£1:00*



The magazine for the Parish of Cray Valley

No.74

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if necessary, items submitted for publication.

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Valley

***Front Cover Picture: Rose 'Thank You' by Rita McKay***

## **PARISH LETTER**

### ***Returning to Normal?***

Lockdown has seemingly introduced a lot of new words and phrases to our language; zooming, ‘I’m all zoomed out’, social distancing, ‘it’s ok we’re bubbling’, the ‘new normal’ and many others.

The idea of finding a new normal may seem strange, but in reality, we do it often. In a new relationship, when we move house, or job or area, when we lose a loved one, make a new friend, or start attending worship on Zoom. It may take time, but we get used to things, adapt to the change and move ahead. For a while attending church on a Sunday, we feel strange under the current regulations, but we will soon get used to it, and, as guidance is changing all the time, we will keep adapting to the new normal until we find ourselves, sharing the peace again, receiving bread and wine at communion and sitting next to each other.

How much of the old normal we want to return to is up to us. We have a rare opportunity, as churches, to look carefully before we slip back in old ways to review all we do and only return to the things that really help us grow in faith and build the Kingdom of God. Please let me know your thoughts.

Whatever the new normal looks like for you, one thing is sure: The steadfast love of the love never ceases, his mercies never come to an end; they are new every morning; great is his faithfulness. Lamentations 3:22-23. With God at our side, we can face the future, whatever it holds.

***Jessie***

## **READINGS FOR SUNDAYS IN JULY**

Sun 4 <sup>th</sup>	2 Samuel 5.1-5, 9-10 2 Corinthians 12.2-10 GOSPEL Mark 6.1-13
Sun 11 <sup>th</sup>	2 Samuel 6.1-5, 12b-10 Ephesians 1.3 - 14 GOSPEL Mark 6.14-29
Sun 18 <sup>th</sup>	2 Samuel 7.1-14a Ephesians 2.11-end GOSPEL Mark 6.30-34, 53-end
Sun 25 <sup>th</sup>	2 Samuel 11.1-15 Ephesians 3.14-end GOSPEL John 6.1-21

## **COLLECTS FOR JULY**

Sun 4 <sup>th</sup>	Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever. <b>Amen</b>
Sun 11 <sup>th</sup>	Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love towards you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. <b>Amen</b>

Sun 18<sup>th</sup> Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Sun 25<sup>th</sup> Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

### **SERVICES DURING JULY**

Sunday Services will be in Church **and** on Zoom for July

Sunday 4<sup>th</sup> St Mary's at 10am

Wednesday 7<sup>th</sup> St Andrew's at 11.30am

Sunday 11<sup>th</sup> St Andrew's at 10am

Wednesday 14<sup>th</sup> St Mary's at 11.30am

Sunday 18<sup>th</sup> St Mary's at 10am

Wednesday 21<sup>st</sup> St Andrew's at 11.30am

Sunday 25<sup>th</sup> St Andrew's at 10am

Wednesday 28<sup>th</sup> St Mary's at 11.30am

**THE DEADLINE FOR THE AUGUST ISSUE OF  
THE CRAYFISHER IS MONDAY 12 JULY. PLEASE HAVE  
YOUR CONTRIBUTIONS IN BY THIS DATE – ANYTHING  
RECEIVED AFTER THIS DATE WILL BE HELD OVER UNTIL  
THE NEXT ISSUE**

## **PARISH PRAYER GROUP**

We were delighted to meet together in Muriel's home in May. We continue to pray for all in need and now we can meet in person to do so.

## **FRIENDS OF ST MARY'S**

For further details contact Tony Lathey      01689 872742

## **SOCIAL EVENTS**

**AT ST ANDREW'S AND ST MARY'S IN 2021**

**We are hopeful that we can do some social events in 2021. WATCH THIS SPACE!**

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**CHECK OUT OUR WEBSITE**

[www.lowerroadallotments.org/](http://www.lowerroadallotments.org/)



### **WEDDING ANNOUNCEMENT**

We are all very pleased to say that our very own Vicky Bertoli and Josh Miller will be tying the knot at St Andrew's on 17 July. We wish them lots of love and happiness and many blessings for their new life together. God bless you both.

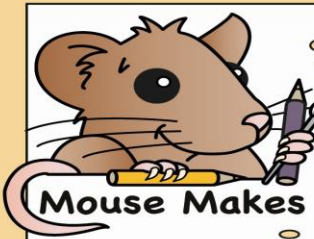
### **FOR THE YOUNG AND YOUNG AT HEART**

#### **SUDOKU PUZZLE SOLUTION**


How did you get on with last month's Sudoku Puzzle?

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

A PICTURE PARABLE AND A WORD SEARCH FOR YOU



**Mouse Makes**

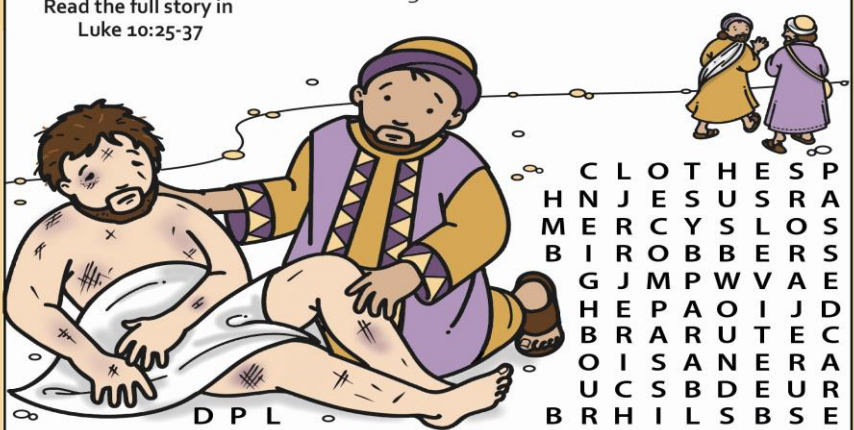


Read the full story in  
Luke 10:25-37

**The Parable of the Good Samaritan**  
A man asked Jesus "Who is my neighbour?"  
and Jesus replied with this parable:

A man was attacked by robbers, they tore his clothes, beat him and left him almost dead.  
A priest saw him but walked by on the other side.  
A Levite saw him but walked by on the other side.  
A Samaritan saw him and took pity on him, he poured oil and wine on his wounds and then bandaged them. He lifted the man onto his donkey, took him to an inn and cared for him.  
The next day he gave the innkeeper two denarii to look after the man until he returned.

Which of the three travellers do you think was the neighbour to the man who was attacked?



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

JESUS • PARABLE • JERUSALEM • JERICHO • JOURNEY • MAN • ROBBERS • SAW  
CLOTHES • DOWN • ROAD • PRIEST • PASSED • PLACE • SIDE • LEVITE • CARE  
GOOD • SAMARITAN • COMPASSION • BOUND • WOUNDS • POURED • OIL  
WINE • MERCY • INN • TWO • DENARI • REPAY • BACK • NEIGHBOUR • GO DO



**SOME REVIEWS OF BOOKS YOU  
MAY LIKE TO PURCHASE**

**More>Trust - giving our dreams to the trustworthy One**

**By Leah McFall, SPCK, £7.99**

Singer-songwriter Leah McFall explores how to trust God through our disappointments, risks and rewards in life.

What do you do when God calls you out of your comfort zone? Or into a dream that seems to fade away to nothing? How do we hold onto our faith when the ‘full life’ we were promised seems to fall short?

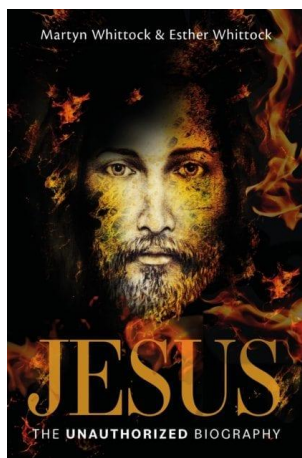
If you have ever wondered how to trust God when things aren’t going your way, or are looking for a practical alternative to Bible study to fit around a busy schedule, this could be the book for you. It will help strengthen your faith so that it is sure and steady enough to see you through whatever life might throw your way.

**MORE>**

*Trust*

Giving our dreams to the trustworthy one.

Leah McFall



**Jesus: the unauthorized biography**

**By Martyn Whittock and Esther Whittock,  
Lion Books, £10.99**

**Who was Jesus Christ, and how did He make such an astonishing impact that still resonates today?**

This book explores the evidence from the New Testament gospels, early church writings, the apocryphal gospels, Roman literature, and

archaeology, together providing a vivid portrait of Jesus' first-century Jewish cultural context.

As well as reviewing Jesus' life and claims, the book explains questions such as why He was at odds with religious authorities; the influence of Roman occupation; the interactions with contemporary resistance movements; and the prominent role of women in His disciple community.

### **QUEEN'S PLATINUM JUBILEE – A CELEBRATION OF FAITH AND SERVICE – SAVE THE DATE!**

A four-day Bank Holiday from 2-5 June 2022 will mark the Queen's Platinum Jubilee next year. This is an amazing opportunity to bring our communities together for the celebrations, which end on Pentecost Sunday.

HOPE Together, the Church of England, the Methodist Church, Biblica and other key partners are currently planning for the Queen's Platinum Jubilee, with a specially commissioned souvenir book for us to give away; a new anthem for communities and churches to sing; a '70 Acts of Service' community challenge for us to adapt to use together with churches and other organisations in our area, and lots of resources for children and schools.

Rachel Jordan-Wolf, HOPE's executive director said, "Churches are in an ideal place to bring communities together for national celebrations. We have the tables, chairs, crockery and PA systems – and we love making cakes!

"It is so appropriate that the nation and Commonwealth should be celebrating the Queen's Platinum Jubilee on the same weekend as Pentecost, the day when the church celebrates the gift of God's Holy Spirit."

The anointing of God's Holy Spirit was central to the Coronation and, in preparation for the day, The Queen prayed: 'Come, Holy Spirit, and daily increase in all of us, and in me, thy humble servant, thy manifold gifts of grace; the spirit of wisdom and understanding; the spirit of counsel and strength; the spirit of knowledge and true godliness, and fill us, O Lord, with the Spirit of thy holy fear, now and forever. Amen.'

The beautifully illustrated souvenir book to be published for the celebrations uses rarely seen prayers, which the Queen prayed in preparation for the Coronation, and highlights how God has answered those prayers over the past seven decades.

The 'Platinum Jubilee Celebration of Faith & Service' will build on the successful partnership facilitated by HOPE Together, which enabled local churches to bring their communities together for the Diamond Jubilee and the Queen's 90<sup>th</sup> birthday celebrations.

Over the next year HOPE will provide churches across the country with all the resources and ideas they need to run a great all-age community event that will celebrate the Queen's 70 years of faith and service.

We can plan to get our church involved, invite our community to the party, and round off the weekend with a special guest celebration service for Pentecost.

Find out more at [www.hopetogether.org.uk/jubilee](http://www.hopetogether.org.uk/jubilee)

## **QUOTES FOR JULY**

***The 3<sup>rd</sup> of July is the feast day of St Thomas, the doubting apostle....***

Here is a prayer even a non-believer can pray: "O Lord, if there is a Lord, save my soul, if I have a soul." - *Ernest Renan*

For I kept my heart from assenting to anything, fearing to fall headlong; but by hanging in suspense, I was the worse killed. - *St Augustine of Hippo*

***July is a time for visiting beautiful little country churches, and reflecting that....***

The name of Jesus is not so much written as ploughed into the history of the world. - *Ralph Waldo Emerson.*

Prayer is the rope up in the belfry; we pull it, and it rings the bell up in heaven. *C Evans*

Knowing God is your single greatest privilege as a Christian. - *Sinclair Ferguson*

The grave is but the threshold of eternity. - *Robert Southey*

***In the summer we have more time to spend with our loved ones and in relaxing...***

Sympathy is two hearts tugging at the same load. - *Anon*

If you have half a mind to turn on television, it is all you will need for many programmes. - *M De Haan*

A closed mouth gathers no foot. - *Anon*

It is what you do when you have nothing to do that reveals what you are. - *Anon*

### **SMILE-LINES**

***With holidays approaching, some of the following may strike a chord with some readers!***

Holiday: an all-expense tour

Holiday: something you take when you can't take what you've been taking any longer.

The older you get, the tougher it is to lose weight before you appear in a swimsuit, because by then your body and your fat are really good friends.

Why is it called tourist season if we can't shoot at them?

*Why don't sheep shrink when it rains?* (A question for anyone holidaying in the Lake District or Wales.)

If flying is so safe, why do they call the airport the 'terminal'?

Why didn't Noah swat those two mosquitoes when he had the chance?

I wonder how much deeper the ocean would be without sponges.



*All items in 'For the Young and Young at Heart' are courtesy of [www.parishpump.co.uk](http://www.parishpump.co.uk)*

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## **TRACING YOUR FAMILY HISTORY**

**C**hurch of England parish registers were first kept in 1538. But experts warn that it's difficult to trace your family history that far back. Records unfortunately were lost or destroyed during the Civil War and the Commonwealth. Unless you belong to the nobility your tree will likely start, at best, from the reign of Charles II (1660 – 1685).

In that case my Aunt Dorothy did remarkably well in the pre-internet 1970s to research the Dowlen family as far back as 1638. She traced them to be dwelling in mid-Sussex by the River Adur that runs 22 miles inland from Shoreham-on-Sea towards Burgess Hill and Ditchling. For many years I assumed that these Anglo-Saxon ancestors of mine lived off the land in agricultural or farming occupations. But when I delve a little deeper, I learn that the Sussex Weald wasn't simply farmsteads. There was chalk-quarrying (to make lime for builders); there were forges and furnaces (especially pig-iron); there were trades in brick, charcoal, timber and glass. So maybe my ancestors earned their living in one or more of those occupations.

The River Adur was an important commercial conduit. Steyning was a large Saxon port. So, my ancestors might have been shipbuilders? - or were employed loading cargoes on and off boats? Unless I can book a ride with Doctor Who for time travel in the Tardis my questions will never be answered!

***Jerry Dowlen***

## GOING PLACES

**T**his group is open to anyone from the parish, whether or not they attend church. Below is the itinerary for the rest of this year. If you'd like to come along, please contact Trevor Taylor (tel: 01689 828100; mobile 07960 318280; or email [trevor.j.taylor@hotmail.co.uk](mailto:trevor.j.taylor@hotmail.co.uk)), who can give you all the details.

**TUESDAY  
13 JULY** Lunch at Mosaic Café, Christchurch. 12 noon. Please make your own way there. R3 bus from Carlton Parade to Charterhouse Road. Bus stops almost outside the Church

**THURSDAY  
19 AUGUST** Lunch at Croft Tea Room, High Street, St Mary Cray. Meet at the Tea Room 12 noon.

**THURSDAY  
16 SEPT** Trip to Eltham Palace. Meet at Carlton Parade bus stop at 09.30.

**THURSDAY  
21 OCT** Trip to Ruxley Garden Centre. Meet at St Andrew's Church 10.00

**TUESDAY  
16 NOV** Lunch at Mosaic Café, Christchurch. 12 noon. Please make your own way there. R3 bus from Carlton Parade to Charterhouse Road. Bus stops almost outside the church.

**THURSDAY  
16 DEC** Christmas lunch at Croft Tea Room, High Street, St Mary Cray. Meet at the Tea Room 12 noon.





## **Funshine Club**

**Cray Valley Parish**

**Toddler Group**

Every Wednesday during term  
time

We meet in St Andrew's Church  
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Car parking in the church car  
park

**£1.00 per adult, Children free**

(Includes craft activity,  
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Enquiries to Sarah Rideout  
0794 1020724

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to see our weekly stories,  
other activities and catch-  
up details uploaded  
regularly. Looking forward  
to seeing everyone when  
we are able.**

## **HALL FOR HIRE**

**St Mary's Church  
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most days and  
evenings  
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time and school  
holidays.**

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***Sign-up now and start raising money for >St Mary's and St  
Andrew's Church <<***

## **GARDENING TIPS**

**C**ontinue to water runner beans peas and tomatoes regularly - pay special attention to tomatoes as irregular watering can result in fruit splitting. Use slug pellets sparingly in conjunction with grit and copper bands and check they are pet and child friendly.



Stake tomatoes as necessary and feed as soon as flowers appear - following instructions on packet for correct amount and regularity.

Continue to deadhead daily to prolong flowering on roses and other annuals and/or perennials.

Happy gardening.

***Rita McKay***

*Photo is my developing wildflower meadow*

## **POETRY CORNER**

### **YEW LIFE**

One lonely berry on the Yew tree sits.  
“Why leave me here?” he asks as the cool breeze hits.  
“I’m big and round, red and strong.  
Tell me what did I do wrong?”,  
The old tree said “you’ve been chosen to stay,  
To be big and strong then leap away,  
Down to the soft earth below  
Where you’ll put out roots for a new Yew to grow.”

***Joyce Oszvald***

## THERE'S ALWAYS A SILVER LINING

Some groan when they hear the words,  
'there's always a silver lining'.  
They'd rather return to normal life,  
it's for the status quo they're pining.  
There's a wealth of knowledge on the web,  
so why not delve into some learning,  
when you sort out the wheat from the chaff,  
it will help to stave off the yearning.

Everyone has something creative,  
deep inside and waiting to emerge.  
Don't have to be Picasso or Dickens,  
and of pleasure there could be a surge.  
So, don't groan when you hear the words,  
'there's always a silver lining',  
make the most of the daily lockdown,  
and try not to waste hours on pining.

*Geraldine Ann Ford*  
*April 2020*

An Acrostic Poem for '**ALLOTMENTS**'

All over Orpington allotments are flourishing,  
Lives are blooming as well as the flowers.  
Lockdown has given the veggies a chance  
Of proving 'growing our own' can fill up the hours.  
Treating ourselves to fruit off the stem,  
Mmm! Strawberries in scones such a gem.  
Earnestly digging up spuds down so deep,  
Nothing to beat finding more in the heap!  
Taking the family, grandchildren as well,  
Spending the hours under its spell!

Allotment people are so inspirational. Not only retired folk but young families recognising the importance of outdoors and the excitement of watching plants grow, and then eating them! There are 'allotments' at schools and the children are encouraged to tend the raised beds and eat their produce. Allotment members are concerned with biodiversity and may use a small plot for a meadow or communal orchard. Often there are beehives, a most important addition.

**Jackie Cook**



## **SPACES AVAILABLE NOW**

For Children Ages 2-5 years old

A variety of sessions available

**St Andrew's Church Hall  
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**Email: [rossys.rascals@outlook.com](mailto:rossys.rascals@outlook.com)**



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## Cray Valley Parish Fish 'N' Chips Group



Come and join us for our Fish 'N' Chips Group every fourth Wednesday of the month, 1pm at St Mary's Church Centre after our Midweek Eucharist and Healing Service at 11.30am which alternates between St Andrew's and St Mary's churches.

Dates:        Wednesday 28<sup>th</sup> July  
                  Wednesday 25<sup>th</sup> August  
                  Wednesday 22<sup>nd</sup> September  
                  Wednesday 27<sup>th</sup> October  
                  Wednesday 24<sup>th</sup> November  
                  Wednesday 22<sup>nd</sup> December

Price: £6.50 (Incl. Main Meal Fish and Chips with tea, coffee and cake or biscuits. To be paid for in advance)

**Please speak to Malcolm, Tony or Rosemary to book a space.**

***All are welcome***

## OUR PHYL

**O**ur Phyl was an amazing lady, a friend to all. She had grace and beauty, within and without. A kind heart. Very knowledgeable, thoughtful friendly, helpful and approachable. Very elegant, a proper lady. I met Phyl in St. Marys church nearly 30 years ago, and instantly befriended her because of her lovely nature and friendly presence.

I used to go to Phyl's house with some of her other friends, we used to have some lovely meals (and drinks) it was always such a joyous time when we got together.



Phyl became very friendly with everyone she met, especially Stephanie, Sofii and Stacey, who always sat behind her in church for the services. They had some lovely chats before and after the service. She loved them dearly and they loved her too.

Phyl was such a stalwart in our church here in St. Marys. Each year when we had our summer and Christmas Fayres she would help run a stall with her close friends Joan, Ross and Cathy, they were always so very successful. Phyl also took on leadership of the flower team, creating such beautiful

arrangements especially for special occasions like Christmas, Easter, Pentecost, Harvest Festival and weddings and special birthdays.

She dedicated so much of her time, creativity, love and support to St. Marys and to us the congregation.

Phyl, thank you so much for your love and support you always gave us. We will miss you so much, but you will remain in our hearts always.

***Bridget***

## THANKS TO ALL KNITTERS

I would like to thank all the knitters who have been supporting King's College Hospital in their hat knitting campaign. We still require hats but would now also like to ask for knitted squares for the babies. These squares can be put in the cots next to the baby with breast milk on them so that they feel close to their mothers when separated. The knitting pattern is below.

### ABBREVIATIONS

k = knit

k2tog = knit 2 together

st(s) = stitch(es)

yo = yarn over

Cast on 5 stitches. Knit 1 row.

Next row Knit 3, yo, k 2.

Next row Knit 3, yo, k 3.

Next row Knit 3, yo, knit to end.

Repeat last row until the sides measure 10cm.

Next Decrease Row Knit 2, k2tog, yo, k2tog, k to end.

Repeat last row until there are 7 stitches on needle.

Next Decrease Row Knit 2, k2tog, k2tog, k to end.

Bind off remaining 5 stitches.



*Photo of squares knitted by Myra. You can see they are knitted starting at a corner so increase and decrease like a diamond.*

***Best wishes  
Tracey MacCormack***