

Saint Peter's Church, Woodmansterne May Monthly Newsletter



(This replaces Spotlight for the time being)

Welcome to this month's newsletter! The newsletter will be in this form until we are able to get back to normal. If you have an activity or something uplifting to share please do get in touch: office@saintpeterschurch.org.uk We hope you enjoy this month's newsletter.

NOTE: *if you have received this as a paper copy and would be happy to receive the next monthly newsletter by email please contact office@saintpeterschurch.org.uk*

A word from Rev. John Itumu, Rector, St Peter's Church, Woodmansterne

Thanks to COVID-19, it seems fair to liken the last six weeks to what is often described as a desert experience. Here, I have in mind despair, pain, anger, helplessness and an incessant 'how long?' In our times, it is easy to identify with a few of these. Like the proverbial elephant that felt different to the blind men who touched it, so are we when the familiar is taken away. The desert is a metaphor for struggle and the obstacles that stand between folks and their dreams. In the Bible, being in a desert, is often the prerequisite to a new beginning. It functions as an unwelcome but inimitable training ground for what is ahead. We are in good company with Abraham, Moses, Jacob, David, Elijah and our Lord Jesus, all who were not alien to the desert.

So then, what could we say to this human quandary? First, the Psalmist (Ps 103:2) urges us to bless the Lord and not forget all his benefits. In the heat of the moment and as the dust rises our past can become easily obscured. As the present intensely consumes and engulfs, it often leaves no space to turn around and recall. That is where this exhortation kicks in. Because when we cause our minds to intentionally remember and see God at work in our past, the unpleasant present becomes less harsh. I say this because it continues to work for me. Please try this prescription. It is a healing balm. We can trust the God who has delivered us in the past to repeat that performance. While you are there, look up the hymn that goes, 'count your blessings, name them one by one, and it will surprise you what the Lord has done'.

Secondly, as the prophet Isaiah (55:8-9) proclaims to the Israelites, God's ways and plans are not necessarily what we wish for:

For my thoughts are not your thoughts, nor your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

These lines which my late mother often quoted help us liberate God to be God. When all has been said and tried, God must remain God; but also creator, sustainer, redeemer, provider, shield and defender. The one who loves us too much to let go. Our business is to align ourselves with his purposes as revealed in Scripture and live it out. When we cause our minds to remember who is in charge of all that was and is, whose we are, this fills us with a sure sense of contentment and gratitude, even when circumstances dictate otherwise. I suspect it is this attitude that caused the apostle Paul to urge Thessalonians (1 Thess 5:16-18) to rejoice always, to pray always and to give thanks in all circumstances. My prayer for us is that as we embrace and walk on new terrains in 2020 and beyond, we will habitually look back, remember and give thanks to God. Amen.

Yes we are unable to meet in person at the moment which means quite a few things can't take place in their usual form such as weekly services in the St Peter's Church building and May's 3 O Clock Special Service. However the church family is very much still here!

<https://www.youtube.com/channel/UCI9hrwcOXgd7g8lg9WVqg7A>

If you want to receive more information about any of the above or would like to have a chat with someone please do get in touch with us: rector@saintpeterschurch.org.uk or ring 01737 423892.

A local charity, which can help people who are struggling to pay fuel bills. To qualify, you must live in the Parish of Woodmansterne. If you would like to be considered for assistance then please contact us: office@saintpeterschurch.org.uk or 07816293554.

The Woodmansterne May Queen Fete which was due to take place on Friday 8th May has been rescheduled for Saturday 5th September. There will be more details nearer the time.

Knit for peace are crying out for garments for adults, which must be hand knitted and unworn. They need hats, scarves, mittens, jumpers, etc., AND blankets. All these items will be shipped to places in the world where there is a high demand for clothing. Maybe there are some other 'Big Knits' in the congregation who would like to do this. All hand knitted items mailed to the organisation should include a garment record sheet, so that they have a record of who made the items and where they come from. People can send parcels individually, or in a batch from St Peter's. <https://knitforpeace.org.uk/>



UK: Pray for wisdom and guidance for the government as they make difficult decisions. Lift up our NHS staff, carers and others in essential roles, along with those losing their livelihoods at this time. Coronavirus vaccine trials are being undertaken in Oxford. Pray that the team will be able to look after the volunteers well, for the vaccine to be safe and effective.

LATIN AMERICA

Patrick Coghlan, former chair of trustees for SAMS and former CMS trustee died on Monday 20 April. Please pray for Gill, his widow, and family.

Peru: Pray for the challenges Latin American countries face regarding pressure to ease restrictions while cases of coronavirus still increase. Please pray for wisdom for leaders across the region and that there will not be uprisings as people become increasingly desperate.

Argentina: Nick Drayson asks for prayer for wisdom for bishops in Argentina serving with indigenous communities. Some communities are resisting the lockdown and continue to meet.

AFRICA

Regional manager for Africa Steve Burgess asks for prayer for protection for people in Africa. While there is little incidence of COVID-19 and few deaths, if outbreaks increase it will have huge consequences in a continent with few resources to treat and care for people. Pray those who are unable to work and left without income.

Rwanda: Rwanda marked Remembrance Day on 7 April. Pray for peace in this nation, that God will lead people to forgive and that nothing like the genocide will ever happen again.

Malawi: Pray for health services across the country as they face a potential surge of critically-ill patients. Very few hospitals have enough of the necessary equipment and some don't have any ICU facilities.

MIDDLE EAST

Syria: Audrey and Colin Gibson write that the economic crisis in Lebanon is having a big impact in Syria, making the difficult situation there even worse. They ask for prayer for an end to the suffering in Syria, for forgiveness, reconciliation and peace and justice for all.

Middle East: The national economy as prices of everything have dramatically risen recently. Local people and businesses are struggling to make ends meet. Pray for God's wisdom in this situation.

ASIA

Nepal: United Mission to Nepal is struggling to run two hospitals as the usual income from outpatients has dropped due to the coronavirus outbreak. Pray that they will be able to run the hospitals and be prepared to deal with any patients infected by the virus. Pray that Andrea and Andrew Young will be able to continue their pastoral care work from the UK.



RECIPE FOR MAY - SWEDISH MEATBALLS

Who hasn't been to IKEA wandering around and suddenly finding yourself at the café entrance and deciding to have their famous meatballs (as an aside, on our first visit to Sweden what did our Swedish hosts serve us for dinner - yes, you've guessed it - meatballs)

Serves 4

500g beef mince
250g pork mince
1 onion finely chopped
1 clove garlic (crushed)
100g breadcrumbs
1 egg - beaten
5 tablespoon of milk (it might not all be required)
Generous pepper and some salt

Combine the beef and pork mince in a bowl and mix with your fingers to break up any lumps. Add onion, garlic, breadcrumbs and beaten egg and mix. Add milk gradually until it all comes together. Season well with salt and pepper.

In a frying pan, heat a tablespoon oil on a medium heat. When hot, add the meatballs and brown on all sides. When browned, put in an ovenproof dish and cover with a lid or foil.

Place in a preheated oven 180°C, 350°F, Gas 4 and cook for 30 minutes. Serve with the cream sauce.

Cream sauce

40g butter
40g plain flour
150ml beef stock) or 300ml of whatever stock is available i.e. cube
150ml vegetable stock)
150ml double cream
2 teaspoon soy sauce, preferably dark soy sauce
1 heaped teaspoon Dijon mustard

Melt the butter in a pan, whisk in the flour and stir well.

Add the stock slowly and continue to stir so that no lumps remain. Stir in the double cream, soy sauce and mustard. Bring the sauce to a simmer and allow it to thicken. Serve with new potatoes and a green salad. Enjoy! Ann Kayser



THE GARDEN IN MAY BY A WOODMANSTERNE GARDENER

How lucky we are living in Woodmansterne, Chipstead and the Banstead area. Most of us have gardens; some large, some small or perhaps a balcony or courtyard where we can open a door and step outside into fresh air. Notably fresher and quieter than normal and I'm sure that our gardens, window boxes and house plants have never been so well looked after.

As April has been so dry do not forget to thoroughly water any newly planted trees and shrubs. Try to water in the evening or early morning so less water is lost due to evaporation. Also any tubs and troughs benefit from watering in the cooler periods rather than in the full force of the sun.

With the warmth of the sun increasing daily, plants seem to be growing overnight, so continue to insert plant supports now for herbaceous perennials, especially those with tall brittle stems or large heavy flowers such as alstroemeria.

Daffodils and tulip heads that are dying can be cut off but leave the foliage to die down naturally. Spring flowering aubrietia can become care and leggy so although it may seem hard, give the plants a really hard prune after flowering, cutting back to almost ground level. Give them a long drink and they will respond and look like new plants.

At this time of year our thoughts turn to our summer bedding displays of tubs and hanging baskets but as we are unable to visit garden centres our choice is restricted to some supermarkets or on-line ordering. If receiving plants by post unpack immediately, give them a long drink and put them somewhere light and frost free.

Lawns will still need cutting, and a hunt in the shed or garage may unearth some weed and feed which can be applied when the grass is growing well.

Please think of our birds, bearing in mind it is the nesting season, so avoid peanuts, fat, bread and suet which can cause choking if fed to nestlings. Always put out clean drinking and bathing water daily especially in any dry spells.

As all flower shows are closed we will be unable to get our 'fix' of the Chelsea flower Show this year but if you are stuck indoors you can listen to the RHS podcasts. The fortnightly RHS Gardening Podcast (rhs.org.uk/podcasts) gives seasonal advice and passes a pleasant half hour.

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**Flower and plant home delivery service** - Melbourne Nurseries are providing a home delivery service of potted plants, plant fibre and cut flowers. For more information contact: 07951780490 or [p3man59@gmail.com](mailto:p3man59@gmail.com)

## **Loneliness at the Virtual Chelsea Flower Show, 19th – 23rd May**

All sorts of themes are chosen for the Chelsea Flower Show, but this year's theme turned out to be scarily appropriate for the Spring of 2020: loneliness and mental health.

For, according to Sue Briggs, RHS Director General, "many feel they need gardening in their life now more than ever before, for their mental and physical wellbeing during this national emergency." Writing on RHS website ([www.rhs.org.uk](http://www.rhs.org.uk)), Sue Briggs says: "This applies to everyone from those who are having to self-isolate to families planning, maybe for the first time, to grow their own food."

And so, "for these reasons, and to do more to support the industry, the RHS will create a Virtual RHS Chelsea Flower Show, to celebrate our great horticultural industry and gardening heritage." The Virtual Show will run from Tuesday 19th May to Saturday 23rd May.

(<https://www.rhs.org.uk/shows-events/virtual-chelsea>). Guy Barker, chief horticulturalist at the RHS said: "Nurturing plants can make you less lonely and release you from troubles."

## **Leave your dandelions alone**

When mowing your lawn, avoid cutting your dandelions. That is the advice of the president of the British Ecological Society, Prof Jane Memmott. It will help to save the bees. He explains:

"Dandelions are a fantastic source of pollen and nectar for the early pollinators in particular. If they were rare, people would be fighting over them, but because they're common, people pull them out and spray them with all sorts of horrible things when they should just let them flower. If you leave the lawn to three or four inches, then dandelions, clover and daisies can flower and then you end with something like a tapestry, and it's much nicer to sit there and watch the insects buzzing about."

Prof Memmott encourages everyone to get a bee hotel for their garden. "There's nothing nicer than being sat in a chair with a glass of wine and watching the bees going in and out of your own personal little beehive. Even just a potted plant on a doorstep will provide lunch for a bee or a fly or a butterfly."

## **Five Tips for Tackling Loneliness and Isolation**

The Church of England has published a leaflet giving five tips to help loneliness:

- Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
- Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.
- Focus on the things that you can change, not on the things you can't.
- Look after yourself - physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
- Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email. Go to: <https://www.churchofengland.org/faith-action/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>

## **Florence Nightingale – the founder of modern nursing**

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

## **VE Day – the end of World War II in Europe**

VE Day (Victory in Europe) – was celebrated 75 years ago this month, on 8th May 1945, marking the end of World War II in Europe. It was marked with a public holiday.

The previous day the formal act of military surrender had been signed by Germany, and celebrations broke out when the news was released. Big crowds gathered in London, impromptu parties were held throughout the country, and people danced and sang in the streets. King George VI and his family appeared on the balcony of Buckingham Palace, and Churchill made a speech to huge applause. The two princesses Elizabeth and Margaret mingled with the crowds outside.

Many went into churches to give thanks – and to pray for those still involved in the war in the Far East, because the real end of the war, Victory over Japan, would not happen until 15th August. At St Paul's Cathedral there were ten consecutive services giving thanks for peace, each attended by thousands of people.

The celebrations masked the fact that so many had lost family and friends, as well as possessions and homes. But for the moment normal social conventions broke down, strangers embraced, and love was in the air.



## **The voyage of HMS Beagle**

Two hundred years ago, on 11th May 1820, the British Royal Navy sloop HMS Beagle was launched. It was the ship that took Charles Darwin on the voyage around the world between 1831 and 1836 that led to his putting forward the theory of Evolution.

HMS Beagle was one of 100 ships of its class, known as coffin brigs because they handled badly and were prone to sinking. But its captain on Darwin's voyage, Robert FitzRoy, made some critical changes to its superstructure and weaponry.

This was the second voyage of the Beagle; the first had resulted in the suicide of its depressed captain. FitzRoy was able to recruit Darwin, who was intending to be a clergyman, though he had recently graduated as a naturalist, as someone of a like mind who could be relied upon to research geology and natural history ashore.

The voyage lasted five years instead of the intended two, and Darwin became famous after publishing his journal, usually known as *The Voyage of the Beagle*, which was an intriguing travelogue as well as hinting at Darwin's theories on species.

The ship itself was believed lost, but in 2004 its remains were thought to have been located beneath an Essex marsh.

## **LAUGHTER LINES**

### **Parental excuses**

These are actual 'excuse notes' from parents excusing their children from missing school (includes original spelling):

- ~ My son is under a doctor's care and should not take P.E. today. Please execute him.
- ~ Please excuse Lisa for being absent. She was sick and I had her shot.
- ~ Please excuse Roland from P.E. for a few days. Yesterday he fell out of a tree and misplaced his hip.
- ~ John has been absent because he had two teeth taken out of his face.
- ~ Megan could not come to school today because she has been bothered by very close veins.
- ~ Chris will not be in school cus he has an acre in his side.
- ~ Please excuse Ray Friday from school. He has very loose vowels.
- ~ Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.
- ~ Sally won't be in school a week from Friday. We have to attend her funeral.
- ~ Please excuse Jason for being absent yesterday. He had a cold and could not breed well.

"What is your kitty's name, James?" asked the visitor. Ben Hur," said James. That's a funny name for a cat. Why did you name it that?" "Well, we just called him Ben – until he had kittens."

## MAY

Among the many proclaiming May  
decking the fields in holiday array,  
Striving who shall surpass in braverie,  
Marke the faire flowering Hawthorne tree,  
Who finally clothed in a robe of white,  
fills full the wanton eye with May's delight.

Chaucer

## SUDOKU

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EASY

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MEDIUM

## CALENDAR QUOTES

If you have built castles in the air your work need not be lost; that is where they should be.  
Now put foundations under them

Never open the door to a lesser evil, for other great ones invariably slink in after it.

There is no curing a sick man who believes himself in health.

The best thing to do behind a person's back is to pat it.

## PUT ON A HAPPY FACE from the musical Bye Bye Birdie

Grey skies are gonna clear up, put on a happy face.  
Brush off the clouds and cheer up, put on a happy face.  
Take off that mask of tragedy, It's not your style,  
You'll look so good that you'll be glad ya' decided to smile.

Pick out a pleasant outlook, stick out that noble chin.  
Wipe out that 'full of doubt ' look. Slap on a happy grin.  
And spread sunshine all over the place,  
Just put on a happy face

Put on a happy face. Put on a happy face.

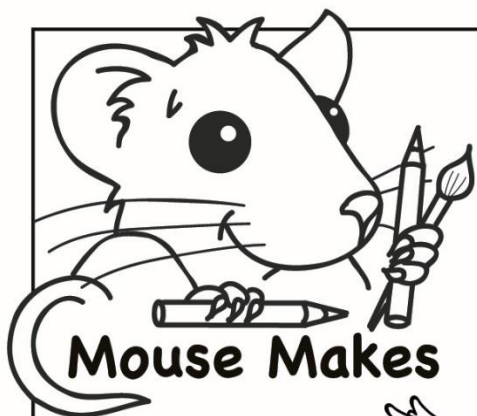
## SUDOKU SOLUTIONS

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EASY

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MEDIUM



"The fruit of the Spirit is  
love, joy, peace, patience,  
kindness, goodness, faithfulness  
gentleness and self control.

If we live by the Spirit, let us also  
behave in accordance with the Spirit"



Read  
Galatians  
5:13-26



How many  
other words can you find  
using the letters from:

**FRUIT OF  
THE SPIRIT?**



Which  
symbol goes  
with which fruit?



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

LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD  
AGREEMENT • UNITY • CALM • CONTENTMENT • REST  
PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP  
GOODWILL • GENEROSTITY • GOODNESS • HONESTY • INTEGRITY  
FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE  
SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE



## A reflective page for All Ages

