



St Mark's Parish Magazine

July 2020

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Your Views & Contributions

Next issue will be available from Sunday 2 August 2020

All contributions to the editor by Monday 20 July 2020

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LETTER FROM THE VICAR

Dear Friends,

Usually in the July magazine I write about being refreshed by summer holidays, a break from normal routine and travel to faraway places. In past editions of the magazine we have drawn attention to climate change as the biggest issue facing the world, and emphasized the contributions we each can make on our own and together as a church. Last July, even the people of Wuhan had no idea that a pandemic was to become the most concerning worldwide issue of our time.



As we mourn those who have already died, and our long-term concern for the climate continues, we are now working together to minimize the spread of the Covid-19 virus. Some of us are experiencing the most severe break from our normal routine in living memory. Our plans for this year may be in tatters. Travel to faraway places has all but ceased. Churches are closed: public worship has moved online to Zoom, YouTube and other means. We are seeing just how creative people can be when faced with a new challenge.

People have quickly learned the norms of social distancing whilst helping each other: caring at a distance. We give thanks to those helping us, and the opportunity – if appropriate – for us to help others. Let us all encourage one another as we continue to face levels of social isolation undreamt until this year. Let us all look forward to those days when they come: when we once again meet freely with our families and friends and worship in our churches together.

Let us celebrate the key workers in our NHS, social services and care homes, and in science and engineering: working hard to find new ways to protect people from the virus. May they be inspired by the Holy Spirit in their endeavours.

In the meantime, we pray that we may be refreshed by the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Especially we pray for patience as we wait over the long term for an effective vaccine to emerge and to be distributed to all.

May you receive the comfort of knowing that – throughout this crisis – you are loved and cherished by our Lord and held in the thoughts of many who cannot yet meet with you.

With every blessing.

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

Howzat!!

It was my first days in my first District, so I was still prone to go by the book. It was a small investigation, but I had insisted that an interview was necessary to settle it. To show co-operation I agreed to an interview at 8.00am so that this senior partner of a small City Firm of accountants could get a full day's work in.

He had a tanned, open relaxed face, a warm smile and his handshake was firm. He commented on the current Test Match and I confessed to playing the game. The ice was broken. Turning to the case he named the sum which he said I would be expecting to settle on. He was right on the button. No need for persuasion here. He signed the papers. The whole thing was over in about fifteen minutes and he reverted to cricket.

He too used to open the innings "to take the shine off the ball," he said modestly. Sometimes he scored some runs too. Once, in a Sunday match, he had achieved seventy including a six out of the ground, of which he was clearly very proud. He had lost sight of the ball against the grey background of houses but had faintly heard the tinkle of breaking glass. They continued with another ball and when he was out, he decided to call at the house where the ball had gone, to claim it. He worked out how to identify the house and set off wondering whether he was to face the angry owner of a greenhouse with smashed roof and broken plants. However, when he rang the bell there was no response. He then noticed the door was ajar. Tentatively he entered. There was no one on the ground floor. "Anyone at Home!" He thought he identified a voice from upstairs and went up.

The bedroom window faced the door so the first thing he saw when he entered was the sun slanting in through a large broken windowpane. The ball was lying on the bed. Then his attention turned to the woman propped up in bed with pillows, wearing the pallor of a long illness. He crunched on broken glass spread everywhere, including the bed. "Come in", she said.

He began to stammer his apologies for the broken window, but she cut him off by saying that for her it had been the most exciting day for many years. She had him draw up a chair and tell her what the score was and how many runs he had made. It turned out she was a strong supporter of Kent and listened to all the Test Matches on her radio. When a game was on in the adjoining field she lay and listened, frustrated that she knew no details but from the crack of leather on willow she drew on memories of when she was young and herself played cricket and also Stool Ball locally. He found a broom and cleared away the glass and promised that first thing tomorrow he would contact a local glazier to make the repair. He had to get back to field after tea, which he had now missed.

On Monday evening he went back to ensure the window had been repaired and it became his habit to visit the old lady in the evening most weeks. She began ordering a newspaper and he believed this was to give her topics to chat about. This lasted for about two years till she died.

He missed his weekly chats and turned to a London hospital which often catered for foreigners taken ill whilst here. He would wander round the wards and strike up chats sometimes in sign language, with the intention of relieving the isolation so many felt. He had been doing this for twenty years. He insisted he was the beneficiary gaining an interest in other people's lives and an understanding of so many types of interesting people he would otherwise not have met. He was doing this still.

He had to dash for his train.

His story kept intruding in my work throughout that day, and I found myself working late. I was so impressed that someone, especially after his playing life was over should devote himself to those in need. He had visited every week. An accountant! I ask you! Obviously, he was not very good at passing by on the other side.

Harry Ingram

Graham Williams Decorating

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News from the Church of England

New taskforce set up to tackle racism

It has been announced that a new commission is to be set up to drive forward 'bold changes' to ensure racial equality in the Church of England, following a series of reports and recommendations.

The House of Bishops has voted to back the creation of the Archbishops' Racism Action Commission to start work early next year in order to implement 'significant cultural and structural' change within the Church of England on race. The commission would also monitor progress in implementing change.

Preparatory work ahead of the launch of the commission will be carried out by a Task Force, the House of Bishops said, as part of a 'zero tolerance' approach to tackling racism within the Church.

The bishops said they wanted to make clear that swift action was needed to ensure change after a series of reports on racial justice and equality in the Church of England, including recommendations on action to combat racism.

In spite of previous reports and apologies for racism within the Church of England, there has been 'insufficient' progress towards racial justice, equality and inclusion, the bishops said.

'For the Church to be a credible voice in calling for change across the world, we must now ensure that apologies and lament are accompanied by swift actions leading to real change,' the bishops noted.

The announcement comes after the General Synod voted in February to apologise for racism experienced by black and minority ethnic people in the Church of England since the arrival of the Windrush Generation.

Speaking to the General Synod, the Archbishop of Canterbury, Justin Welby, said there was 'no doubt' that the Church of England was still 'deeply institutionally racist'.

In the vote today, the bishops of the Church of England also backed reiterating an apology issued in 2006 by the General Synod for the Church of England's role in the slave trade.

Article taken directly from: <https://www.churchofengland.org/more/media-centre/news/new-task-force-ensure-action-over-racism-church-england>

Environmental News

Unfashionable?

Out of fashion

The creative director of Gucci – one of the world's biggest clothing brands, with revenues of about £8.3bn a year – has declared that the ritual of launching new haute couture collections for every season is "worn out" and unsustainable – and that, in future, the label will hold just two (down from five) events.

In a blog explaining this potentially revolutionary decision, Alessandro Michele mused that the industry had become excessive. "We conceived ourselves as separated from nature, we felt cunning and almighty," he said. "We usurped nature, we dominated and wounded it. We incited Prometheus, and buried Pan. So much haughtiness made us lose our sisterhood with the butterflies, the flowers, the trees and the roots. So much outrageous greed made us lose the harmony and the care, the connection and the belonging".

These statements have given me a great deal to think about. Although the second part is said to explain the decision to cut down fashion launches, I am not at all sure that I understand that, nor the precise reason for the apparent deep feelings of error and guilt which dominate this confession.

Take the first part. Apparently, this creative fashion industry considers that its success in launching new fashions has put it in a dominating position. It could do as it liked. Evidently it had captive custom, so much so that it could change direction five times a year and still its new models would sell. The consequence of this would have been ever increasing sales; ever increasing discard of past models by the trade and by customers hypnotised by the desire to stay with fashion.

It had created (excessive?) demand in the industry and it could not fail. It had taken itself above the natural requirements of normal demand and supply.

Perhaps something has changed there. He says the industry had become "unsustainable." In economic terms I do not understand him. After all what he had achieved in market control and level of demand for his products would have been the envy of most producers.

Milan, Lombardy was the epicentre of the Italian coronavirus pandemic. Maybe his research tells him that the effects of coronavirus will be a steep fall in demand and he is simply responding to that.

However, that hardly explains his evident concern for his past influence on the environment. That can have nothing to do with the virus which came from China. Then again maybe he is drawing a parallel for fashion with the effects of the demand for wild animals for human consumption; the totally indecent treatment of animals. (And there we might perhaps have the humility to consider our treatment of chicken and pigs, which is also dangerous. We shall certainly have to when we consider trading terms with the US).

Perhaps he sees the excessive demand and sky-high output of the fashion industry, of which he is but a small part, as an instrument in the destruction of the natural environment. He recognises that it is his command of fashion which lies behind that great demand ever requiring more raw materials and carbon to fuel its transport. Perhaps he is thinking more widely of the total basis on which our systems require ever increasing output to generate more and more profit. Perhaps he thinks we are constantly producing things we do not need thereby imposing unnecessary costs and the burning of carbon.

Of course, fashion in clothing is but a small part of the standards by which we live our lives. The demand for frequent holidays abroad dominates so much (and yet for many, so little) of the standard of living not only in the UK but throughout the rest of the world too. This, through the aircraft industry, puts massive injections of carbon directly into the atmosphere. Similarly, with the demand for an up to date car every three (or is it now four) years which means that we want the new model long before the old is worn out. I guess he would also call that excessive demand. Such demand is not necessarily natural. It takes a lot of expensive advertising to teach us that we have these needs and wants.

The world as we know it is now founded on such values. A cut in Gucci will be accompanied by less bought from the sweat shops of the Far East, and the East End. What are those people to do? Theirs is as serious a problem as it is for the large numbers being laid off in the aviation industry, not to mention the level of general unemployment in the period of deep recession which the bankers promise us.

It is perfectly true that if governments can hold their collective nerves (is there such a thing?) then demand can be re-awakened and economic recovery effected. But if that only leads back to the pre-virus state of affairs, then we shall never achieve the target of nil carbon use by 2050 (2035 for the EU). By now we should understand what that implies.

It is easy to say that we cannot achieve nil carbon use by 2050. It is even easier to say that the requirement that we should change our values to achieve nil carbon use is totally unrealistic or an invention of the left. We can all behave like junkies desperate for the next fix. Change is painful. However, it is the case that many governments, including our own, have signed up to the target of nil carbon use by 2050 (EU 2035), so presumably they understand the need. Though the third runway for Heathrow

suggests, for example, some have not made a connection between carbon use and other government policy.

Furthermore, in times of total war populations have accepted the need to go without their favourite wants. Recently they have accepted "lock down". In the end it is a choice with no choice. Either we take action to do without burning carbon or within quite a short time we shall be unable to cope with the climate change which will be self-fuelling and travel, fashion, motor cars and all the rest, will fail anyway.

Of course, much of the economic recovery world-wide must come in traditional industries and services. It is for governments to guide us firmly away from carbon use. They will need to introduce inducements, controls and directives.

We know now that we have to be aware of the dangers from pandemics and be prepared for them. Actually, we knew that before at government level and we did little. Will the same be true for carbon use and economic recovery? Already some are saying that carbon capture techniques (like the vaccine) will save us. Yet such techniques capable of the required volumes have not yet been invented. So, as yet this is just another diversionary tactic.

Alternatively, we might listen to climate scientists, David Attenborough and others, and regain **"the harmony and the care, the connection and the belonging"**, which we so desperately need so we can live reasonably with nature?



Digital rise for seniors

Over 65s are twice as likely to be shopping online compared to a year ago and since lockdown the number using online banking has risen.

<https://www.telegraph.co.uk/news/2020/05/13/savvy-isolated-seniors-ride-new-technology-wave-lockdown/>

Plastic Free Future

Plastic Free July is a global movement to help reduce plastic pollution and help encourage millions of people to clean up the streets, oceans and beautiful communities.

The challenge invites us to reduce our single use plastic for the month of July. To recognise this challenge and think about how to eradicate plastic use in the future, we look at 5 materials which could be a mainstream replacement for plastic going forward.

Bamboo – bamboo is a very versatile material and the rate it grows means it can be produced at scale. It is already being used in plates and cutlery, toothbrushes and clothes. The company BAM clothing uses bamboo to make its clothes.

Beeswax – used to replace cling film as a food wrap, we've mentioned the benefits of beeswax wraps before in the magazine.

Paper – supermarkets have been quick to replace their plastic fruit and veg bags and offer paper shopping bags. It is also a good choice for gift wrap, avoid those which contain plastic for a more environmentally friendly gift. Paper can be moulded and is biodegradable. Unfortunately, it is not water resistant and can have an environmental impact if not sourced responsibly.

Corn-starch – classified as a bioplastic, it can be used to make compostable coffee pods, it can be moulded and has more applications such as nappy bags, cups and cutlery.

Seaweed – we mentioned seaweed last month as a future superhero. A company called Notpla is making packaging from Seaweed and other plants particularly for the food industry. Items such as sauce sachets and takeaway boxes.

For ways to get involved Google 'plastic free July'.

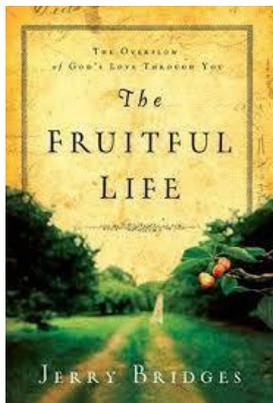
Further reading:

<https://www.notpla.com/>

<https://www.plasticfreejuly.org/>

Book Review

This month we review: The Fruitful Life



Jerry Bridges has written an accessible, thoroughly Biblical guide to the fruits of the Spirit, based on Galatians 5:22-23. Full of practical application and Scripturally saturated, "The Fruitful Life" is a must-read. As Bridges states in the Introduction, a healthy life is a fruitful life. This book, the content of which is mostly derived from his earlier book "The Practice of Godliness", is a wonderful tool to that end.

I loved the emphasis throughout that producing spiritual fruit is not something that we can do ourselves, it's something we must allow the Spirit to do through us. We can't manufacture or self-generate these characteristics, nor can we take pride in them. Yet we still have a responsibility. Bridges uses the term "garments of grace" to describe that, although God is the source, we must actively "put on" these character traits like garments. What a beautiful word picture! The fruit of the Spirit is also relational, having an outward focus toward other people, not just an inward, personal spiritual focus. It flows to us from our union with Christ and beyond us to bring us into fellowship with others.

The first chapter begins by examining how each of the traits listed in Galatians is cultivated through devotion to Christ and conformity to His character. The second chapter is one of the best, discussing our devotion to God in terms of a triangle with the two points at the base representing the fear of God and love for God while the apex represents the desire for God. These are the three essential elements of devotion. Bridges' explanation of the biblical concept of the fear of God is superb. The third chapter is another favourite of mine. It addresses humility. Although not one of the nine fruits, humility is essential. It opens the way for all the other godly character traits, it is the soil in which they grow.

The fourth through to the eleventh chapters each examine one of the nine fruits of the Spirit listed in Galatians 5.22-23: love, joy, peace, patience, kindness and goodness, faithfulness, gentleness, and self-control. The final chapter, titled "Seeking a Deeper Devotion", revisits devotion to God as the only acceptable motive for actions that are pleasing to God, and what we can do to develop and grow this fruit even further in our lives. Praying for growth, meditating on God's word, worshiping God, and fellowship with God through "quiet time" are essential. The three essential elements of devotion discussed in the second chapter are revisited. We must strive to grow equally in these three areas, or we risk becoming unbalanced in our devotion to God, emphasizing fear

of God or love of God to the extreme. Balance is crucial, along with vital dependence on the Holy Spirit. Bridges closes by explaining that there is another area of life that is key. It's not an activity, but an attitude of life: obedience to the will of God. He calls this "the ultimate test", the only true response to His love for us. Do we earnestly desire to obey His commands?

Each chapter ends with questions for discussion and personal application, as well as Scriptures for meditation. This book is ideal for a group study or to use in personal devotions. Jerry Bridges has a true gift for expressing Biblical truth in an accessible, applicable way. I'll be revisiting this book in my personal devotions and taking more time to meditate on the Scriptures he provides throughout.

Book Review written by Kara on

https://www.goodreads.com/book/show/247918.The_Fruitful_Life

Funnies

A married couple were arguing who is making the coffee, the wife said that in the Bible it says that men should make the coffee and the husband asked her where it said that. The wife opened the Bible and said: "Right here in HEBREWS!"

Q Did you know that they had automobiles in Jesus' time?

A: Yes, the Bible says that the disciples were all of one Accord.

Johnny had been misbehaving and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer. "Fine", said the pleased mother.

"If you ask God to help you not misbehave, He will help you." "Oh, I didn't ask Him to help me not misbehave," said Johnny. "I asked Him to help you put up with me."

As the storm raged, the captain realised his ship was sinking fast. He called out, "Anyone here know how to pray?" One man stepped forward. "Aye, Captain, I know how to pray." "Good," said the captain, "you pray while the rest of us put on our life jackets – we're one short."

Jokes from: <http://dailyheadline.com/7-clean-christian-jokes-thatll-definitely-make-you-laugh/>

Letter to the Editor

My youngest grandchild goes by the name of Charlie and is now 15 years old but at the time of his Christening as a baby the following was read out:

"In all the world there is nobody like you.
Since the beginning of time there has never been another person like you.
Nobody has your smile, your hands, your hair.
Nobody owns your handwriting, your voice. You're special.
Nobody can paint your brush strokes.
Nobody has your taste for food or music or dance or art.
Nobody in the universe sees things as you do.

In all time there has never been anyone who laughs in exactly your way, and what makes you laugh or cry or think may have a totally different response in another – so you're special. You are different from any other person who has lived in the history of the universe. You are the only one in the whole creation who has your set of abilities.

There is always someone who is better at one thing or another. Every person is your superior in at least one way. Nobody in the universe can reach the quality of the combination of your talents or your feelings. Like a roomful of musical instruments some might excel in one way or another, but nobody can match the symphonic sound when all are played together. Your symphony. Through all eternity no one will ever walk, talk, think or do exactly like you. You're special. You're rare and in all rarity, there is enormous value and because of your great value the need for you to imitate anyone else is absolutely wrong. You're special and it is no accident that you are. Please realise that God made you for a special purpose. He has a job for you to do that nobody else can do as well as you can. Out of billions of applicants only one is qualified. Only one has the unique and right combination of what it takes and that one is you. You're special."

Since that Christening I have found that this uniqueness of every individual is true with animals just as it is with humans. I was once taken to a pig farm of some 900 pigs. I had thought they would all look the same, but no, they were all different. I say "Vive le difference!" We older ones may have much less time than Charlie to do what is special for us but we are all unique in our own way and we can glory in that, while at the same time doing our best to understand, appreciate and help those other unique people we meet day by day.

The Ultimate Picnic Basket

As we move into July, the height of summer, we enter National Picnic Month. The aim of the celebration is to make the most of the warmer weather and great outdoors. Whilst we have been blessed with fantastic sunshine in May and June, we can still take this opportunity to consider the ultimate picnic selection.



Quiche – easy to eat with your hands has to be the number 1 requirement for a picnic and quiche is a perfect package. The variety of flavours from broccoli and stilton to the classic Quiche Lorraine, it feels like the epitome of al fresco eating.

Pork pies – with a selection of delis to choose from locally a pork pie is a delicious addition to a picnic.

Cheese selection, cooked hams and baguette – forget a boring curly sandwich, crusty bread with a selection of high-quality cheese and prosciutto is a taste sensation.

Savoury muffins – there are some great recipes so here is one you can make yourself ahead of time and freeze. Ham and cheese or courgette and cheese. These are perfect and the less obvious choice.

Salads – potato salad or a tabbouleh can be a lovely addition to a picnic although be warned they can be a bit messy and fiddly. Fruit salad is also a lovely fresh choice, particularly popular with little ones.

Mini cheesecake – this is for the crème de la crème of picnics. Available at M&S, it's not just any picnic, it is an M&S picnic. This really does move your picnic into the premier league.

Prosecco – well I don't mind if I do. Don't forget the ice packs for this one, it has to be properly chilled. Nothing says luxury like a little tittle on a summer's day. Feel free to switch this out with G&T or Pimms if that is your preference.

If you are going for a picnic this month, send your photos to the magazine and we can share them next month. Give us your top tips on the best places to enjoy your fine fare as you get out and about this month. We'd love to hear from you magazine@stmarksreigate.co.uk

Reader recipes

Gingernut Biscuits

Ingredients:-

- 100g self-raising flour
- 1 level tsp bicarbonate of soda
- 2 tsp ground ginger
- 40g caster sugar
- 50g unsalted butter melted
- 2 tbsp golden syrup



Method:-

1. Oven - preheat to gas 5, 190°C or 170°C fan
2. Line 2 large baking sheets
3. Sieve dry ingredients into a bowl, add melted butter & syrup. Stir until mixture comes together to a firm and soft dough.
4. Cut dough in half, cut each of these into 8. Roll each portion into a ball & place well apart on baking tray & flatten slightly.
5. Bake for 12-14 mins until golden brown & cracked on top. Leave for 10 mins to firm up on tray before transferring to a wire rack to cool

Can be stored for a week or frozen.

This recipe has kindly been sent in by Shona Prosser, thank you to Shona. We would really like to hear from you with your favourite recipes. It really can be anything. Please email them to magazine@stmarksreigate.co.uk.

Candlemouse Returns

Another Tale about a Church Mouse for younger readers

Written by Sarah Cousins and illustrated by Roger Lloyd

Bread and Wine

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

I'm such a nosy, curious mouse that I just have to find out what's going on. Each week on a Sunday morning something extraordinary happens in our church. God's family meet for a special meal in church called ***Holy Communion*** or ***the Lord's Supper***.

The meal is very simple, a small piece of bread or wafer and one sip of wine. Just right for a little mouse I thought but it is also just right for everyone who comes for the meal. When I watch people sharing this meal some are happy and some are quiet and thoughtful.

The bread makes them think of Jesus eating his last meal with his friends. He told his friends that the bread is to remind them of him dying for them. Jesus told them that the wine is a reminder of his blood shed for many people for the forgiveness of all their mistakes, selfishness and wrong-doing.

The lovely thing about eating the bread and drinking the wine is that God's love and welcome stay with us to help us when we finish Communion and go out of the church.

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



Let's pray

Me: "Dear God,

I can't afford to come to your table just yet.

My sorry body and soul are clogged with appetites that have run away with me.

My eyes and ears are oblivious from electronic overload,

my mouth dried out with false promises made from a fattened heart that wanted no part of your generous giving

and my stomach is sick to the core with greed, self-centredness and sad mistakes.

It's going to cost to put things right."

God: "Dear Child you are invited to a banquet where the meal is paid for by my Son's life.

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price."

Puzzles

Sudoku

July Puzzle

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

June Solution

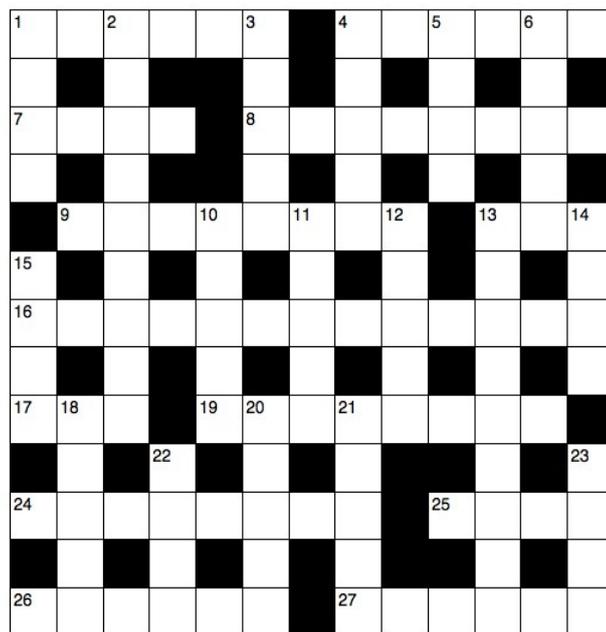
1	5	8	4	3	7	6	9	2
7	2	9	1	8	6	4	5	3
4	3	6	5	2	9	1	7	8
3	7	4	8	1	2	5	6	9
8	9	2	6	7	5	3	4	1
5	6	1	3	9	4	8	2	7
6	1	7	9	4	8	2	3	5
2	8	5	7	6	3	9	1	4
9	4	3	2	5	1	7	8	6

July Crossword

Biblical references are from the New International Version

Across

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



Down

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

ANSWERS

Across

1 Care 3 Paradise 8 Null 9 Profaned 11 Legalistic 14 Closed 15 Stores 17 Missionary
 20 Covenant 21 Thai 22 Trade-off 23 Eden

Down

1 Conflict 2 Religion 4 Arrest 5 Affliction 6 Iona 7 Eddy 10 Allegiance 12 Preached
 13 Assyrian 16 A son of 18 Scot 19 DVLA

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