

**SAINT PETER'S CHURCH,
WOODMANSTERNE
MONTHLY NEWSLETTER**

***This will replace Spotlight until
things return to normal***

Welcome to this month's newsletter! There are activities and things to do as well as some Spotlight favourites, such as the Woodmansterne Gardener and April's recipe. 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 are very thankful that our new Rector, Rev. John Itumu, was installed on 3rd March, before social distancing measures had to be put in place. Thank you to everyone who made the installation service and the celebration afterwards such a success. However as you can imagine, this is not an easy time to start in a new parish so please do remember John and his family in your prayers.

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*

Lighting a Candle

Following the invitation to light a candle and pray on Sunday 22nd March, my neighbour and I have adopted the National Prayer time at 7pm by lighting a candle in our front window on a daily basis. It is so comforting to wave at her, light our candles and share this Prayer time. We are hoping to gradually involve all our neighbours, so every house will have a candle. We would love to hear if you decide to join us:

office@saintpeterschurch.org.uk.

Please do this safely and remember to extinguish the candle. Sally Frost

Prayer Walking

Unfortunately prayer walking will not take place for the time being but we will advise you when we restart. In the meantime if there is anything you would like us to pray for please contact Rev. John: rector@saintpeterschurch.org.uk or ring 01737 423892

Woodmansterne Charities

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.

'Knit for Peace'

.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/>



LATIN AMERICA

Uruguay: Pray for CMS's Partnership for Missional Church (PMC) process in Uruguay which is currently being trialled. Pray for all those involved, that they will be emboldened to follow where God is leading them in his mission. Please pray for one of our Latin American local partners and family, whose mother-in-law has cancer and whose brother-in-law is going through a difficult situation.

Brazil: The new ReVive house for babies and young children has been completely furnished and fitted with all the necessary fire safety equipment, emergency lighting and signs. Please pray for the last bureaucratic bits and pieces to be resolved so the house can be declared fully open and functioning.

Chile: Pray for Chile, that threatened violence and social disruption will be minimal. The church has prayed almost daily since the outbreak of the disorder on 18 October and they believe that this month will be crucial to the atmosphere leading up to a national referendum on 26 April on whether Chile needs a new constitution or not.

AFRICA

Kampala, Uganda: Garry Ion, mission partner in Uganda, asks for prayer for the street children's outreach and resettlement programme he is helping with in. Garry writes, "This week we took in two boys who are very sick, one has had to have a foot amputated and the other boy has a horrible infected rash. Both boys have been on the streets for more than a year. Pray for the Ugandan social workers I serve with."

Tanzania: Thank God for his provision so far and for his protection over the crops until they are fully harvested. Please pray that God keeps those pests away and that everyone will be able to harvest in abundance all they need for the coming year.

South Africa Pray for reconciliation among the many different ethnicities who don't always co-exist peacefully. Ask God to move in the HIV/AIDS epidemic; for the infection to stop spreading and for healing, hope and support for those already affected. Pray for God to touch the hearts of the 75 percent of the population who count themselves as Christians, and draw them into a real, loving relationship with him. Please also pray for our mission partners in South Africa, Caroline and Dick Seed.

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: Please pray for Mission partner R, who asks for prayer for the national economy as prices of everything have dramatically risen recently. Local people and businesses are struggling to make ends meet. For God's wisdom and leading her every step of the way. Please also commit R's family to God in prayer, especially her sister's ongoing treatment and health.

Iran: Middle East Concern report that an appeal hearing scheduled for 24 February to review the sentences of Assyrian pastor Victor Bet Tamraz, his wife Shamiram Issavi Khabizeh, and three Christian converts was postponed again. Pray for a conclusion to these long-standing cases and that the new judge will rule justly and have the courage to overturn the sentence. Pray for the Lord to encourage the defendants and their families, and for the Iranian regime to stop oppressing religious minorities, including Christians.

ASIA

Nepal: Pray for the gospel to be preached among hard-to-access people groups and for training for church leaders so that young Christians can grow in their faith. Please pray for our people in mission in Nepal; mission partners Andrea and Andrew Young and local partner Saggi Abraham. Please pray for one of our strategic partners who is going through a property dispute, which could result in a court case. Please pray for God's hand to be upon all negotiations, and for the court to rule justly when the time comes.

South Asia: The board of a Christian school has with heavy hearts decided to close at the end of the school year in June, remaining open for one year for pupils finishing GCSE and A level exams. Their main reason for closing is a lack of staff. Praise God for his wisdom in this difficult situation and pray for solutions to be found for the many families affected by this decision.

Taiwan: Catherine Lee requests prayer for the new Bishop of Taiwan, Lennon Yuan-Rung Chang, who was consecrated on Saturday 22 February at St John's Cathedral, Taipei.

China: Please pray for the Chinese Church. Due to the fear around coronavirus, churches are not meeting; seminaries are not in session; trains are not running; flights are cancelled; roads and public spaces are uncharacteristically empty of people; many are trapped at home, uncertain of what happens next. Pray for coronavirus to be stopped in its tracks and for the epidemic to be brought to an end.

DIAMOND CLUB 5th March

Mrs. Simone Carer came to talk to the Diamond Club about her life as a Paramedic. Simone is based at Epsom Ambulance Station, but every twelve weeks staff can be transferred to a different area.

To become a Paramedic, students undertake a 3 year course, with two years spent at a University. When qualified they are also responsible for checking their Ambulance, making sure it and the equipment is in working order. They work a 12-hour shift, with a 30-minute lunch break.

When answering a call, they must make sure that the patient is stabilised before moving them. Only Paramedics and Fire Brigade crew are authorised to lift patients. The plan now is not to automatically take everyone to Accident and Emergency, but if possible, enabling the patient to stay in their own home. Paramedics can help to organise equipment, for example stair lifts and rails.

The usual way to call an Ambulance is to dial 999, but there are always a lot of questions to be answered. These can be frustrating when all you want is an ambulance to arrive, but your response to the questions helps the operator to build a picture of the patient's needs, because unfortunately there is no joined up access to records. In this area there are hospital choices. Epsom deal with minor things, but also have a stroke and rehabilitation centre. St. Helier deal with major surgery cases. There are also Doctor Hubs where patients can obtain appointments for evenings and weekends. Caterham Dene Community Hospital, Church Road, Caterham is open Monday to Friday 4 -8pm and 8am to 8pm Saturday and Sunday. Hawthorns Surgery, Oxford Road, Redhill is open 5 – 8 Monday to Friday and 10 to 2pm Saturday and Sunday. To make an appointment you need to ring your own doctor who will contact the Hub for you. Unfortunately for Mental Health problems and Dementia sufferers there is only A & E.

For older residents there are lifeline buttons which can be worn and when activated contact the controller who can then notify an ambulance. These should only be worn at home, even in the shower, but not in bed. On leaving home remove the button and change with your door keys. Then on your return change your keys for the button. Details of medication and health history are kept by the careline and can therefore be used by paramedics if an emergency occurs. Another important aid is Message in a Bottle. This can be kept in a fridge with details of any medicines and where they can be found, and name and phone number of next of kin. Useful note on the fridge or back of the front door to say where the bottle is kept.

Silverline is a 24-hour phone line for older people founded by Esther Rantzen in 2012 It offers information and advice for older people in the United Kingdom. It can link callers to local groups and services and offers regular befriending calls or emails. Will invite callers to join a Silver Circle and take part in regular group calls on subjects that may interest them 0800 470 8090 is the number to ring.



RECIPE FOR APRIL THAI CHICKEN WITH LIME AND COCONUT

After the usual roast lamb of Easter Sunday lunch, this is a quick and easy Easter Monday lunch. As with all Chinese/Thai/ Far Eastern recipes it is essential to prepare everything beforehand. The recipe serves 2, but it is easy to increase the amounts.

400g chicken breasts or chicken breast chunks

Grateds zest and juice of 2 limes, plus 1 lime to serve.

160ml (ie. Small tin) of coconut cream

Small amount of sunflower oil

1 fresh green chilli deseeded and finely chopped

1 tablespoon Nam Pla Fish sauce 9 if this isn't a staple in our kitchen cupboard use Worcester sauce,

4 packs of fresh coriander - stalks removed

4 spring onions cut into shred, including the green parts

2 lemon grass stalks - bashed/bruised but kept whole

Cut chicken breasts/chunks into bite size pieces and put them in a bowl with the lime juice and zest. Stir well and leave them to marinate for at least an hour, preferably longer.

When ready to cook drain the chicken pieces in a sieve reserving the marinade.

Heat the oil in a frying pan or wok over a high heat, add the chicken pieces and the lemon grass stalks and stir fry until they are golden. Add the chilli and stir fry for a few minutes, then add the lime marinade, the coconut cream, fish sauce/Worcester sauce and half the coriander leaves and spring onions. Cook for another 2-3 minutes until everything is heated through and the chicken does not have any pink meat and the juices run clean.

Remove the lemon grass stalks.

Serve with the remaining coriander and spring onions sprinkled over. Serve with rice and lime wedges.

If you feel that it is rather too bland chop one red chilli finely (after deseeding) and sprinkle on the top

Ann Kayser



THE GARDEN IN APRIL BY A WOODMANSTERNE GARDENER

The final paragraph of the Garden in March mentioned the start of the lawn mowing season, and remarked that it is best to delay cutting the grass if it is wet or frosted. With our exceptional rainfall in late 2019 and the wettest February (2020) on record, together with a wet beginning to March, it seems that, unless there is some dry weather, the lawns will remain uncut for a while yet!

However there are plenty more jobs to be getting on with now that the days are getting longer and hopefully warmer.

Forsythia is a shrub that is either loved or loathed, being bright and cheerful to herald spring for some or brash and garish to others. To keep plants neat and ensure a good display next year, cut flowered stems back to a strong new leafy side shoot and remove one or two of the oldest stems to the base.

If you didn't prune your lavender last autumn now is the last chance to trim it over. Use shears to remove the spent flower spikes and to shorten the growing shoots by about 1". Do not cut into old wood as it will not regenerate.

The gale force winds experienced with Storm Ciara and Storm Dennis have desiccated some plants. A rosemary in my garden which has withstood snow and frost has been killed by the wind so keep an eye on plants which are looking poorly, it could well be wind damage.

With warmer days overgrown and badly shaped evergreen shrubs can be pruned. Hollies, euonymus and laurel and even camellias tolerate pruning to near ground level. Keep well watered and mulched for the next 3-6 months while they make new growth.

Our house plants have served us well over the dark days of winter. Give them room to grow by repotting them if they need it, preferably in a clean pot that is at least one size larger than the original. Use a similar potting compost, water well and begin to feed them about 4-6 weeks after repotting.

Again, according to the weather and growing conditions vegetable seeds can be sown, either outdoors or in modules in a conservatory or greenhouse.

Dead head daffodils but leave the foliage to die back naturally to help the bulbs build up food for next year's display. Regular weeding and dead heading will keep the garden looking tidy and discourage slugs, snails and other pests from building up.

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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)

## **23 APRIL – ST GEORGE OF THE GOLDEN LEGEND**

The Saint of an English Army before he was Patron Saint of England, St George may have been a soldier, but he was no Englishman. He was an officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror, and was martyred at Lydda in Palestine about the year 300 AD - supposedly 23 April. Over the years St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages, of whom remarkable deeds were reported.

In the Golden Legend of the 13th century, Jacobus de Voragine gave St George a handsome write-up. The story runs thus:

One day, St George rode up to the heathen city of Sylene in Libya, where he found the citizens in great distress. A neighbouring dragon had forced them to surrender two sheep each day for its dinner, and when the sheep gave out, two of their children; and now they were about to sacrifice the King's daughter, dressed as if for her wedding. St George encountered the little party by a stagnant lake, where the dragon lived, and persuaded the sobbing Princess to tell him why she was so miserable. At that moment the dragon appeared, looking inexpressibly revolting. The Saint charged, and drove his spear into the gaping mouth. To everyone's amazement, he tumbled the monster over and over.

Then St George borrowed the Princess's girdle, tied it round the dragon's neck, and persuaded her to lead it back to Sylene herself. The sight of her approaching with the befuddled dragon on its makeshift lead emptied the town. When the inhabitants timidly crept back, St George promised to behead the dragon if they would all believe in Jesus Christ and be baptised.

It was a most effective form of evangelism, for everybody said 'yes' at once. So 15,000 people were baptised, and four carts were commissioned to remove the dragon's body.

George thus became a symbol of the war against evil, and is usually portrayed trampling the dragon of sin under his horse's hoofs.

The Crusaders had a vision of him helping them against the Saracens at Antioch, during the first Crusade, and so brought the story of St George back with them from Palestine.

Presently England put herself under the protection of the Saint. His day was declared a holiday in 1222. A red cross on a white field is the flag of St George.

### **Joke Corner with 'Jethro':**

A farmer stood in his field. After three days a neighbour went up to him and said "*what are you doing?*".

The farmer replied "I'm trying to get an OBE. I was reading in the paper that a man was awarded an OBE for being out standing in his field!"

A man was waiting for a bus when he was approached by a man.

The second man said "which is the quickest way to Guildford?"

The first man replied "Are you driving or walking?"

The second man said "I'm driving."

"Yes, that's the quickest way!" said the first man.

### **LAUGHTER LINES**

From church notice-sheets:

This being Easter Sunday, we will ask Mrs Brown, our children's minister, to come forward and lay an egg on the altar.

Baptisms: after Easter, the North and South ends of the church will be utilised. Children will be baptised at both ends.

Coming up: Theological Open House. We discuss thought-provoking topics. Your opinions are hardly welcome.

Next Sunday Mrs Brown will sing a solo at the morning service before the vicar preaches on the subject of 'Terrible experiences and how to survive them'.

Players picked for St Andrew's darts team will be pinned to the board on Thursday.

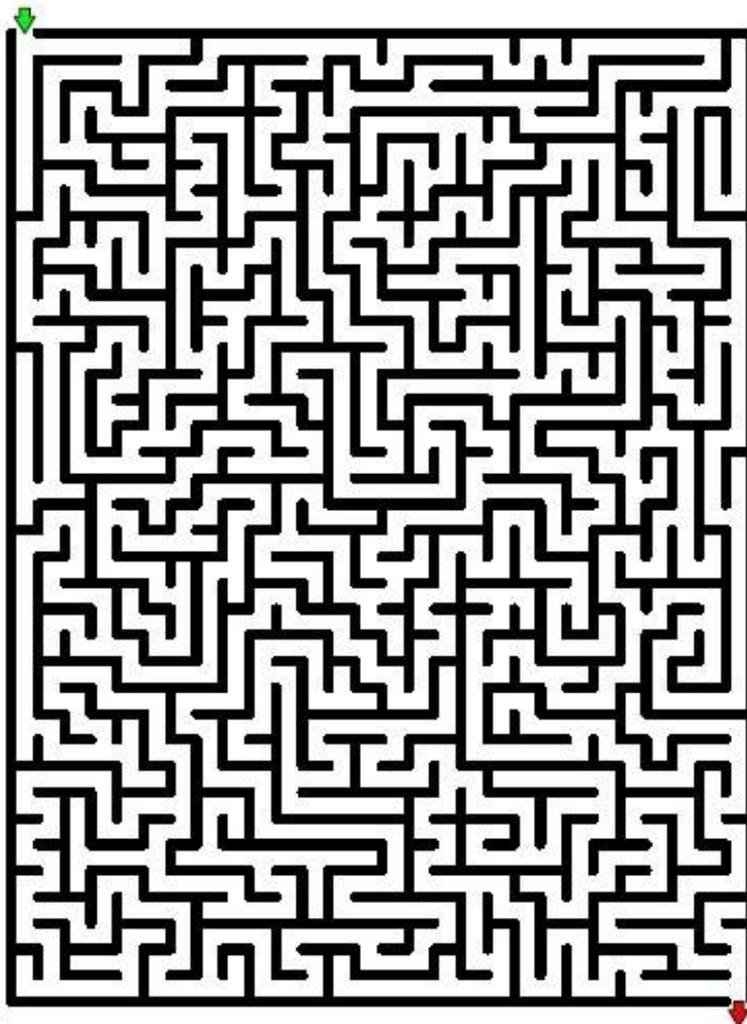
There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. The lady paused for a moment. "Only the Ten Commandments," she said politely.

While driving in the countryside, a family caught up to an old farmer and his horse-drawn cart. The farmer obviously had a sense of humour, because attached to the back of the carriage was a hand printed sign: 'Ecologically efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust.'



...er... the good news is the youth-group have made a great start by pressure-washing the west window...

### An amazing Maze



## THE RAINBOW

It's been raining half the day, but plodding wetly on my way,  
I see a graceful coloured arc curved high above the puddled park.  
Red, yellow, orange, indigo. All set the greyish sky aglow  
And staring up from sodden shoes, I marvel in its merging hues.

Over the rainbow skies are blue and happiness waits for me and you.  
They say - 'but getting there's the thing'- all fine for bluebirds on the wing!  
And then there is a pot of gold at rainbow's end, or so we're told,  
But nobody has ever found the spot where rainbows touch the ground.

So I am quite content to know the promise of that perfect bow.  
The rain will surely stop and then - is that the sun I see again?

Allison Mary Fitt

**YOU'LL NEVER WALK ALONE** (sung with gusto as loud as you can, either just you or with family)

When you walk through a storm hold your head up high  
And don't be afraid of the dark  
At the end of the storm is a golden sky and the sweet silver song of a lark.  
Walk on through the wind, walk on through the rain though your dreams be tossed  
and blown.  
Walk on, walk on with hope in your heart and you'll never walk alone.  
You'll never walk alone.

From the musical 'Carousel '



L A B R O A D  
 O C R O S S E  
 R H A P P Y B  
 D O N K E Y S  
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 T A P A L M S

D I M O U R J E W S S L N P A T T C U P K J C B D  
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H U G D A W N  
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- DONKEY • COLT • SAT • COATS
- ROAD • CROWD • CUT • PALMS
- BRANCHES • KING • HOSANNA
- DISCIPLES • ROOM • PASSOVER
- FEAST • EAT • DRINK • BREAD
- WINE • SON • MAN • BLOOD • CUP
- MEAL • JEWS • PLOT • KILL • COINS
- GETHESEMANE • PRAY • WILL
- BETRAY • KISS • ARREST • MESSIAH
- CHRIST • CRUCIFY • JESUS • CROWN
- THORNS • ROBE • TREE • NAILS
- CROSS • SPIRIT • DARKNESS
- TEMPLE • DEATH • LOTS • DICE
- TOMB • STONE • LINEN • BODY
- BURY • GUARD • THREE DAYS
- DAWN • MORNING • ANGEL • TELL
- HEAVEN • GOOD NEWS • LORD
- GOD • RAISED • JOY • PEACE
- PRAISE • SAVIOUR • EASTER

Reflective colouring page for all ages

