

St Mark's Parish Magazine
April 2021

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In this month's issue

Letter from the Vicar	Page 2
National Garden Week	Page 3
Stop food waste day 2021	Page 4
Fundraising	Page 6
News from the Church of England	Page 8
Environmental News	Page 9
A Church Youth Club	Page 12
Book review	Page 16
Reader Recipes	Page 17
Puzzles	Page 18

Your Views & Contributions

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LETTER FROM THE VICAR

Dear Friends,

The light that pierces the darkness



There is no doubt, after a year of the Coronavirus, that we have become more closely acquainted with death. Many of us have lost loved ones, and only a very few of us have come through the year without experiencing the loss of someone, perhaps a friend or neighbour or colleague.

As a result we have come to know what most of the generations before us knew all their lives – that the shadow of death is always close at hand, and that the light of faith shines all the more brightly in such a shadowed world. We believe in a living God who knows what it is to die, and so the death that surrounds us does not have the victory.

In chapter 15 of his first letter to the Corinthians, St Paul points to the heart of our faith – indeed he literally nails it; it is the death of Jesus on the cross, and what happened after:

“Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain... For if the dead are not raised, then Christ has not been raised. If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. If for this life only we have hoped in Christ, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died. For since death came through a human being, the resurrection of the dead has also come through a human being; for as all die in Adam, so all will be made alive in Christ.”

I wish you a blessed Easter, and I pray that the Gospel of the Resurrection may bless and comfort you always, and especially in any darkness that may have touched your own life in this past year. May the risen, living Christ – the light that pierces the darkness – be close to you, always.

With my best wishes

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

National Garden Week

This month we celebrate National Garden Week, this annual event will take place between 26th April and 2nd May this year. The aim is to encourage everyone to enjoy gardening and the benefits which plants can bring.

Sponsored by the Royal Horticultural Society, you may see activities and events taking place at RHS Wisley (subject to restrictions) but to celebrate this year we are looking at 5 ways to improve your garden for wildlife and biodiversity.

1. Plant wildflowers – use window boxes or a space in your borders to plant wildflowers, these are particularly attractive for bees and other insects as they provide pollen. They also look beautiful.
2. Give the birds a home – putting up bird boxes and bird feeders will attract a beautiful selection of birds to your garden. It can be a joy to hear them singing and to watch them flying into your garden, working out your chaffinch from your great tits.
3. Take a break from mowing the lawn – it can seem endless in summer, having to cut the lawn every 5 minutes. Well you now have a great excuse to leave it. Long grass is a great home for many insects so feel free to leave a patch to grow. It will cut the time it takes to cut and help the smallest of creatures.
4. Composting – creating a compost has many benefits, not only does it help lock away carbon from food waste, help put nutrients back into the soil, it is also a fantastic home and food source for small creatures and insects. It is a complete winner, although to keep rats out of your garden only put raw food in it.
5. Build habitats and they will come – create insect hotels, water features and log piles to attract wildlife into your garden, although make sure you have a hole in your fence for bigger animals such as hedgehogs to get through into your garden.



Small changes can make a big difference and inviting new creatures into your garden can be a joy. Remember the ore and wonder as a child hunting for mini beasts and spotting beautiful birds. Recapture it this Spring.

Stop Food Waste Day 2021

28 April this year will recognise Stop Food Waste Day, an international awareness day with the mission to draw attention to the problem of global food waste whilst giving ideas on how to combat it.

Globally one third of all food produced globally is lost or wasted each year, in the UK alone 4.5 million tonnes of food is wasted¹. Although this number has reduced in lockdown, it is hard to believe so much of our food ends up in the general waste and if it is lucky as compost or turned into biogas.

The definition of food waste is food which was fit for human consumption but which wasn't eaten, whether that is because it was discarded due to aesthetic reasons, over supply or simply the food we throw away each day in our homes.²

So what is the big deal?

Well if like my grandmother you are a firm believer in the old saying; 'waste not, want not' then the thought of wasting food will upset you but it has some big implications for our Earth and the people on it.

Food waste contributes to greenhouse gas emissions. For example, 80 million pints of milk are wasted in Britain, each year³ which is the highest cause of greenhouse gas emissions compared to other food but all food which isn't disposed of correctly is contributing to global warming. If food waste was a country, it would be the third largest emitter of greenhouse gases behind the US and China⁴.

80 million pints of milk are wasted in Britain, each year

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Furthermore, it is hard to stomach this level of food wastage when on the other end of the scale, the Global Hunger Index shows that large parts of Africa and South Asia are suffering from serious and alarming rates of hunger with children particularly suffering with high levels of mortality, children wasting away and having stunted growth and development.

Distribution of food needs to be better managed but supply and demand means developed countries pay the highest prices to ship food around the world and the types of food we demand are impacting the eco-system only for them to be wasted. As a result soil is being lost 100 times faster than it is forming, one of the big causes of this is sugar production, the UK alone produces 4x more sugar than the recommended daily

intake suggests we should eat and it is responsible for 10% of the UK's annual topsoil loss⁵. Ultimately, the less we buy, the less agriculture required, the less impact on our environment.

So what can we do about it?

There are a number of organisations fighting to reduce our food waste and here is a round-up of their top tips:

Plan – creating a meal planner and only buying what is on the plan is a quick and easy way to reduce food waste.



Batch cooking – this can work for an individual or a family. Cook up several meals in advance, then create portions which can then be frozen. Make sure you label and date them and use up the oldest first.



Love stale bread – bread is one of the most wasted food (along with milk) so find some great bread recipes such as bread pudding or making breadcrumbs. The Friends of the Earth website has 40 recipes just for stale bread!

Make fermented foods with leftovers – use left-over vegetables to make some interesting and new foods to try such as Kimichi.



Make beauty products from leftovers – the Love Food, Hate Waste website has some interesting ways to use leftover food to make face scrubs, bath milk and moisturiser as well as others.

And if you really have to throw food away, use your food caddy or create compost to make sure the waste doesn't end up in landfill but instead nourishes the soil or creates green energy.

Sources:

- 1 – Stopfoodwasteday.com
- 2 – friendsoftheearth.uk
- 3 - Feedbackglobal.org
- 4- bbc.co.uk
- 5 – feedbackglobal.org
- 6 – Lovefoodhatewaste.com

Fundraising

SMOAT

Kaloko Trust, Zambia

Installation of roof at Minkwempe Community School

Too many primary school children in rural Zambia either have no local school to attend or have to take their classes in temporary buildings or outside under trees. Kaloko Trust, together with local communities, is working to improve the situation of primary schools in the Copperbelt Province, Zambia and has in the past seven years been involved in building fifteen classrooms and eight teachers' houses at five community schools.

The community of Minkwempe is a remote, rural community of approximately 200 people across 30 households. Most people support themselves through small-scale agriculture, and there are a number of families caring for children orphaned by HIV/AIDS. Community members banded together to organise the establishment of a community school and Parent Teacher Association. Initially, the community built a shelter with branches to house the school, followed by a small brick-built room. Parents pay teachers' salaries.

Over the past few years, the numbers of students has gradually risen. Children travel from up to 4km away outside the community to attend the school. There are now 150 girls and 100 boys attending. To accommodate the students, lessons are taught in two sessions – morning and afternoon. Up to three grades are mixed in together to enable all children to be taught by the teachers.

The structures built to start the school now provide an inadequate teaching and learning environment, particularly during the rainy season that runs from November to March. Pupils are crowded in and have no shelter from the elements. Logs are used for seating and an old piece of chipboard serves as a blackboard.



The current classroom 'shelter'



The children have no shelter from the elements. Kaloko Trust has implemented its Safe Water project in Minkwempe, installing a borehole to provide clean water for the community. This has led to a drop in the incidence of water-borne disease locally, and provided a source of clean water for community members and those children coming to Minkwempe to attend school.

The community has worked with the PTA to organise a building project to construct new classrooms to house the school, investing in materials and providing labour to make bricks and design and construct classrooms. The borehole at Minkwempe has speeded up the brick making process and the community has successfully completed the construction of the walls.

The Government has committed to providing teachers to community schools if the schools meet certain conditions. As such, an investment in a permanent classroom structure has the ability to catalyse Government support, including provision of qualified teachers.

Kaloko Trust's goal is to improve children's access to, and the quality of, education in Minkwempe Community, through the provision of a roof for the school. If this happens, 250 children will benefit from improved quality of education using two new permanent classrooms; school attendance will rise during the rainy season through the provision of adequate shelter; also they will also be able to catalyse government engagement and support for the school.

To this end, SMOAT sent £1,635 to them in November 2020 and they are hoping to start work on the roof in March 2021, when the rainy season has passed.

Kaloko Trust Zambia (KTZ) will be responsible for the community mobilisation work, sourcing materials, supervision of works including confirming the completion of the building work being undertaken by the PTA and other community contributions.

The Director of Kaloko UK makes regular visits to the projects in Zambia and checks on both reporting (narrative and financial) as well as monitoring the activities in the field and talking to project participants and beneficiaries. As a result, SMOAT receives reliable reports and photographs from the project.

We are delighted to be able to support this project and we would not have been able to fund projects over the last year had it not been for our regular givers. We rely on the money that reaches our account on a regular basis and this has never been more noticeable and necessary than during a time when we haven't been able to hold the fund raising events we would have liked.

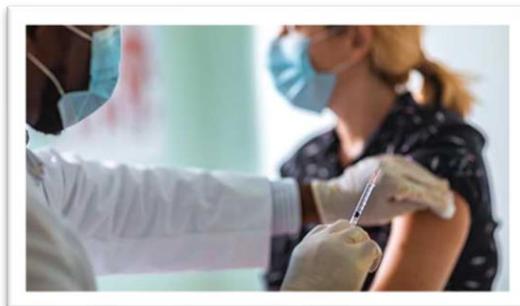
Thank you once again for your continued support.

Barbara Perkins

News from the Church of England

VaccinAid campaign to 'Give the World a Shot' – a practical way to give thanks for Covid-19 vaccine.

The Church of England is supporting the 'VaccinAid' campaign, led by Unicef UK, which aims to help fund the biggest vaccination drive in history.



The campaign aims to help fund almost two billion Covid-19 vaccines for health workers and the most high risk and vulnerable people on our planet. The money raised will also help UNICEF provide tests and treatments to people in 190 countries around the world through the global COVAX initiative.

The Archbishop of Canterbury, Justin Welby, encouraged people and congregations to donate and to spread the word in the community, as a practical demonstration of Jesus's command to love our neighbour.

Local churches are being encouraged to join the campaign which launched mid-March. It has been developed in just a few weeks following a meeting convened by Archbishop Justin with faith leaders, Government and NGOs to discuss how people in the UK could do something practical in response to the real sense of gratitude they have felt as they and their loved-ones receive their vaccines.

Archbishop Justin said: "The Covid-19 crisis has had a profound impact on people here and around the world, but vaccines offer the hope of a brighter future. I'm delighted that churches and other faith groups in the UK are supporting the VaccinAid campaign.

"There is no better way to show our deep gratitude for the gifts of science and medicine than making sure vulnerable people around the world are also given a shot."

"At the heart of the Christian faith is Christ's call to love our neighbour: keeping one another safe from this terrible disease is part of living that out. I encourage people to donate whatever they can, so we can build a better world together."

For more information on the campaign go to www.vaccinaid.org to donate or begin fundraising.

See the full story and more information at: <https://www.churchofengland.org/news-and-media/news-releases/church-england-backs-vaccinaid-campaign-give-world-shot-help-defeat>

Environmental News

Climate change – What’s the big deal with COP26?

COP26 is a huge international meeting to be held in Glasgow in November, aiming to achieve great things. In particular, meeting attendees will discuss how countries will meet the terms of the Paris Agreement of 2015, which insists we keep global warming to less than 2 degrees.

It will be exciting. A lot of politicians will descend on Glasgow. In their wake will be vast numbers of officials. Environmental NGOs will add to the crowds. The press may aspire to the heady glamour of environmentalist Leonardo DiCaprio.

We may applaud these aims, but don’t see what we can do to help them along. We may think we can’t possibly influence these remote crowds of people. But having been at other COPs, and seeing how they work, I think that we at St Mark’s can most definitely influence the outcomes of the COP26.

COPs are breath-taking

I went to my first COP as a rookie negotiator, and the scale took my breath away. At last year’s COP there were 25,000 delegates. That dwarves most academic and trade conferences. It dwarves the number of spectators in most sports stadia – and at a stadium all you need to do is watch an event, not debate with everyone else in the stands and come to an agreement with them (except, perhaps, that *we was robbed*).

The hours are pretty breath-taking too. The bit that gets the headlines is the final few days, when heads of state fly in to haggle over the last tricky details and actually sign on the line. But for two weeks before that all the other delegates have been thrashing out as much of the agreement as possible. The formal sessions are conducted in six languages simultaneously, and for the sake of the translators are fairly civilised in terms of hours. Imagine listening to someone speaking Chinese - often in technical detail - and simultaneously translating it into French in real time. Just unbelievably exhausting. Long formal sessions are not an option.

But the sub-groups are quite different. Luckily for me and the UK delegation, people in the groups that negotiate each tiny detail of the agreement mostly speak English and there's no translation. It’s just as well, since those sessions are extremely uncivilised in terms of hours - no translator could stand it. The discussions can be

**‘We at St Mark’s
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ridiculous. There's a limit to how much time you can spend at 3am debating whether 'between' or 'among' is the most appropriate word to use without a major sense of humour failure.

They can also be incredibly emotional. We were all moved at one session when the very professional delegate from the Maldives broke down as he begged everyone to do more to stop his country disappearing under water forever. They frequently

'I have to hand it to China who always seem to walk away with what they want'

provide a master class in the art of negotiation too - I have to hand it to China who always seem to walk away with what they want.

COP words matter

But on the whole the discussions involve a room full of people working well together, despite having red lines that are often very, very far apart. It's difficult. A lot gets lost in translation. A lot gets lost in terms of temper too. They get there in the end though, and sign off on a set of words for the final agreement.

And those words have power. When countries sign that agreement the words really count. Countries hate to be seen to go back on an international agreement - one that they have publicly signed up to of their own free will. And I've seen time after time that no part of a COP agreement is too obscure to be used in holding a country to account for its actions.

It's also surprisingly easy to influence those words. The negotiators are talking to hundreds of people - conceding here, trading something there, holding firm somewhere else, and always trying to make the deal. They're tired, and, certainly once into the second week, they're fractious. It's not always possible to be a super-cool negotiator, ruthlessly sticking to your guns when you've had a laughable amount of sleep and lots of people shouting at you for days on end.

'They're tired, and, certainly once into the second week, they're fractious.'

Instead the thing that sticks in your mind can be something quite different. Maybe a conversation in the margins of the meeting, or a side event that caught your imagination. Something that really made you believe it's worth pushing on and aiming high. Finding that something that will resonate in the minds of the negotiators is a competitive sport. Here's where St Mark's comes in.

COP, Greta and St Mark's

Maybe Greta Thunberg's school strikers are just naive kids. Maybe some NGOs can be dismissed as dippy hippies. Maybe industry can be accused of having their own agenda while they cover their backs by greenwashing their publicity campaigns. Luckily, however, the Church of England cannot be so easily dismissed.

There's a group that's hard to ignore. Its members are seen as thoughtful, reliable, and perhaps even conservative (I wouldn't like to comment). All of which makes it a

force to be reckoned with. Anything you hear from that group will stick in your mind, if you're working hard to strike deals at a COP.

We at St Mark's are part of an incredibly powerful stakeholder group. The Archbishop of Canterbury last month started preparing for the COP with his invitation to faith leaders to come together for a series of pre-COP talks. I have no doubt that his presence at the COP will be influential on the negotiations. Every remark he makes and every event he attends will be remarkable because of who he represents.

The Archbishop and big numbers

Even so, he needs our help. Not to make the moral case, of course, he's been eloquent on that already. But he does need all of us to help him make the case that large numbers of people want to see more action and are willing to make changes themselves. He needs big numbers to point to, so his message is compelling. A big number of churches taking action on their Net Zero commitments. A big number of churches achieving Eco Church status. A big number of people in the congregation making commitments to their own action.

A message like that, from a group like ours, would really focus the minds of the negotiators. They'll up their game. The words will be more ambitious. We have eight months to directly influence the COP agreement.

Sophia Oliver

A Church Youth Club

National Service done in 1957, I returned home and began to attend the local Church of St Andrew Catford. After Chris and I married and began a family I was approached by the vicar, Dudley Tassell. "Harry, I am stuck. I need someone to attend a gathering at Spurgeon's College this weekend, but no one can go." My weekends were very valuable and I began to make my excuses. Then the dulcet tones of Chris broke in: "We can do without you for a day!" So the decision was taken out of my hands.

Actually I learned quite a lot that Saturday. The participants were remarkably direct about the strengths and weaknesses of their faith. One Methodist said he had prayed for over forty years and had never received an identifiable response, but he was clearly still praying.

Afterwards I had to give a verbal report to the PCC and for my pains was co-opted to that committee. It came unexpectedly and I did not have the words to say no. I decided Dudley needed watching. He clearly could be devious. Over the next few years I repaid him with some searching questions but Dudley with his quiet, self-possessed manner did not seem to mind in the least.

The curate, David McKeeman, it turned out, had learned from his master. One evening I was cornered at home in our flat with the story that he was very worried because the Open Youth Club he had started was losing money, when it should have been floating on cash. He was certain that the sixteen year old treasurer was scrupulously honest.

Now it has never ceased to amaze me that so many people seem to think an Inspector of Taxes, even a trainee, has a third eye to spot any misdemeanour. I guess it is because the gentle art of book keeping coupled with the dark arts of accountancy are perhaps not known to many people.

Anyway, I was well aware of my limitations and, after being pressed, would only agree to give the books some examination and I said I would attend a meeting of the club to see how it all worked. The Club consisted of about forty to fifty teenagers with no affinity to the church. There was a club meeting weekly. Once a month on Saturday evening, dances led by electric guitars were held in the very large church hall. The pulsating noise was horrendous and could be heard several streets away. On club night at half time sparse refreshments were served and Coca Cola was on sale. At first blush all seemed straightforward. Cola was sold carefully for cash with no "giveaways," and deposits refunded on the bottles. That was the main source of income. I wandered into the main hall and just happened to spot a hand holding a bottle emerging from under the stage. A closer inspection revealed that a boy was handing out empty bottles due

to be returned to the wholesaler, which his chums then passed over the counter for the deposit which was used to finance the purchase of full bottles.

I then inspected the books to find the mark up on sales of Cola was far lower than expected. QED. David was full of gratitude and somehow I found that Chris and I were now enmeshed in helping to run the Club. I am not sure this method of recruitment can be on the curriculum of theological colleges, but David had certainly learned from the vicar.

Helping with the Club was a very love-hate experience. It was clearly a good thing, but we were tired after long days at work and the noise was sometimes excessive. There were always troubles of one kind or another. Sometimes gangs would infiltrate and fights would break out and we had to call the police. They always responded at the run in fast police cars with much banging of doors. Order was restored in a matter of minutes. The youths found this very exciting!

At first we were embarrassed at having to call them but the police, to a man, assured us they were only too pleased to know where these lads could be found, instead of wandering the streets, so they could nip trouble in the bud. They made the point that mostly potential trouble makers would settle down so long as they could be got into their twenties without a court appearance. It almost made us feel part of the police system, turned social services, which was certainly not to David's taste.

One evening, I reprimanded one lad but when I turned my back he jumped me and others joined in. So I found myself on the floor below a scrum of young lads amid calls to "stamp on his head". My friend Ted, ex policeman, current Probation officer and later to be a priest, used his ample strength to collar and throw boys to left and right. They must have been surprised to find this apparently enlightened and gentle adult could be so rough and dominant. I took five minute off and Ted drew the miscreants to one side and explained that if he reported them to the police not only would they be punished but they would have a police record which would follow them throughout their lives. The implications of this were a complete surprise to these rough lads who, after all, were only about a little mischief against authority.

The Saturday night dances were also fun of a kind. The amplified noise of several electric guitars accompanied by young male voices, which I found hardly musical, was horrendous. There might be two hundred young people in a hall lit only by a revolving reflective ball. We kept the doors tightly shut to try to keep the noise in. To me it seemed a cheap way of getting deaf at an early age. But the boys and girls loved it and they came from across South East London in their droves to be there. David never really managed to explain what social service this event provided but he was very charismatic and committed and we felt obliged to support him.

We were always looking for new ways to keep our members interested. David thought an all-night hike might appeal. With scouting backgrounds and two years National Service we devised what we thought would be a stretching exercise. I somewhat doubt

whether health and safety laws would allow such an event today. We laid out requirements for notes of permission from parents (I suppose many were forged), sensible warm dress, which excluded jeans, and everyone to have waterproofs. We provided maps but not compasses.

On the chosen November evening we gathered in the hall and laid out the challenge in terms of an army briefing. The lads loved that. This was something they had never experienced. It smacked of James Bond with each of them in the performing role. It stirred their imaginations.

Outside it was cold and raining heavily. Cancellation was not an option. Teams of two or three were to be dropped from cars mainly driven by ladies of the congregation at given points along the North Downs. The ladies admitted afterwards that they had been somewhat nervous and more so when these rough lads settled in the back seats of their cars. But they talked to each other on the way and soon the ladies began to identify with the enthusiasm for the adventure and later became most interested in the outcome for "their" team.

When each team had been dropped at a unique, identifiable spot, each team had to find a tin can in which was an envelope with details of their planned journey along roads, tracks and pathways. They all should end up at a single chosen spot on the South Downs. They all had David's phone number but those were the days before mobile phones. It was cold, wet and a pig of a night.

David and I left home in his dilapidated van whilst it was still dark and arrived at the rendezvous at first light to receive quite a surprise. The old sheltered, horse shoe quarry we had chosen as the gathering point was full of caravans with washing on the bushes. It had become a gypsy encampment. We beat a hasty retreat and, having parked the van beside the road, took the primus stove and breakfast for the boys up the slope of the hill to a point where we could watch the teams which should emerge from a wood. The rain had stopped. The sun was rising. We settled down to wait.

The first team to emerge turned out to be the youngest who were both scouts. They were muddy but dry at the skin. We checked their route against our plan. Next came the tall, red headed tough guy of the club with his two companions, all wet through to the skin. At first he would not accept that the two younger boys had a route as tough as his and we had to show him from the map that this was the case. He then went over to Peter Webb and partner and formally insisted on shaking their hands. Then he took off his boots. His socks were mainly grey but had red feet. This turned out to be blood. He had rubbed up blisters on top of blisters which had burst.

Over the next three hours all the teams made it, though some had had to vary their routes. One van load was taken to the station and then we gathered up the rest for the return journey. In spite of the really hard conditions all were in high spirits and full of minor adventures.

Interestingly this experience created a minor unity of club spirit. The red haired lad adopted the club and we had fewer cases of violence. New friends were made and lots of others wanted to go on a night hike. There was quite a good attendance at the map reading classes we organised. We had to be firm that girls were not invited to hikes, a condition which would be quite unacceptable today.

At PCC there was a complaint about the club. Before I could offer an explanation and apology, two of the elderly lady car drivers each got up and firmly put the complainants in their place. I was surprised that they understood so well what the club was trying to do. We did run several similar hikes later. One was on a night of hail, rain and bitter cold when two scouts died on the Snake pass in Derbyshire. One of our teams took shelter in a hospital! These events took quite a lot of planning.

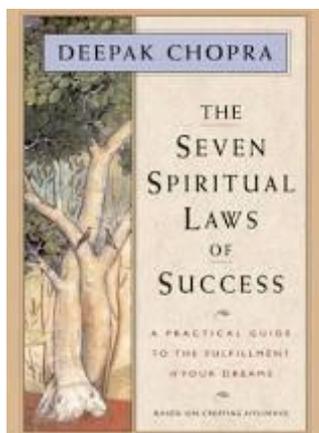
We were well supported by the incumbent and the club continued with varied success after David had moved on. But it still gave rise to considerable problems for the church. Eventually, misbehaviour meant we had to close.

It was an interesting experiment and, notwithstanding its end, was far from a failure. Young people need a relatively safe place where they can mix and be themselves. They learn more about each other and how to cope with difficult people. Bringing up children requires more than health and safety. The young need to be able to recognise all kinds of danger and how to cope with it; how to live in the world as it is.

Harry Ingram

Book Review

This month: The Seven Spiritual Laws of Success



The author of this book Deepak Chopra is an international best-selling author who focuses on bringing Eastern and Western cultures together. As a trained medical doctor he is interested in health and wellbeing and also supports alternative medicine.

This book, The Seven Spiritual Laws of Success looks at how to achieve success in life. Those with lofty ambition and a narrow definition of success will soon be challenged to think more widely about their definition of success, as this book invites you to think more widely about what success can mean in your life.

This book is positive and motivational and considers some very interesting approaches to how to live your life and your outlook. Whilst not a Christian book it draws on principles which are covered in many religions such as the importance of giving and on the importance of finding your purpose in life, using your God-given talents.

The ideas in this book seem very logical on reading them and whilst the book is delivered in a short and succinct way, the theories and concepts are complex and will leave you with something to meditate on.

I read this book in a drive to develop my own spiritual self and the ideas and tools within it have certainly given me support in being able to grow as a person. Whilst it is hard to practice them every day in every situation, it certainly helps give something to strive towards. Using the concepts in this book and time with God has helped me to consider my own purpose and to help me understand my motivations and values a little better.

Reader recipes

Nut Roast

Ingredients:-

- 300g of mixed nuts
- 1 vegetable stock cube
- 2 tbsp of olive oil
- 1 onion finely chopped
- 2 celery sticks, finely chopped
- 1 leek trimmed and thinly sliced
- 2 carrots, coarsely grated
- 2 garlic cloves, crushed
- 4 tbsp of nut butter
- 180g of cooked chesnuts, broken into small pieces
- 75g of dried cranberries
- 20g of fresh parsley
- 1 lemon finely grated
- 4 tbsp of nut milk
- Salt and pepper to season



Method:-

1. Put the nuts and stock cube into a food processor and blitz on the pulse setting until chopped but not fully ground.
2. Pre-heat the oven to 200c/180c fan/ Gas 6. Lightly oil then line the base of a 900g/ 2lb loaf tin with baking paper.
3. Heat the oil in the frying pan and gently fry the onion, celery, leek and carrots for 5 minutes. Add the garlic and cook for a few seconds more.
4. Tip into a mixing bowl and stir in the nut butter. Add the chopped nuts, chesnuts, cranberries, parsley, lemon zest, nut milk, and season before mixing thoroughly.
5. Spoon mixture into the tin and press down to firmly compact the ingredients. Cover with foil and bake for 30 minutes. Remove the foil and bake for a further 20 minutes.
6. Remove the tin from the oven carefully and leave to fully cool before turning out onto a board. Cut into big slices and serve with vegan gravy and red currant jelly.

Puzzles

April Sudoku Puzzle

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

March Solution

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

Level Up Laptop Refurbishment

Do you have an old laptop sitting at home unused?

Voluntary Action Reigate and Banstead need your help. Level Up Reigate & Banstead is a project that provides refurbished laptops for children and young people who need them for home study. They are in need of 500 laptops.

Laptops are donated by the community, refurbished by volunteers and distributed to children and young people via local schools and charities.

Your laptop must be running Windows 7, 8 or 10 and have at least one USB port. Please note we are no longer accepting phones or laptops with Windows XP or Vista.

All laptops will be securely wiped or have hard discs removed and destroyed. They are then refurbished before distribution.

To find out how to give visit: <https://www.varb.org.uk/level-up/>

April Crossword

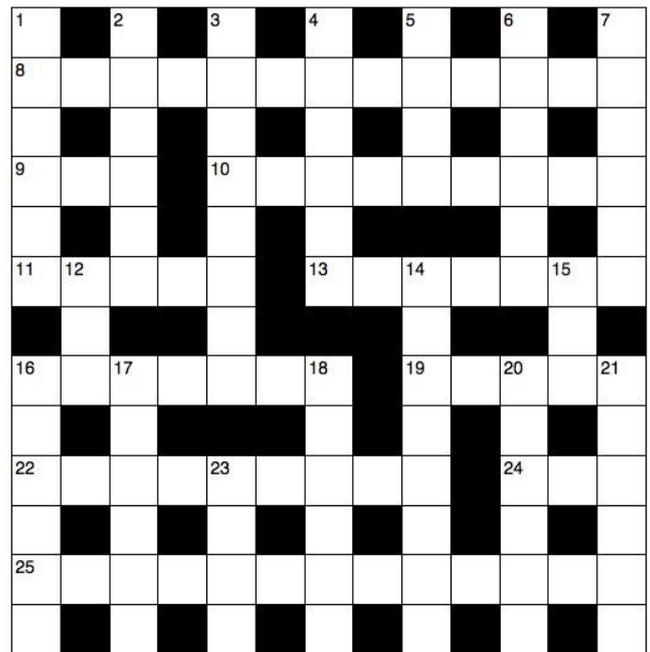
Biblical references are from the New International Version

ACROSS

- 8 'He poured out his life unto death, and was numbered with the — ' (Isaiah 53:12) (13)
 9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)
 10 Comes between Galatians and Philippians (9)
 11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)
 13 Muslim holy month (7)
 16 Ten ears (anag.) (7)
 19 Under (poetic abbrev.) (5)
 22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)
 24 'Go to the — , you sluggard' (Proverbs 6:6) (3)
 25 Debar from receiving Communion (13)

DOWN

- 1 My — for His Highest (Oswald Chambers' best-known book) (6)
 2 Festival of the resurrection (6)
 3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)
 4 'Let not the — string his bow' (Jeremiah 51:3) (6)
 5 Name of the River Thames in and around Oxford (4)
 6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)
 7 'But Christ is faithful — — over God's house' (Hebrews 3:6) (2,1,3)
 12 Long-handled implement used to till the soil (Isaiah 7:25) (3)
 14 Order to which monks and nuns devote themselves (8)
 15 Appropriate (Proverbs 15:23) (3)
 16 I, uncle (anag.) (6)
 17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)
 18 'Weren't there three men that we — — and threw into the fire?' (Daniel 3:24) (4,2)
 20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)
 21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)
 23 Prominent architectural feature of large cathedrals such as St Paul's (4)



ANSWERS TO MARCH'S CROSSWORD

ACROSS: 1 Planet 4 Rugged 7 True 8 Augustus 9 Attitude 13 Bed 16 Participation
 17 War 19 Hillside 24 Baldhead 25 Bede 26 Census 27 Arisen

DOWN: 1 Path 2 Adulterer 3 Tract 4 Rigid 5 Gust 6 Exude 10 Irish 11 Uriel
 12 Esau's 13 Blindness 14 Deny 15 Spew 18 Awake 20 Ideas 21 Lydia 22 Odes 23, Lean.



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