



**St Mark's Parish Magazine**

**March 2022**

# THE PARISH CHURCH OF SAINT MARK, REIGATE

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## Your Views & Contributions

Next issue will be available from Sunday 3 April 2022  
All contributions to the editor by Friday 18 March 2022

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## LETTER FROM THE VICAR

Dear Friends,

The arrival of March traditionally heralds the start of spring and its promise of better weather. However, this year, the usually cold month of February has surprised us all! We have already been treated to days of warm sunshine and the early appearance of spring flowers in our gardens and hedgerows. A welcome splash of colour after the bleakness of winter.

March always provides a wealth of important dates in the Christian calendar too. The month begins with St David's Day on the 1st followed by St Patrick's Day on the 17th. This year Shrove Tuesday (or Pancake Day) is celebrated on the 1st March. The word shrove is derived from shrive, meaning to confess sins. Making pancakes used up all the fat in the household before Lent when there would be fasting and plain food. The earliest pancake recipe dates back to 1430.

Ash Wednesday, March 2nd, being the first day of Lent, gets its name from the ashes received in church on this day created by burning the previous year's palm crosses. Ashes have been a symbol of mourning and penitence since Old Testament times and have been a feature of the start of Lent since the eighth century, being a remnant of 'sackcloth and ashes' worn in early days to acknowledge repentance and unworthiness. The priest makes a sign of the cross with ashes on each person's forehead, reminding us that our bodies will one day be dust in the ground. Yet by receiving ash on our heads, we acknowledge God as Creator and remind ourselves that, although we are flesh which will die, our spirit is immortal.

On Sunday 27th March (the fourth Sunday of Lent), we celebrate Mothering Sunday. It became traditional in the Middle Ages to visit in mid-Lent the 'mother' church – the cathedral or the parish church. When village congregations visited the nearby mother church, maybe in the town, older children would have met up with their families and so mothers of children were embraced into the mothering theme from the 1600s. Young people in domestic service were allowed a home visit six months after being hired at autumn fairs. This became known as going 'a mothering' or 'mid-Lenting'. Walking home they would pick wildflowers for their mothers.

And, finally, also on the last Sunday in March, the clocks go forward as we welcome British Summer Time, when we can really begin to enjoy those longer, warmer days of spring and all the new life that they bring

With All God's Richest Blessings.



## Church Notices

### Garden Tidy Sessions

Our thanks to everybody who joined us in tidying the church gardens in 2021. The grounds and war memorial looked really well-cared for after the many volunteer hours spent on the two Saturday mornings, so we plan to organise the same sessions just before Easter and Remembrance Sunday this year. The dates are 9 April and 5 November from 10.00am – 12 noon. We look forward to seeing you on those days – no experience necessary! Tea, coffee and cake provided.

### Patricia Bird and Elizabeth Davis

### Journey into the Wild – A Retreat For Men

11: 00am 30th April – 4:00pm 2nd May 2022

£295: full board, resources and teaching.



Now in its 9<sup>th</sup> year, JIW South at Wychcroft, Bletchingly, Surrey is an immersive retreat for men wanting to go deeper into themselves, Life, and their experience of God. <https://wychcroft.org/about/>

Drawing on the inspiration of recent men's movements and more ancient traditions of rites of passage *Journey into the Wild* is a national led retreat with a difference. <https://journeyintothewild.co.uk/>

As well as venturing out into nature to walk, feast, think, mediate, reflect and more, there will be thought-provoking indoor sessions exploring archetypes and rites of passage.

### The key facilitators of the gathering will be:

Tony Vino, a comedian and writer for Sorted Men's Magazine and serial podcaster on men's issues.

Ken Packer, an experienced practitioner in personal development, the work of the More to Life Foundation, a Mentor, Facilitator, and an ICF trained coach.

For more information contact Ken Packer on [kenpacker.uk@gmail.com](mailto:kenpacker.uk@gmail.com) or 07961408066

Eventbrite ticket link: <https://www.eventbrite.co.uk/e/journey-into-the-wild-south-mens-retreat-sat-30th-april-mon-2nd-may-2022-tickets-131605450445>

## Regular Giving to support the work of St Mark's Introducing the Parish Giving Scheme

Regular donations are so important to our church to enable us to carry out our ministry and to run and maintain our buildings in the knowledge that the funds will be available when required. We currently need around £150,000 per year to support all that we do at St Mark's and are very grateful to all those who currently donate regularly, mainly by standing order. To make regular giving easier at St Mark's we have joined the Parish Giving Scheme (or PGS for short) which is a national scheme supported by the Diocese. This change is wholeheartedly supported by the PCC, and we would like to encourage you to consider joining PGS.

The PGS is a Direct Debit service, which enables you to give on a monthly, quarterly, or annual basis. We receive 100% of your donation and Gift Aid is automatically claimed for us, which means reduced administration and less work for our Treasurer and Gift Aid Secretary (though you do not have to be eligible for Gift Aid yourself to join the scheme). All these benefits free up more resources to go into the mission and ministry of life at St Mark's.

If you would like to know more you can watch [this video](https://www.vimeo.com/264997442) (www.vimeo.com/264997442) to see how PGS works.

If you already donate regularly by standing order we are hoping that you will make the switch and if you are new to regular giving we encourage you to donate via PGS. Please use the following link to join:

<https://www.parishgiving.org.uk/donors/find-your-parish/reigate-st-mark-reigate/>

You will be asked to create an account and set up details to make a regular donation. The first donation can be made from 1 April 2022.

If you would prefer to join by telephone or post then please contact me for details. As you reflect on your personal giving to our church, please could you consider giving a monthly gift? This regular form of giving is so helpful for securing the future of ministry at St Mark's. You can alter or suspend your gift to the PGS at any time through the online service or by a phone call. We know that these are difficult times for many, but please give what you feel is appropriate.

If you have any questions or would like more information, please do get in touch.

**Mel Crighton, PCC Treasurer**  
Email [treasurer@stmarksreigate.co.uk](mailto:treasurer@stmarksreigate.co.uk) or telephone 01737 241100

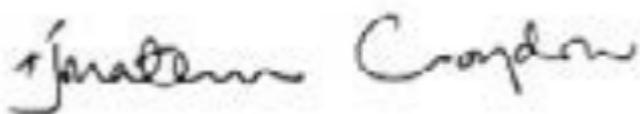
## **Bishop Jonathan writes:**

What's the most exciting thing about a relay race? Not the speed, for me at any rate – it's the handing on of the baton which is the really key moment. Will it get dropped? Will one of the runners get out of position and be disqualified? Or will it all go really smoothly, the team working together like clockwork, and sometimes beating opposition who may be individually quicker, but not so well organised?

I hope the connection is pretty obvious. As I've come to the end of my ministry in Southwark, I've been looking back on the 10 years I've been here, reflecting on what I've done, and not done, what's gone well and not so well. There have been many times of rejoicing. It's been a particular privilege to appoint clergy into posts, and in most cases to see them and the places under their care flourishing. It's been pure joy to ordain candidates for priesthood, and last year the deacons also. There have been so many celebrations in parishes across the area, for building projects completed, for anniversaries, and especially confirmations. And of course there have been times of sadness and difficulty, when relationships break down or when disasters strike.

My time is coming to an end, but nothing else is finishing. Over these last few months I have been handing on my various responsibilities to those who will pick up the baton and run with it next. I don't think any of us have dropped anything, but time will tell! But as well as the specific roles and responsibilities, there is something else, something which involves all of us who are part of Christ's body in the Diocese of Southwark. All of us (absolutely all of us – not just bishops, not just clergy) make some difference to the body of Christ of which we are part. All of us leave a legacy, and by God's grace it will be a legacy of grace. That is to say, through us Christ's body will have learnt a little more of what it is to live the life of Christ in the world. Bishops have a higher public profile, but God's Holy Spirit is at work equally in all God's people.

So as I move on to new things, my hope and prayer is that what I have done may have helped us as a Diocese to reflect a little more of the infinite love of God. And I will continue to pray for you all, that you who hold the baton in the future may also run the race faithfully and joyfully, hearts on fire with the good news of the Gospel.

A handwritten signature in cursive script that reads "Jonathan Croydon". The ink is dark and the handwriting is fluid and personal.

*Bishop Jonathan leaves the diocese in March 2022 after 10 years as Bishop of Croydon. We wish him and Alison well in their move to Orkney.*

## SMOAT

Back in September, I submitted a report from Advantage Africa on a project we supported in November 2020. This is the report on the second project we supported at that time. Both projects were supported with a donation of £1,500 and makes me realise once more how far our money goes in helping disadvantaged people.

### **Uganda: Support Group for Disabled People**

The project has begun with training for people affected by two of the most common conditions in the Ddwaniro community – epilepsy and cerebral palsy, in order to draw people into the group. Between 22nd and 26th February 2021, with the support of the match funding leveraged by SMOAT through the Big Give Christmas Challenge, we worked with our partner the Single Parents' Association of Uganda (SPAU) and three experienced trainers from Butabika Hospital, Kampala, to provide five days' training and support for individuals and families affected by epilepsy and cerebral palsy. While gatherings of up to 200 people are allowed in Uganda because of very low rates of COVID-19 infection, we continued to pay great attention to hygiene and participants' safety, holding the training outdoors in large tents.

The first three days' training was attended by 79 children and adults with epilepsy (38 children, 24 youths (classed as those aged between 18 and 30 in Uganda) and 17 adults (aged 31+), plus their caregivers from 22nd to 24th February. The large number of attendees was very surprising to the local community leaders who also participated in the training. They had no idea that so many people were affected by epilepsy in Ddwaniro and it was clear that they were normally overlooked, isolated and not included in local activities.

The training started with group discussions about experiences of living with or caring for a person with epilepsy. Stories were shared about the dangers of seizures including causing *'accidents to them like falling in fire while cooking and having fits while alone fetching water.'* There was fear and superstition and very limited knowledge about epilepsy or how to support an individual when undergoing seizures. Our SPAU Project Officer Sarah reported that 40 of the mothers present *'initially used traditional healers – witchdoctors – and testified how they spent a lot of resources and the children never improved.'* Just four had sought medical advice from nearby hospitals which initially brought *'great improvement but they didn't have money to go back for review and/or buy the medication.'*

Our comprehensive training demystified and explained the causes of epilepsy to help participants improve their own knowledge and be equipped to overcome the prejudice and discrimination they face. Single parent Alice, who had been in confusion and

despair about her son's daily seizures and struggles said *'I have learnt a lot about epilepsy, no one will ever confuse me again.'*

The trainers also explained different types of seizures and how to keep affected children and adults safe and support them in their recovery. The majority of the 79 attendees regularly experienced debilitating and sudden grand mal seizures in which they lost consciousness and were in danger of injuring themselves.

The attendees were delighted to receive supplies of medication to help them live without the daily threat of seizures and were concerned about ensuring continuity of treatment. Sarah and the Butabika team are now developing a schedule of care for each participant to monitor their medication response and ensure they have a timely and appropriate supply going forward.

Out of all the attendees, 77 had never before accessed epilepsy medication to help them control their condition. This included 80-year-old Ronald being assessed by our trainer Grace for his medication. Some years ago, Ronald severely damaged and lost his right hand when he fell in a fire during a grand mal seizure.



In the weeks following the training, Sarah received multiple phone calls from participants reporting that since starting the medication none of them had experienced any seizures. The training and medication have already begun to transform their overall quality of life.

After the epilepsy training, nine girls, eight boys and one youth (20-year-old man) with cerebral palsy, parents and carers attended the second phase of training on cerebral palsy from 25th - 26th February. Some of them also have epilepsy and had attended the previous three days' training. Most of the parents and carers present were single mothers whose husbands had abandoned them on the birth of their child with a disability.

During the course of the training, the parents and carers had the opportunity to share their stories and challenges with the group, to encourage each other and form firm friendships. All had faced great struggles, discrimination and isolation and didn't know how to help their child with cerebral palsy reach their full potential. Some lived with deep depression and despair.

Sylvia shared her story with the participants and trainers. She lost her first child when she was 8 months pregnant and her second child Joseph was born with cerebral palsy and epilepsy. Her husband left them when Joseph was born. Sylvia said *'For me, I am tired of suffering. I cannot do anything for myself all the time I'm with Joseph and the worst thing is he cries all the time.'* She went on to tell the group that she was so tired and desperate that she wanted to put Joseph into a home/institution and had considered taking her own life.

Trainer Regina responded, *'Let us thank God that Sylvia and little Joseph are alive! Sylvia, you are not all alone having a baby with these conditions ... people with epilepsy and cerebral palsy are nationwide and these conditions can be managed with medication and by taking time to exercise your child. Secondly on the issue of homes – these are not the best options, Sylvia you are the best home for Joseph!'*

Regina noted that Joseph was actually sleeping peacefully on Sylvia's back during much of the training but pointed out that *'crying sometimes is one way children with cerebral palsy communicate to us – he might be hungry or wet.'*

Sylvia's situation showed the training's importance in helping parents build their resilience and knowledge and find vital peer support. It equipped the parents and carers with knowledge about the causes of cerebral palsy, along with learning seating and rehabilitation techniques and how to improve their children's nutrition.

Children with cerebral palsy are often malnourished as they struggle to eat and drink effectively. It's important that their parents and carers ensure they are seated in the correct position and that they patiently persevere with feeding. In the picture below,



parents and carers had fun practising giving each other a drink! They also learned how to prepare nutritious meals which were easy for their children to eat and digest.

Trainer Lucy showed the parents and carers safe and comfortable positioning for sleeping and sitting up. In the picture here she demonstrated how to improve children's hand/eye co-ordination and cognitive development through handling and discussing simple objects.

Over the course of the training the parents were also pleased to learn simple rehabilitation techniques to improve their children's mobility. Learning as a group, and sharing their challenges and struggles together, the parents and carers formed supportive friendships and knew they were not alone. They also contributed some invaluable ideas for further activities to spread knowledge and improve the well-being of people with cerebral palsy.



Grandmother Flora who cares for her young grandson with cerebral palsy said: *'We have received a wonderful training which is an eye opener to all of us, including the leaders. When it comes to cerebral palsy and epilepsy there are many people out there who are completely green about this information. We need a lot of sensitisation especially among the youth ... this will help them to love and care for their kids in whatever situation they are in. Community leaders, please help us and send a message to doctors and nurses at all health centres to sensitise expectant mothers about epilepsy and cerebral palsy and also let it be part of antenatal lessons!'*

The five days training has energised everyone involved and provided a solid foundation for the disability support group. Through focus group discussions across the course of the training, participants discussed how to *'mobilise community resources to maintain treatment and support for their loved ones living with epilepsy and cerebral palsy.'* As mentioned by Flora above, all participants were keen to create more awareness in their community about both conditions and *'reduce the stigma associated with them.'* They would do this *'through community gatherings like meetings, congregations and working along with community leaders.'*

As the Ddwaniro community covers a large geographical area comprising several small villages, with the support of SPAU the participants will develop three or four community based support groups, instead of the one initially planned, including members with other disabilities, *'for easy mobilization and continued peer support.'* Starting in May and with support leveraged by SMOAT, these self-help groups will start developing savings and loans groups, and income generating activities to build their self-reliance and ability to meet their families' basic needs.

Further follow-up is vital to support the 79 people with epilepsy, who began or were reinstated on medication, in controlling their condition. Sarah and SPAU are continuing to work with Butabika Hospital to ensure ongoing and free access to appropriate medication. In due course, we aim to work with district health centres, with the endorsement of newly engaged and informed local leaders, to ensure that staff are fully equipped with knowledge about supporting people with epilepsy and are also able to prescribe and provide medication.

## The True Cost of Living

I had what I thought was an essential journey to make so I was very concerned when the price of petrol rose and petrol stations were closed for most of the time. Do you remember it? It was in November I think. Later we were informed that as Covid-19 retreated the rising resurgent demand was the cause of general worldwide rises in the cost of power be it oil, gas or coal and there were shortages everywhere. Mind you it would not surprise me if a contributory factor to rising demand for oil was the move away from coal into substitute fossil fuels. If that is so it underlines the futility of reducing some fossil fuels by substituting others. Rather they should be replaced by clean electricity. And food too is far more expensive than only months ago. What is to be done about all this?

The solutions suggested were several. Projected rises in VAT should be abandoned, pensioners are not making their fair contribution. Green taxes should be withdrawn from the price structure of oil and gas. The Russians should send more gas west. We need more investment in these fossil fuels. What about a windfall tax on producers to help out the poor who would be hit the hardest? It was a bit of a mess. I wonder whether those Green demonstrators have caused this? No, the media at least is clear on this. The rise has little or nothing to do with climate change.

The expected steep rise in inflation and prices generally is a very serious matter which is likely to divert attention from the even more serious but less imminent radical change in climate, though as I write a short burst of high winds has disrupted roads through falling trees between here and Horley. Attention is directed to a better reaction to these emergencies rather than at the root cause.

Similarly, it is interesting that most of the suggested ameliorating actions to cope with this steep rise in the cost of living, are designed not to reduce prices but to protect the consumer. It's clear that something has to be done to reduce the impact on the poor. An obvious course, hitting at the heart of the problem of insufficient power supply, would be to take urgent action to increase the supply of clean electricity which will be needed whatever the immediate future may hold and to facilitate its use in place of fossil fuels. It would take time but would speed up the move away from reliance on fossil fuels. I have not heard this mentioned.

On clean electricity I heard of a new development in the UK the other day. There are plans to double the UK wind power by a new Scottish project. That is surely very good news. The snag is dealing with the storage of electricity. A Dutch firm is developing a new kind of battery whereby when electricity is not required it is used to force water into plastic bubbles which rest on the seabed. When electricity is required beyond production level the water is released under pressure into turbines

which produce the electricity. This is still experimental but it give some idea of what science can come up with given the incentive.

Getting back to the shortage of power and other factors of production and profit, it is curious that car makers, whose output is constrained through the lack of components, are still making significant profits by concentrating on making the larger and more expensive cars.

Again, the oil industry through shortage of output is apparently floating on windfall profits. Why some of that could not be floated back to subsidise the poor is a good question unless you take the view that it is heresy to interfere in markets. There is an irony in that just when we should be moving away from fossil fuels, profits are accumulating in that area. Is there some hidden causal relationship here?

"Don't Look Up," is a film which tells the story of the frustrations of a certain scientist and then scientists more widely, in trying to convince the media and the fictitious government of the US that a large meteorite is on a collision path with the Earth which will wipe out mankind. Initially the media is determined to trivialise the news to fit in with the generally superficial values of society. News is to entertain. It must be fun. Not exactly the BBC but then the story is located in the USA.

Similarly, later when nearly forced to face reality, the appalling thought of the consequences of a meteorite strike was so far beyond the imagination of the fictional government that it too shied away from taking action. Then the scientist, trapped, in a traffic jam at night but well aware of the heavenly constellations, notices a new star which he identifies as the meteorite, on collision course with Earth. At last he has incontrovertible evidence. But the government still cannot adjust to this new reality, so it coins the slogan, "Don't Look Up!" Have you noticed that reaction is as likely to give rise to a slogan than a solution?

Of course, this is a satire on the reactions over the years to Climate Change as well as a commentary on the values which govern us today. I found it not altogether entertaining! But I was also impressed by the author's perception and challenge to prevailing values, and it made its main point forcefully that on climate change, rather than looking forward. We still have our heads in the sand. Unless that is, we are looking up!

Bill Gates in his book "How to Avoid a Climate Disaster," follows the rational course of setting out the seriousness of the problem and then optimistically emphasises what can be done by corporations and business generally to counter climate change. His views seem very practicable and he remains committed to the free market till near the end. He then has chapters on government and what the individual can do.

*"Harry, I follow what you are saying but what can I myself do?"* I really wish you had not asked that question. I have asked it of myself many times in recent years. Let me think!

Although climate change requires attention to almost all human activity, the overriding priorities centre on the early discontinuation of the use of fossil fuels and the reform of the agricultural industry. But mainly it is fossil fuels which are the dominant problem.

2022 is to be the year when it is said change will really happen. Up to now action throughout the world has not collectively addressed the need to eradicate the use of fossil fuels. It has to do that if the climate trend is to ever be reversed and the UK has a role till November in ensuring that targets for reduced emissions of carbon and methane by the International Community not only hit the levels required but are supported by policies, legislation and physical involvement to achieve the move away from fossil fuels. And there should be accountability. That's all change.

*"Perhaps I should simply travel in hope that governments will prevail. After all there is no point in being depressed about something you can do nothing about. Far better to be optimistic."*

"Being optimistic is defined as seeing events in a better light than how they turn out. On a subject like climate change that is little more than self-deception. No, you can do better than 'Don't Look Up'. My answer to your question requires some explanation."

First of all it is very good indeed that St Mark's and the Church of England generally, is showing a lead by actual action in reducing its carbon footprint. St Mark's has installed solar heating over the hall. If that reduces costs it will be a double success.

Going back to COP 26, there were many resolutions passed about **doing** something. That demonstrates that world governments understand that they **should be doing something**, even though to date they have done very little. But I was horrified to hear that, far from say an inadequate response to using less carbon and notwithstanding the big increase in the production of green energy that **the release of carbon dioxide world-wide is actually increasing at a growing rate!!**

Again, there was much demonstration activity at COP 26 and several commentators such as Al Gore, who knows something about this subject, and the British lead Ashok Sharma along with many others praised the demonstrators for their involved concerns and encouraged them. Their lobbying is essential. Greta was outspoken but no longer is she ridiculed. She is right. There is too much blah blah blah and not enough action. It is understood that without demonstrations the rest of the sheep will simply go on cropping the grass as ever.

"Just Stop Oil" is a new organisation committed to the disruption of oil and petrol supplies. No doubt its members will be subject to the force of the new laws but what alternative have they if governments are so set on ignoring climate change and going on more or less as before?

Perhaps some of you, like me, only understand what has been happening behind the scenes when a problem is past. It may then become apparent that the real issues never surfaced or we never understood the sub-rosa influences and negotiations which led to the outcome. We must avoid that happening in relation to Climate Change.

It is sometimes evident that attention is being drawn to worthwhile changes when the intention really is to take the focus off fossil fuels. Here we already know that little was achieved in the last twenty-six years partly at least because of the hidden influences of the Oil/Gas lobby. We also know that those promised targets were never considered seriously by most governments of the world. It's still going on. Recently an attempt was made to place the reason for the price hike of fuel on the small green tax which is in the makeup of domestic prices here. That is totally out of keeping with the reality that price rises are worldwide. So that was only an attempted diversion. Furthermore, it is now evident, if it wasn't before, that national self-interest will often trump action for the common good. That can be seen in the further permissions being given for both oil and gas extraction both here and in many parts of the world. That might have been expected from the diversion of interest at COP26 from the importance of reducing oil and gas capacity to the "**phasing out**" of coal and even that resulted in only "**phasing down.**"

In his very informed book, full of ideas to justify his optimism and a great trust in private enterprise, Bill Gates emphasises the role which governments must play. He quotes from treatments of air pollution in several parts of the world as evidence that interventions both in the West and China can change conditions radically. He recalls how government action reversed the import of energy to its export from the USA. Clean air acts have worked. CFCs have been phased out. Action is necessary both at central government and State levels. Standards have to be enforced. Policies and government action are critical to success. He emphasises that private research cannot be sufficient and that there is a critical role here for governments. Bill Gates was always aware of the enormous power of the US oil interests but he still hoped that government control would prevail. A strong lead from government is essential.

In a later chapter Bill Gates touches on what individuals could do. He makes the obvious point that demand is made up of many individual decisions and choices so that each of us can put pressure on what is produced. That always seems to me a desperate hope, since unfortunately for many people they want what they want now, more than wanting what they know is best for them and their world in the longer term. And, of course, the poor are very constrained by price. But, as Gates explains, experience shows what can be done if there is the commitment and determination.

So, given relevant history of obfuscation by world governments and current priority of forwarding the short-term interests of their State above their COP made commitments against climate change, we cannot assume that governments will act sufficiently unless they are motivated to do so. That is **phasing completely OUT** the use of fossil fuels by 2050 latest. Without that, all the worthy actions by car

companies and organisations like St Mark's all over the world, will be totally wasted. That is why it is important that the effects of fossil fuels should be at the centre of public discussion above all else.

So, Bill Gates, in his chapter on what the individual can do, suggests that by talking to people we should raise the general awareness that giving up the use of fossil fuels is not so much desirable as the first essential. He also calls for democratic action by voters to make it clear to their government and oppositions that unless they come up soon with a detailed strategy to support policies and targets to eliminate fossil fuels, no one will vote for them. Beside Climate Change all other debate is superficial and worse still may well be a diversion.

Few of us have the courage for direct action. So then, following his advice, we should consider writing to political representatives to make clear that unless they come up with not simply targets but strategies, plans and finance to ensure change happens and monitoring systems put in place, they will lose our support. If all churchgoers in the UK alone did that it would indicate a swell in public opinion governments could not ignore. That would be democracy in action. And it only takes half an hour to put something together in a letter. This is a bold step for those with commitments to particular parties, but if we as individuals cannot make a stand then what hope is there?

There should be an end to "Don't Look Up", because the real cost financially or otherwise, of moving away from fossil fuels to more green energy is actually, "The True Cost of Living".

**Harry Ingram**

## News from the Church of England

### Attack on Ukraine 'an act of great evil' - statement from Archbishops of Canterbury and York

The Archbishop of Canterbury Justin Welby and Archbishop of York Stephen Cottrell have condemned the Russian attack on Ukraine as "an act of great evil".

In a joint statement they said:



Thursday, both Archbishops issued a pastoral letter to the clergy and people of the Church of England, calling on them to pray for peace in Ukraine.

They also gave their support to the call from Pope Francis for a global day of prayer and fasting for peace on Ash Wednesday, March 2.

Full article available at <https://www.churchofengland.org/media-and-news/press-releases/attack-ukraine-act-great-evil-statement-archbishops-canterbury-and>

"The horrific and unprovoked attack on Ukraine is an act of great evil.

"Placing our trust in Jesus Christ, the author of peace, we pray for an urgent ceasefire and a withdrawal of Russian forces. We call for a public decision to choose the way of peace and an international conference to secure long term agreements for stability and lasting peace.

Last

*We pray for the leaders of the nations, that you will guide them in the ways of freedom, justice and truth. Lord, in your mercy hear our prayer.*

## CALENDAR FOR MARCH 2022

**Now that more services are taking place again in Church, this is our plan for March and April 2022 – subject to change at short notice so please check the details on our website or with the Parish Office.**

<b>Tuesday 1<sup>st</sup> March</b>	<b>St David</b>
<b>Wednesday 2<sup>nd</sup> March</b>	<b>ASH WEDNESDAY</b> 11.00am Holy Communion with Ashing 3.25pm T-Time Tales 8.00pm Holy Communion with Ashing
Thursday 3 <sup>rd</sup> March	12.45pm Holy Communion (Iona) in Church 2.00pm SMART
<b>Sunday 6<sup>th</sup> March</b>	<b>1<sup>st</sup> Sunday of Lent "Green Sunday"</b> 8.00am Holy Communion (BCP) – in the Hall 10.00am Holy Communion – in the Hall and Online 4.00pm Family Service in the Hall
Wednesday 9 <sup>th</sup> March	3.25pm T-Time Tales
Thursday 10 <sup>th</sup> March	12.45pm Holy Communion (Iona) in Church
<b>Sunday 13<sup>th</sup> March</b>	<b>2<sup>nd</sup> Sunday of Lent</b> 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Wednesday 16 <sup>th</sup> March	3.25pm T-Time Tales
<b>Thursday 17<sup>th</sup> March</b>	<b>St Patrick</b> 12.45pm Holy Communion (Iona) in Church
<b>Sunday 20<sup>th</sup> March</b>	<b>3<sup>rd</sup> Sunday of Lent</b> 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online 4.00pm Messy Church
Wednesday 23 <sup>rd</sup> March	3.25pm T-Time Tales
Thursday 24 <sup>th</sup> March	12.45pm Holy Communion (Iona) in Church
<b>Friday 25<sup>th</sup> March</b>	<b>The Annunciation</b>
<b>Sunday 27<sup>th</sup> March</b>	<b>4<sup>th</sup> Sunday of Lent (Mothering Sunday)</b> 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Wednesday 30 <sup>th</sup> March	3.25pm T-Time Tales
Thursday 31 <sup>st</sup> March	12.45pm Holy Communion (Iona) in Church

## CALENDAR FOR APRIL 2022

**Sunday 3<sup>rd</sup> April**

**5<sup>th</sup> Sunday of Lent**

8.00am Holy Communion (BCP) – in Church

10.00am Holy Communion – in Church and Online

4.00pm Family Service in the Hall

Thursday 7<sup>th</sup> April

12.45pm Holy Communion (Iona) in Church

**Sunday 10<sup>th</sup> April**

**Palm Sunday**

8.00am Holy Communion (BCP) – in Church

10.00am Holy Communion – in Church and Online

**Monday 11<sup>th</sup> April**

**Monday of Holy Week**

8.00pm Stations of the Cross and Compline

**Tuesday 12<sup>th</sup> April**

**Tuesday of Holy Week**

8.00pm Stations of the Cross and Compline

**Wednesday 13<sup>th</sup> April**

**Wednesday of Holy Week**

8.00pm Stations of the Cross and Compline

**Thursday 14<sup>th</sup> April**

**Maundy Thursday**

8.00pm Holy Communion and Watch in Church

**Friday 15<sup>th</sup> April**

**Good Friday**

10.00am Messy Church for Good Friday

1.30pm The Liturgy of Good Friday

**Saturday 16<sup>th</sup> April**

**Holy Saturday**

8.00pm Easter Vigil and First Communion of Easter

**Sunday 17<sup>th</sup> April**

**Easter Sunday**

8.00am Holy Communion (BCP) – in Church

10.00am Holy Communion – in Church and Online

Thursday 21<sup>st</sup> April

12.45pm Holy Communion (Iona) in Church

**Sunday 24<sup>th</sup> April**

**St Mark the Evangelist – Patronal Festival**

8.00am Holy Communion (BCP) – in Church

10.00am Holy Communion – in Church and Online

Thursday 28<sup>th</sup> April

12.45pm Holy Communion (Iona) in Church

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

## Wonder

A young baby would usually be born with a great sense of wonder as everything it sees is a joyful surprise and the baby might present itself to us with a lovely smile as a way of saying thank you.

However, as we get older, many of us have lost that sense of wonder or awe, although there are so many things that we can wonder at if we have the time and the inclination to do so. Alexander Pope wrote:

"Pretty in amber to observe the forms,  
Of hairs, or straws or dirt or grubs or worms  
The things we know are neither rich or rare,  
But wonder how the Devil they got there."

I am not suggesting we should wonder at such things but there is so much in the world and universe to wonder at. As we say in our hymn:

"All things wise and wonderful,  
The Lord God made them all."

In this time of Spring what wonderful and beautiful things we can admire such as: flowers coming into bloom, trees donning their leaves once more, at sunrises and sunsets and at the joy we can get from our adventures in the sea or in the mountains. A snowflake in winter is truly beautiful and there are so many lovely birds which sing to each other but whom we can hear, too. We can also wonder at the miracle of birth, at the effect of a smile on the face of a loved one, at the possibility we all have to laugh, at the joyful sound of music that touches our souls. Then the giving and receiving of love and care are wonderful, too. But sadly I find I am too busy thinking and doing other things to have time to really appreciate all these wonders of the world that are around me.

Henry David Thoreau said: "It is not what we look at that matters -it's what we see." I suppose he was right as we can look at something but not see the magic within it. When we are given a lovely gift we want to thank the person who gave it to us and it would be awkward if we don't know who to thank. Happily as Christians we can thank God every day for the wonders around us, gifts of his creation. As Shakespeare said:

"For we, which now behold these present days,  
Have eyes to wonder, but lack lips to praise."

Then we can ponder on the Christmas carol that was by a travelling evangelist, Annie Morgan in 1933:

"I wonder as I wander out under the sky,  
How Jesus the Saviour did come for to die.  
For poor on'ry people like you and like I....  
I wonder as I wander out under the sky.

When Mary birthed Jesus 'twas in a cow's stall,  
With wise men and farmers and shepherds and all,  
But high from God's heaven a star's light did fall,  
And the promise of ages it then did recall.

If Jesus had wanted for any wee thing,  
A star in the sky, or a bird on the wing,  
Or all of God's angels in heav'n for to sing,  
He surely could have it 'cause he was the King."

**Ian Archer**

## **Environmental News**

### **Photosynthesis rates are increasing – a phenomenon of climate change**

Scientists at the University of California, who have been studying rates of photosynthesis at 68 sites around the world have found that since the year 2000, have found that the rate at which plants photosynthesize has increased.<sup>1</sup>



You might remember from school biology lessons, some of the factors which affect the rate of photosynthesis include water, light, temperature and CO<sub>2</sub> levels<sup>2</sup>. With the increased concentration of CO<sub>2</sub> caused by climate change, climate scientists have observed the increase in photosynthesis. Across the sites, the rate of photosynthesis increased, with an extra 9.2 grams of carbon taken up per square metre since 2001. The team calculated around 44% of this increase can be attributed to climate change<sup>1</sup>.

However, whilst nature is helping us to buy some time, this alone will not save us from the impacts of climate change if CO<sub>2</sub> emissions are not significantly reduced.

<sup>1</sup>[www.newscientist.com](http://www.newscientist.com)

<sup>2</sup> [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

## Animals

How wonderful that God created animals as well as humans. We humans have been able to teach animals, especially dogs and horses, so many things. Dogs are trained to guide those humans who are blind, those who are deaf and those who are handicapped in other ways, such as those with epilepsy. How much these animals have helped us over the ages. But I wonder how much we can learn from animals.

Cats are friendly to humans if they like them, but they are perhaps more like us in always seeking what is best for them. They are careful creatures hesitating on the threshold when entering a new environment. You may, like me, have read a lovely book by Paul Gallico called "Jennie", in which a young boy turns into a cat and has to learn to behave like other cats.

Cats spend much of their time washing and grooming themselves but they are nice to cuddle up to if one is lonely. I don't see many reasons to follow their example. However the book is a gem and it's nice the author chose a name so close to my dear wife Jenny.

I have never had any close relationships with horses which have been trained and loved by so many human beings. But through my life I have loved and owned many dogs. The first one that I knew was Chum, a dog that saw it as his duty to guard my pram when I was a baby in the early 1930s. When I was trying to walk he would pull my lead to encourage me to do so. When my brother, Paul, was born some 5 years later Chum resumed his post by the pram to guard him from any unfriendly people.

In my teens my parents had two lovely golden retrievers who spent much of their time escaping from our riverside property. As this was soon after the war perhaps they were behaving like escaping prisoners of war. They loved to chase after ducks. The more handsome one was Rex who was slow to go through doorways and was most offended if by being so slow his tail was nipped. Rusty was not as calm or proud as Rex and so was perhaps less popular.

Jenny and I had cocker spaniels, easier to handle and rightly were described by many as merry cockers. They were lovely pets having the mentality of larger dogs but were easier for us to handle.

When we had both cats and dogs they quickly got on well together whereas if the cat was a "foreigner", as not being one of the family, the dog would chase that cat and if in coming to battle the cat would probably win. So that was no example for us to follow. We must love all our neighbours, foreigners as well as those nearby. I remember one occasion when a cat we owned had kittens and was getting angry and tired from so many of them wanting her help and Millie, our Cocker spaniel, tried to protect the kittens by getting between them and their mother.

I think we can all see so many ways in which dogs can give us good advice for our way forward in life. They seem so often to unquestioningly love us and would never betray us and are always supremely loyal. Whatever misfortunes they encounter and however

we treat them they stand by us through thick and thin. They seem to see us as their God. Their duty, a word not used by many of us today, is to believe in us and stand by us whatever we do and whatever happens. They are totally forgiving. If left for longer than expected they just welcome us with all their hearts when we arrive. If we have grown apart from God, He will always be ready to welcome us back when we return, whatever we have done, as did the father of the prodigal son.

I have recently watched a lovely film based on fact, where the dog waited for his master at the station each day to accompany him home. Sadly the master died but the dog did not understand that, and for the rest of his life, sometimes travelling long distances, he went to the station every day in the hope of meeting his master until eventually, years later, the dog, too, died. You might think what a sad film that was, but the film ended suggesting to us that the dog then met his master in heaven, giving the story a happy ending after all.

If we are sad or depressed, dogs always sympathise with us even when we don't deserve it. They always agree with us. They encourage us to go on walks that they also love, which should be good for both them and us.

Of course there are other animals that can guide us in the future, such as the sloth with its three toes, which Flanders and Swan suggested hangs upside down which means they can change any frowns they might otherwise have into smiles. We must try to change our frowns into smiles, too, but not necessarily hang upside down like them. Bing Crosby suggested some animals that children might want to be and it went like this:

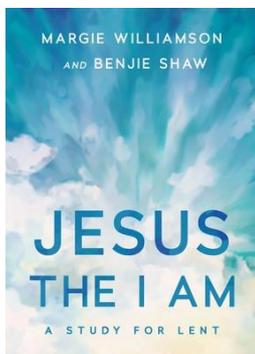
"A mule is an animal with long funny ears  
Kicks up at anything he hears  
His back is brawny but his brain is weak  
He's just plain stupid with a stubborn streak  
And by the way, if you hate to go to school  
You may grow up to be a mule.  
A pig is an animal with dirt on his face  
His shoes are a terrible disgrace  
He has no manners when he eats his food  
He's fat and lazy and extremely rude  
But if you don't care a feather or a fig  
You may grow up to be a pig.

A fish won't do anything, but swim in a brook  
He can't write his name or read a book  
To fool the people is his only thought  
And though he's slippery, he still gets caught  
But then if that sort of life is what you wish  
You may grow up to be a fish.

All the monkeys aren't in the zoo,  
Every day you meet quite a few  
So you see it's all up to you  
You can be better than you are  
You could be swinging on a star"

## Book Review

### This month: Jesus, The I AM!



By Margie Williamson and Benjie Shaw

This month's book suggestion is slightly different. It is a recommendation for a personal Lent study.

We know that Jesus's work on the cross and His resurrection changed the world. Two thousand years later, His work is still changing lives--one person at a time--thanks in part to His I AM statements. Those simple words have the power to change your life and the world today.

Hebrew says that Jesus is the exact imprint of God the Father. In the weeks leading up to his final days, Jesus made seven simple statements that revealed His closeness to God; that He was one with God. In those statements, Jesus was establishing His authority. In those statements, He revealed to the world that He shared the same attributes with God, known to Israel as the "I AM." With those statements, Jesus is inviting you into relationship where He can intervene on your behalf.

*Jesus, the I AM*, an eight-week study devotional for the 2022 Easter and Lent season, will help you appreciate anew the gift and significance of Jesus's words. Written with a worshipful and contemplative tone, *Jesus, the I AM* invites you to discover the power and relevance of the *I AM* in your life today. This Easter, lean into the *I AM*.

---

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## **A Prayer for Ukraine**

*In peace let us pray to the Lord.*

*We pray for the leaders of the nations,  
that you will guide them in the ways of freedom, justice and truth.  
Lord, in your mercy  
hear our prayer.*

*We pray for those who bear arms on behalf of the nation,  
that they may have discipline and discernment,  
courage and compassion.  
Lord, in your mercy  
hear our prayer.*

*We pray for our enemies, and those who wish us harm,  
that you will turn the hearts of all to kindness and friendship.  
Lord, in your mercy  
hear our prayer.*

*We pray for the wounded and the captive,  
the grieving and the homeless,  
that in all their trials they may know your love and support.  
Lord, in your mercy  
hear our prayer.*

*Most holy God and Father,  
hear our prayers for all who strive for peace  
and all who fight for justice.*

*Help us, who today remember the cost of war,  
to work for a better tomorrow;  
and, as we commend to you lives lost in terror and conflict,  
bring us all, in the end, to the peace of your presence;  
through Christ our Lord.*

*Amen*

(<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/praying-peace-world>)

Micklefield School  
10-12 Somers Road  
Reigate  
RH2 9DU

Dear Father Martin,

Thank you for letting us  
visit your Victorian church. I  
loved seeing the stone font  
and wooden pulpit. We had a  
very interesting time with you.

From, Isabelle and class 1F

## Reader recipes

After the delicious vegan chilli served up at Messy Church in February, this month we've included a recipe from BBC Good Food for you to try at home.

### Vegan Chilli

Ingredients:-

- 3tbsp of olive oil
- 2 sweet potatoes, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 onion chopped
- 2 carrots chopped
- 2 celery sticks chopped
- 2 garlic cloves, crushed
- 1-2 tsp chilli powder
- 1 tsp dried oregano
- 1 tbsp tomato puree
- 2 x 400g cans chopped tomatoes
- 400g can black beans
- 400g can kidney beans
- Lime wedges, coriander, rice and guacamole to serve



Method:-

1. Heat the oven to 200C/180C fan/gas 6. Put the sweet potato in a [roasting tin](#) and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.
2. Meanwhile, heat the remaining oil in a large [saucepan](#) over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more.
3. Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander.

Recipe taken from: <https://www.bbcgoodfood.com/recipes/vegan-chilli>. If you have a recipe you'd like to share, please send it to [magazine@stmarksreigate.co.uk](mailto:magazine@stmarksreigate.co.uk).

## Puzzles

### March Sudoku Puzzle

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

### February Solution

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

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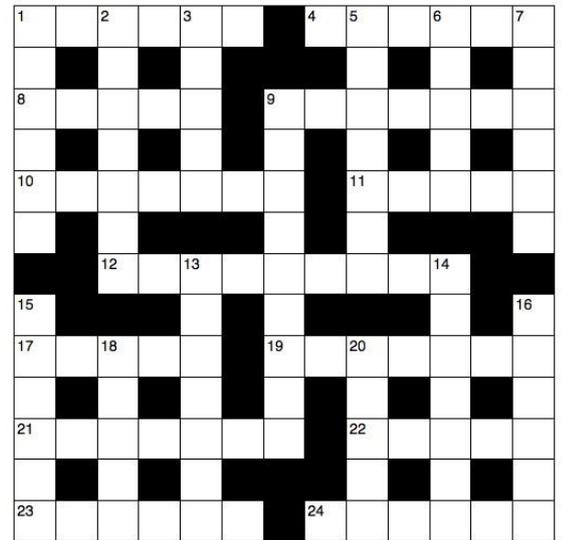
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## March Crossword

Biblical references are from the New International Version

### Across

- 1 Arouse (Song of Songs 2:7) (6)  
 4 Extinguish (Isaiah 1:31) (6)  
 8 "They — — , " you will say, "but I'm not hurt!" (Proverbs 23:35) (3,2)  
 9 Unhappiness (Nehemiah 2:2) (7)  
 10 Jewish (7)  
 11 Dirge (anag.) (5)  
 12 'A truthful witness gives honest — , but a false witness tells lies' (Proverbs 12:17) (9)  
 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)  
 19 'Do not use your freedom to — the sinful nature' (Galatians 5:13) (7)  
 21 'As you can see, he has done nothing to — death' (Luke 23:15) (7)  
 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)  
 23 'All the people — — one man, saying, "None of us will go home"' (Judges 20:8) (4,2)  
 24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)



### Down

- 1 Appalled (Job 26:11) (6)  
 2 'In an — to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)  
 3 Expel (Acts 18:16) (5)  
 5 'But I have a baptism to — , and how distressed I am until it is completed!' (Luke 12:50) (7)  
 6 'Of the increase of his government and peace there will be — — ' (Isaiah 9:7) (2,3)  
 7 Hurry (Psalm 119:60) (6)  
 9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)  
 13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)  
 14 Shouting (Acts 7:57) (7)  
 15 Arachnid (Isaiah 59:5) (6)  
 16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)  
 18 Donkeys (5)  
 20 Raked (anag.) (5)

## February Solution

**ACROSS:** 1 Credit 4 Tackle 7 Cain 8 Kenaniah 9 Strength 13 Beg 16 Salvation Army 17 ARC 19 Every day  
 24 Admonish 25 Dire 26 Sneeze 27 Bronze

**DOWN:** 1 Cock 2 Epistolic 3 Taken 4 Tenet 5 Cane 6 Leave 10 Erase 11 Guide 12 Honey 13 Barbarian  
 14 Guys 15 Asia 18 Rod in 20 Voice 21 Rahab 22 Hope 23 Mene



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