



Vision

St Paul's New Southgate

April 2020

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St Paul's Church Services

During the current COVID-19 crisis

The church is closed however we have services

Sunday 10:30am on YouTube (see link below)

If You are aware of somebody who is unwell, lonely, housebound or in need, please pass their information on to the vicar

Requests for Baptism, Weddings and Funerals should also be directed to Fr Matthew (whose day of rest is Tuesday)

Prayer Calendar

April 5th Dale Green Road

April 12th Darwin Close

April 19th The Drive

April 26th Evesham Road

Keep up to date at St Paul's :

Weekly emails: <https://mailchi.mp/3e89320c9615/stpaulsupdates>

Youtube channel for services: <http://tiny.cc/StPaulsYouTube>

Twitter for church/community news: https://twitter.com/pauls_n11

Website: <https://www.achurchnearyou.com/church/15568/>

Zoom meetings- please find link on weekly email

Introduction of the Vicar

I was born in Cornwall, and grew up in a lovely little village near Truro. I have fond memories of bike rides in the countryside and trips to the beach. My parents introduced my two brothers and me to the Christian faith and we used to go regularly to the Baptist Church in Truro. I remember asking, “Are we Baptists?”, and being told that although we attended a



Baptist Church, we were simply Christians. This idea has stayed with me, and over the years I've prayed and worshipped in a range of churches. Once I completed my A-Levels (for those who are interested they were - Mathematics, Computer Science, Physics and AS Level Psychology – not unlike Demi, Shola's son & David, Antoinette's son) I left Cornwall. I wanted to give something back to God, to thank him for those early years of my life. I moved to Nuneaton, to do a gap year working for a Christian youth-work organisation. Being a youth-worker got me spending time in secondary schools and running a Sunday school in an Assemblies of God (AoG) Pentecostal church.

It was a joyful year, but a very tiring one, and the following year on arriving at York University, church took a back seat. I think I was a bit burnt out. My faith remained strong, but I initially kept my distance from church, focusing instead on my course – Mathematics and Computer Science (bit of a theme here!). It wasn't long before I met some amazing Christians who introduced me to the SPEAK Network; a prayer-and-campaigning community which I'm a member

of to this day. God's passion for social justice, as well as caring for individual hearts and minds lit a spark in me. My passions for peacemaking and ending the international trade of weaponry found voice. University for so many is a key formative time, and it was too for me. I got to know the Roman Catholic Church, Carmelite friars, Adoration of the Blessed Sacrament, and I met an Anglican chaplain who helped me find work as an assistant chaplain at Keele University after I left York.

Keele University was where my journey to the priesthood really developed and took root. I loved my work, chatting with students and supporting them pastorally, as well as introducing them to new ways of praying and deepening my own knowledge of the Church of England. After Keele I moved to Liverpool to serve as Parish Assistant at Liverpool's parish church, Our Lady & St Nicholas'. It was there I learnt how to be a server and a verger, whilst also reading more theology and deepening my life of prayer. It was also at Liverpool I was selected for training for ordained ministry and was accepted for study at Westcott House, Cambridge.

Liverpool city centre to Cambridge was quite the transition, but I took to community life naturally and very much enjoyed my time there. One highlight of my three years at Westcott was living in a small community house for a year, as part of a vision to establish a hub house to support people with learning disabilities with reducing social isolation and enriching their spirituality and prayer. It was inspired by Jean Vanier, the founder of the L'Arche movement, who wisely commented that we all have disabilities of some kind (some visible, some not; some needing specialised support, some not) and that those with particularly profound disabilities have something indispensable to teach us about being human. A second highlight from my time at Westcott were the friends I made, especially one Catherine Duce who was to become my wife.

On completing my formal/academic training for the priesthood, I was ordained as Deacon and moved to Louth in Lincolnshire to serve my curacy. After a year, I was ordained Priest. For three years I developed an affinity for the Lincolnshire coastline, countryside and

its people. It didn't seem long before my time there was complete. Catherine is from Lincoln so my time in Louth gave me a good opportunity to meet up with Catherine when she was visiting her family. We also met up regularly in London where Catherine was curate at St Stephen's Rochester Row.

After serving Louth I moved to Lincoln. It was a privilege to serve three churches in down-hill Lincoln and spent a lot of time with those who found themselves homeless, addicted and often struggling with their mental health. It was during my time in Lincoln that I got married to Catherine. Following our wedding in 2018 I moved to Pimlico, to join her in London.

My time in London has been very enjoyable and varied; I served at St Mark's Regent's Park for just over a year, to cover the vicar's well-earned sabbatical. Known by locals as "the Zoo Church", with London Zoo being in the parish, care for God's creation was a theme I encouraged there. The community were very supportive, and I gained a lot from their friendship.

In all the places I've lived and served, I think diversity and variety has always been a feature. Perhaps that's one of the reasons I was called by God to be a priest – to embrace variety. I have a broad-church background, liberal, Catholic and shaped too by my Baptist roots with the emphasis on Scripture. Being married to Catherine has enriched me greatly – she certainly isn't a computer science geek – being far more musical and creative, with wide interests and an even wider circle of friends.

I am really excited to be serving as your parish priest here in New Southgate. Catherine and I look forward to welcoming you to the Vicarage in due course. Know that you are in our prayers, daily.

With love and peace,

Matt, Vicar of St Paul's

PCC news

Want to help St Paul's Church communicate well as a team?

The PCC needs a new Secretary, as recently Pip has stepped down from the role after many years of faithful service.

The role of the Secretary is to:

Take notes during PCC meetings.

Keep a record of decisions made by the PCC.

Look after the notes from previous meetings.

Emailing round the PCC reminders of meetings & send round the agenda.

Although these tasks don't take long (and PCC meetings happen only about 4 times a year), these things help ensure we function well as a church, and make good informed decisions on behalf of the community.

Might this role be for you for the next 12 months? Please contact Fr Matt via email or phone. Tentative enquiries welcome.

Fr Matt and the whole PCC would like to express a massive vote of thanks to Pip for her diligent work as Secretary.



Prayer tree

If you have a prayer that you would like to be hung on the tree in church, please email these to Fr Matt

Welcome and Thanks from the Churchwardens

As we start a new chapter in the story of St Paul's may we just say our grateful thanks to the whole congregation for your support during these last somewhat stressful months. Without that strong feeling of bonding together we would not be where we are today – giving a huge welcome to our new Vicar Matt and Catherine. We know that that feeling of support will now be extended to Matt and Catherine and that we will go forward together to bring the love of God to the community of New Southgate.

May we also say a huge thank you to everyone who helped in any way to make the Induction the resounding success that it was. An enormous amount of work went into preparing for the service which is reflected in the many comments that we received afterwards:

“It was such a joy to be a part of such an important celebration.

You have a wonderful vibrant church, and everyone was so welcoming.

It was a wonderful service, full of hope and energy.

Thank you for such delicious refreshments after the service – beautifully served and laid out.

I have a particular taste for goat meat, and last night's was magnificent – tasty and tender.

Thank you for the very kind way in which you welcomed us. You offered most generous hospitality afterwards – goodness, a great deal of work had gone into the preparation, and thank you for it all.

It was a triumph! You all did a wonderful job. The music and the

singing were lovely, the Church looked beautiful, the servers were perfect and the reception was exactly right. Everyone just looked so happy.

It was a wonderful evening and the right result all round.

It was a joy to be there. You definitely have blessings ahead

St Paul's is truly blessed to have the people they have

Outstanding memories:

the volume of sound when the first hymn started up. Talk about raising the roof!

the school children singing

the Bishop joining in with the children and knowing all the actions.

the choral music during the communion and the brilliant young cellist and his accompanist.

the array of food so wonderfully labelled for allergies.

the whole really wonderfully meaningful service.”

So thank you all just once again for your support as, together, we welcome Matt with open arms and heartfelt thanks for doing us the honour of being our Vicar. We know that the parish is in safe hands and that we have an exciting future before us.

Shola and Margaret



Vision Needs you!

Contributions for publication should be sent directly to Vision's email address: Stpaulsvision6@gmail.com by the 21st day of the month.

Vision will be ready for the first Sunday in the month.

Tales of Self Isolation

We have been self-isolating for two weeks already before this one as the children have shared horrible coughs but online schoolwork really began in earnest last Monday. Before that we were working with apps like Times Table Rockstars and Duolingo. Both St Paul's and the Wren Academy have 'virtual classrooms' where the teachers upload work for the children to complete in line with their normal timetables. Teachers are then online during those specific periods to answer questions.

We are doing a good job of completing all the tasks set in a day but not always within the specified hour session – firstly, at-home kids who don't have to catch a bus or be on site for registration at the risk of a detention, are much slower at getting up and ready in the mornings. Starting on time is very challenging! Secondly, all of us are crowded into quite a small space. Rich is also working from home fulltime now. He has set up an office in the eldest's bedroom because it's furthest away and therefore quietest! So she gets evicted fairly early everyday. As his work is international, his calls change throughout the day as other countries wake up and come online and others shut down and go to bed. Today he has spoken to colleagues and clients in London, Northern Ireland, The Republic of Ireland, Isle of Man, Jersey, Guernsey, Switzerland, Spain, Portugal, Cyprus, South Africa, India, Singapore, Thailand, South Korea, Australia and Bermuda.

The kids have to get on with their work and stay reasonably quiet so as not to disturb him. I send them out into the garden mid-morning for some fresh air and a run around with the dog – last week's sunshine was a blessing! Rich has been coming down just before lunch to do Joe Wick's daily PE lesson with them before we briefly eat together and then resume. On a day when it hasn't all gone to pieces, we are done with school work around 4.30 and the boys read while the girls and I do our exercise video which has been Darcey Bussell's Pilates although we are considering working up to something a bit more

aerobic! We have been trying to fit household chores around working sessions but if you stop looking at the boys for more than a minute they sneak away and it can take twenty minutes to get them to settle back to work again. That sounds like I'm joking and I'm not!

Rich takes Stella for her daily constitutional while we cook dinner and yell at the boys to stop wrestling (if you have more than one boy in your house you will almost certainly recognise this). Then it's dinner and bed and possibly Rich and I can watch a bit of tv.

Here's a bit of Ezra's English creative writing from last week – he was in the online school Golden Book for it:

Waves of malevolent death ran through the forest destroying everything alive. The pillars towered high above the trees; warding off everything that tried to destroy it. It had been doing its fiendish work for centuries and probably would continue for centuries more if it wasn't stopped. Fortunately, the forest had found someone to fight back although it would be her species that would destroy places like that centuries later. It was the spirit that caused her to lose control of her horse because it used its magic to make it lose its sanity and go mad but it cured it so as soon as her horse ran in the circle, she regained control of her horse. She could feel the power radiate from the stone circle: its anger, its need for revenge .To avenge its creator. She could feel the source of the radiating power. It was the giant stone slab in the middle. She cleaved the slab in half with her sword, revealing a beautiful red crystal inside. She went to reach down and to touch it. Then it screamed, sending red waves of anger over her. A hellhound appeared from the trees and pounced on her; she jabbed at it with her sword but it shattered against its hide. It opened its mouth to roar. She shot at it with an arrow but nothing happened. Then she realised that every time she hit it, it roared. She shot her final arrow at it, aiming for its open mouth. The arrow hit its inner fleshy substance and it collapsed. She picked up a jagged rock and impaled the crystal. The stone circle fell in around her and she dropped into a large cave...

He's also done a History PowerPoint on how London has changed between 1920 and 2020 and he found this local photo of the Banker's Draft pub in 1920 when it was, of course, still a bank which is quite interesting:



Mabel, who has had her GCSEs cancelled, is doing some A-Level prep work her school has set her ready for the Autumn (Biology, Chemistry and English) but is also planning her EPQ – an extra qualification some schools run to demonstrate independent study skills. She wants to do something to do with Veterinary Science and is researching a topic question. Dashiell has wrestled with some very tricky maths and science this week but has also had to research a case-study of a refugee for drama and he chose his great-grandad:

In 1939, at the end of the Spanish Civil War, Domingo Aguallo, my great-grandad, had to escape Spain because he had been fighting against Franco's Fascist forces. The fascists won so many of the opposing fighters were being rounded up, imprisoned, forced to work in labour camps or killed. Domingo escaped by walking over the Pyrenees into France. His best friend had been injured, and Domingo carried him up the mountain but unfortunately his friend died. Domingo didn't want to leave his friend's body in the mountains so carried his corpse all the way to France.

Most of the fighters who left Spain thought they would be welcome in anti-fascist France, but France feared an influx of communists leading to uprising. Domingo wasn't a communist but had no way of proving anything about himself. All of the refugees were imprisoned in refugee camps on the beaches of southern France, guarded by Senegalese soldiers. Conditions were very harsh.

Some refugees were offered the opportunity to leave the refugee camps by enlisting in the French Foreign Legion and Domingo chose

to do this with two other Spanish refugees he had met in the camp; Montoya and Pedro. The Second World War had just broken out and France needed more troops to support its battles.

The Brigade that Domingo joined fought in Norway in 1940 when Britain and France tried to liberate Norway from Nazi occupation. It was not a successful battle and they then ended up in the UK at the time of the French Armistice and were sent to support the British army in Libya. At the end of the war, Domingo was allowed to return with the soldiers to England. Domingo couldn't go back to Spain because General Franco was still to lead Spain for another 30 years. He met Joan in London and they got married and settled down to have a family. He never got rid of his Spanish passport because he still considered himself Spanish.

Claire Betts



Home school room



Teacher 1 - Wow your classroom always looks great! And your children always look like there having fun how do you do it?

Teacher 2- The internet Silly! Why reinvent the wheel!

Twinkl- has lots of resources ranging from PowerPoints, worksheets, project packs and display visuals. <https://www.twinkl.com/>

Instant display and Teacher's pet- have nice visuals and topic packs that can go up around to help with a subject. And help visual learners <https://instantdisplay.co.uk/> <https://tpet.co.uk/>

Amazon audible- stories are currently free while schools are closed

Education.microsoft.com – has family lead learning experiences for ages 3-12

The Eden project are offering free online recourse for families to tackle at home

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>

The Warm Baby Project

The Warm Baby Project was set up to co-ordinate knitters willing to help make items for premature babies in hospitals. They regularly post updates on their Facebook page of people and places needing knitted items such as hats, blankets, baby comforters and cardigans. The latest request was for canula sleeves to cover little arms with sharp tubes and wires. Some hospitals wanted traffic light coloured hats to help prioritise babies in the premature baby units. Some other organisations give new mums a set of new knitted clothes when they leave hospital with their tiny babies. These become much loved items for families who welcome the love and support of these generous knitters at a difficult time. If you want to get involved check out their Facebook page.

If you want to start knitting look at some of their patterns:

<https://mariannaslazydaisydays.blogspot.com/2015/01/babbity-baby-jacket.html>

<https://www.ravelry.com/patterns/library/dixie-baby-hats>

or if you want to donate money for wool etc. look at their page at <https://www.justgiving.com?crowdfunding/warmbabyproject2018>



Delivery!

We've all heard it Stay at home! Especially if you are over 70 with an underlying health condition. But what do you do for food and supplies? With delivery slots hard to come by and booked 3 weeks in advance what help is there to protect these older and not always tech savvy group of people.

Well with some digging around to find help for an 87 year old friend of my dad's and our own experiences it's pretty hard to find help.

The government launched their shield project, if you didn't get a letter in the post you can apply here <https://www.gov.uk/coronavirus-extremely-vulnerable> however you have to meet with very specific (and extreme) criteria.

People falling into this extremely vulnerable group include:

Solid organ transplant recipients.

People with specific cancers:

- people with cancer who are undergoing active chemotherapy
- people with lung cancer who are undergoing radical radiotherapy
- people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- people having immunotherapy or other continuing antibody treatments for cancer
- people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
- people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs

-People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD.

People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).

People on immunosuppression therapies sufficient to significantly increase risk of infection.

Women who are pregnant with significant heart disease, congenital or acquired.

If you can get online Waitrose, ASDA and Sainsbury are now using this list to prioritise delivery slots to people that qualify.

But my family, with 2 people over 70 with underlying health conditions don't qualify for this help, so what else is there? Well apparently, lot's and very little-

Barnett council are offering - How we can help

If you, a family member, friend, or close member of your community are in need of urgent help that is not medical related, then please contact us through our urgent support contact form <https://www.barnet.gov.uk/coronavirus-covid-19-latest-information-and-advice/urgent-help-and-support-covid-19-helpline>

Or Phone: 0808 281 3210, open from 9am to 5pm, Monday to Friday.

Enfield council also have an online form or phone number for

- Picking up shopping
- Posting mail
- Picking up medicine / a prescription
- A friendly phone call
- Are you out of food and need help

Online form <https://new.enfield.gov.uk/forms/covid-19-community-support-request-form/>

Phone 0203 821 1966

Haringey just have a phone number 020 8489 4431. This line is open Monday to Friday 8.30am to 6.30pm. for if you or someone you know might need help - for example someone to talk to, get shopping, or need health and care support.

I read rumour of some AgeUk boroughs that help with shopping, you have to put your postcode into the website and see what help is in your area, however it seems quite a few of their services are currently unavailable.

Or you can call Sainsburys on 0800 953 4988 and identify yourself as vulnerable, and ASDA have now launched a card you can load with money that you can give to someone to do your shopping for you rather than facing the hazard of handing over cash or your cards to 'well meaning' strangers.

https://cards.asda.com/volunteer?utm_source=asdacom&utm_medium=feedthenation&utm_term=volunteercard&utm_content=generic&utm_campaign=cards

A lot of this help all revolves around the internet, but how do you approach your proud elderly neighbour to help them?

The supermarkets have their dedicated hours for the over 70's but there is still a lot of fear, and some older people are left with nothing.

How do you help?

God of healing and hope, in Jesus you meet us in our places of pain and fear.

Look with mercy on those who have contracted the new virus, on any who are vulnerable, and on all who feel in danger.

Through this time of global concern, by your Holy Spirit bring out the best not the worst in us.

Make us more aware of our interdependence on each other, and of the strength that comes from being one body in you.

Through Christ our wounded healer.

Amen.

Face Masks

I sat and gazed out upon the world today and saw.....
A man walking down the road with half a water bottle strapped to his face. This is London it could have been a fashion piece, each to his own and all that or he could have just been an idiot.

But with just a piece of cotton (bed sheet or t-shirt) some elastic (hairband or ribbon) and some wire you could make a mask and not look like a fool.



Can face masks really help I hear you say, and it seems the jury is out on that one. What they help you do, is not touch your face as much (which you do more then you think) and stop some of the particles getting through to you. More importantly they help stop the silent carrier spread the virus as much. With symptoms being so variable, who really knows they have it until it's too late.

In America with the health care system being so stretched, a lot of hospitals have turned to the home crafting community to make cloth facemasks. They can either have a filter put into it or wear over an existing mask to help prolong the use of it. A cotton mask can be put into the wash at a high temperature and then be reused.

There are lots of patterns and videos on the internet, but the most useful we found was <https://www.instructables.com/id/DIY-Cloth-Face-Mask/> as this person seems to have really looked into the what's and how's with - a pattern, photos on how to and links behind their reasoning.

The usefulness of a cotton mask or any mask seems to be all about the fit, making a snug but breathable barrier around the nose and face area. But still the best advice is to wash your hands.

The 'other' Mary

As the traditional Easter story is rehearsed again this month, you may notice that there is one name that frequently occurs. It is that of the 'other' Mary – not the mother of Jesus, but Mary of Magdalene, who stood by her at the cross and became the first human being actually to meet the risen Christ.

That's quite a record for a woman who, the Gospels tell us, had been delivered by Jesus from 'seven devils' – New Testament language for some dark and horrible affliction of body, mind or spirit. As a result, her devotion to Him was total and her grief at His death overwhelming.

In church history Mary Magdalene became the 'fallen woman' a harlot who was rescued and forgiven by Jesus but there is no evidence to prove she was a 'fallen woman' but the contrast is sublime, Mary the virgin mother, the symbol of purity. Mary Magdalene, the scarlet woman who was saved and forgiven, the symbol of redemption. Surely, we all fall somewhere between those two extremes.

The dark cloud from which she was delivered may have been sexual, we are not told. What we do know is that the two Marys stood together at the cross, the Blessed Virgin and the woman rescued from who knows what darkness and despair.

The second great moment for her was as unexpected as it was momentous. She had gone with other women to the tomb of Jesus and found it empty. An angelic figure told them that Jesus was not there, He had risen – and the others drifted off. But Mary stayed, reluctant to leave it like that. She became aware of a man nearby, whom she took to be the gardener. She explained to Him that the body of 'her Lord' had been taken away and she didn't know where to find Him.

The man simply said her name 'Mary' and she instantly realised it was Jesus. She made to hug Him, but He told her not to touch Him

because his resurrection was not yet complete. She was, however, to go to the male disciples and tell them she had met Him. She did – but they couldn't believe her.

Her words – 'I have seen the Lord' – echo down the centuries, the very beating heart of the Christian gospel.

The background of the text block is a warm, golden-yellow image. On the left, a crucifixion is visible, and on the right, a scene of resurrection is depicted, showing a stone being rolled away from a tomb. The overall atmosphere is one of hope and divine light.

Easter Story

The thud of nails on open palms,
'Father forgive' was all He said,
'Finished' was His final cry,
As death approached God bowed His
head.

Born of a woman He entered our
world,
Fully man yet fully divine,
Such is the mystery beyond
comprehension
That One such as this should step into
time.

He came to die and rise again
The firstfruits of the Father's love,
That man should follow in His train
On wings of light to realms above.
By Megan Carter

Don't forget your Easter Garden.

Each year on Palm Sunday, Young Church create their own Easter Gardens to take home as part of their Holy Week preparations.



I wondered how I was going to make one this year as we can't get out to the garden centre for plants. When I looked at our small, untidy garden there didn't seem to be much flowering either. The magnolia tree is beautiful but huge and the daffodils are over.

However foraging around, I found a small rosemary plant, a left-over scraggy wallflower in a tray and a few wild violets (they grow everywhere). So as the idea of the gardens is to remind us of the Resurrection, I decided to use these sad specimens.

I found an old plastic food tray, added some compost and planted my few offering. When making yours, pile the compost into a small hill in the middle of your garden to take your cross. We made our cross out of lolly sticks but you can use twigs, oddments of wood or even cardboard for yours. Place your cross on your hill and water well.

For added interest sprinkle some mustard and cress seeds over your "hill" and put on a sunny windowsill. In a few days you will have a "green hill" in your own Easter Garden. If you make your own, do send us your pictures. We'd love to see them.



Palm Crosses



One of the things we'll miss this year is collecting and processing with our palm crosses. Of course there are loads of instructions for making your own on the internet : www.instructables.com/id/How-to-Make-Palm-Crosses/

We made one from a daffodil leaf, gathered in the garden. It was a bit fiddly because the leaves aren't very strong and tend to split but as we don't have a palm tree it worked quite well.



Most of the palm crosses used in the church are made in eight villages in the Masasi area of southern Tanzania- Mpetu, Namikunda, Mlundelunde, Mumbaka, Machombe, Chivirikiti, Makanyama and Marika.. The palms grow wild in the area. They are cut, dried and cut into strips before being handwoven. Then they are taken by road to the nearest port for shipment. You can watch them doing it on: www.africanpalms.co.uk

This program was founded in 1965 by Father Alan Talbot an Anglican missionary in Tanzania. It was a way to augment the income of the people who were very poor. Today the nett proceeds from the sales of crosses are returned to Africa in the form of non-denominational self-help grants to meet very basic human needs.

I can't help wondering what the effect the world lockdown due to the virus will have on these people next year. Assuming churches have already ordered and paid for this year's supply- will they save them for next year or burn them all for Ash Wednesday, so they can order new and keep the supply chain open for the poor villagers in Tanzania. Its an interesting quandary that could be repeated many times for other communities. We're just doing without, but the production of these items each year is absolutely vital to the lives of so many poor people throughout the world.

Passionflower

Why is the passionflower called the passionflower? This beautiful climbing plant that grows in many of our gardens, was discovered in South America by Spanish missionaries centuries ago. Drawings were sent back to Europe and in 1609 an Italian priest interpreted the flower to represent the crucifixion, otherwise known as the Passion.



The pointed tips of the leaves were taken to represent the Holy Lance.

The tendrils represent the whips used in the flagellation of Christ.

The ten petals and sepals represent the ten faithful apostles (excluding St. Peter the denier and Judas Iscariot the betrayer).

The flower's radial filaments, which can number more than a hundred and vary from flower to flower, represent the crown of thorns.

The chalice-shaped ovary with its receptacle represents a hammer or the Holy Grail.

The 3 stigmas represent the 3 nails and the 5 anthers below them the 5 wounds (four by the nails and one by the lance).

The blue and white colours of many species' flowers represent Heaven and Purity.

In addition, the flower keeps open three days, symbolising the three years' ministry.



Lynette interviews



TELL ME SOMETHING ABOUT YOURSELF

My name is Kadie Johnson. I have a daughter Namnhun, almost 5 years old. I have been a Care Assistant for 7 years. I love the area I live. I like walking - am looking for a Walking Club. I love the countryside. I have visited Liverpool and Manchester.

I like baking and enjoyed baking for Father Matt's recent Induction.

HOW LONG HAVE YOU BEEN AT ST PAULS?

Since 2016

WHY DID YOU STAY

Church and Company Good. I have lived in Station Road for 4 years.

WHAT DOES YOUR FAITH MEAN TO YOU?

Keeps me strong and fit. I like coming to Church and believe in him.

Orchards – easier than you might think!

There has been much talk recently about planting trees. Planting new trees has always been a good idea, but now more than ever this could be a very important thing to do.

Way back when we were about to have a General Election, each political party was offering to plant millions of trees in exchange for our votes. The Tory Party was actually being quite conservative with its promise, which should mean us seeing over 80,000, give or take the odd sapling, being planted every day.

Let's leave the mega planting plans to the powers that be and think what we, in our parish could do - with limited resources of all kinds.

Remember orchards? Did you know that it only takes five trees to make an orchard? That's a fact I've only just discovered and so here's an opportunity for nearly every church to do its bit in the great tree planting scheme of things.

And what better than a fruit tree to remind Christians of the Church year? After the winter months of it resting through frosts and storms come the buds heralding a new spring and new life. Then the blossom to gladden our hearts and next the arrival of fruit and the harvest. What young peoples' group needs a wildlife video when it has a fruit tree?

And what joy for members of the congregation to collect the fruit for jam making. Already I can see treasurers getting interested at the thought of that potential income towards the latest energy bills.

Think about it – could you help create an orchard? Plantings could be memorials to the recently departed and what a brilliant way to go! – being remembered in a memorial orchard and be part of new life every year.

Remember there are permissions and faculties covering church land and orchard trees need looking after rather, more than other types of tree, but they can also be planted in tubs where there is no land. If you think your church could grow an orchard of at least five fruit trees do let me know - I will be delighted to hear from you.
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The hubble space station

The Hubble Space Telescope was launched 30 years ago, on 24th April 1990. It was named after Edwin Hubble, an outstanding expert on extragalactic astronomy in the 1920s and 1930s.

The launch, originally scheduled for 1983, had been delayed by technical and budget problems and by the Challenger disaster. Ironically the NASA error that caused the Challenger tragedy was similar to the one that led to the Hubble telescope being launched with a defective mirror – unwillingness to accept technical warnings when there was great pressure from above to go ahead.

In the case of the Hubble telescope, also built by NASA with help from the European Space Agency, a more basic machine revealed the problem with the mirror, but those in charge did not believe it because a newer, more complex machine had given the go-ahead.

The problem was put right by astronauts in 1993 – the telescope was always designed to be serviced in orbit – and since then its position outside the Earth's atmosphere has enabled it to record many detailed visible light images that have enabled scientists a deep view into space, leading to new theories in astrophysics.

The telescope is estimated to remain in working order until 2030-2040.

Hot cross Buns

Ingredients

- 625g/1lb 6oz strong white flour, plus extra for dusting
- 1 tsp salt
- 2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)
- 45g/1½oz unsalted butter, cubed, plus extra for greasing
- 85g/3oz caster sugar
- 1 unwaxed lemon, finely grated zest only (alternatively use finely grated zest of ½ orange or 1 tangerine/satsuma)
- 1½ tsp dried fast-action yeast
- 1 free-range egg
- 275ml/9½fl oz tepid milk (non-dairy milks are also suitable)
- 125g/4½oz dried mixed fruit of your choice



Method

-For the buns, sieve the flour, salt and mixed spice into a large mixing bowl, then rub in the butter using your fingertips. Make a well in the centre of the mixture, then add the sugar, lemon zest and yeast. Beat the egg and add to the flour with the tepid milk. Mix together to form a soft, pliable dough.

-Turn out the dough onto a lightly floured work surface. Carefully work the mixed dried fruit into the dough until well combined. Knead

lightly for 5 minutes, or until smooth and elastic.

-Grease a large, warm mixing bowl with butter. Shape the dough into a ball and place into the prepared bowl, then cover with a clean teatowel and set aside in a warm place for 1 hour to prove.

-Turn out the proved dough onto a lightly floured work surface and - knock back the dough. Shape into a ball again and return to the bowl, then cover again with the teatowel and set aside for a further 30 minutes to rise.

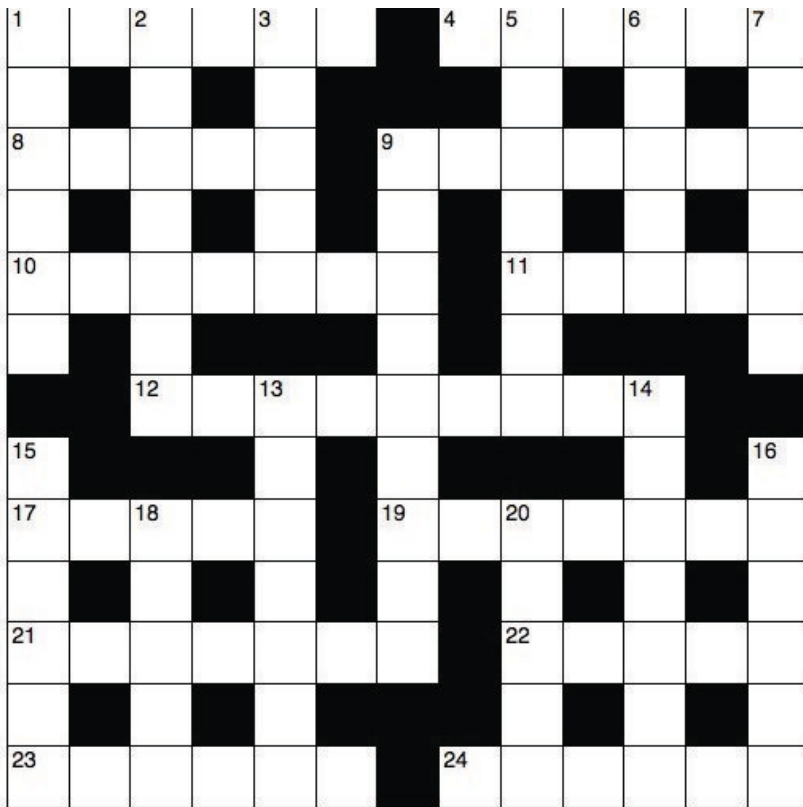
-Turn out the dough onto a lightly floured work surface and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the buns again with the teatowel and set aside to rest for 5–10 minutes.

-Grease a baking tray with butter and transfer the buns to the tray. Wrap the tray very loosely in baking paper, then place inside a large polythene bag (or cover loosely in lightly oiled cling film). Tie the end of the bag tightly so that no air can get in (if using) and set aside in a warm place for a further 40 minutes to rise. Preheat the oven to 240C/220C Fan/Gas 8.

-Meanwhile, for the topping, mix the plain flour to a fairly thick smooth paste with 2 tablespoons cold water (you may need to use slightly less or more water to get the right consistency). When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun.

-Transfer the buns to the oven and bake for 8–12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.

Taken from www.bbc.co.uk/food/recipes/hotcrossbuns_397



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

**Test your
brain
over a
cup of
coffee**

Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3–4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)



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News, Events & Announcements

- 6th April Monday of Holy Week
11 am Lectio Divina (“Sacred Reading”) *together on Zoom* with Prayer. Passage: John 12:1-11
- 7th April Tuesday of Holy Week
11 am Lectio Divina (“Sacred Reading”) *together on Zoom* with Prayer. Passage: John 12:20-36
- 8th April Wednesday of Holy Week
11 am Lectio Divina (“Sacred Reading”) *together on Zoom* with Prayer. Passage: John 13:21-32
- 9th April Maundy Thursday
11 am Lectio Divina (“Sacred Reading”) together on Zoom with Prayer. Passage: John 13:1-17, 31b-35
8 pm Eucharist of the Last Supper. *Available on our YouTube Channel.*
- 10th April Good Friday
12 noon Stations of the Cross from Fr Chrichton’s church *on YouTube*. This is available to access at any point in the day.
1.30 pm Liturgy of the Lord’s Passion. *Available on our YouTube Channel.*
- 12th April Easter Day
10.30 am Service of Light. *Available on our YouTube Channel.*

If you have a date or event you would like to publicise or even a birthday or celebration you want to share, let us know and we’ll share it here

And finally

When I retired 2 years ago, I thought I could fulfil a long-held ambition to go to the passion play at Oberammergau in Germany.

I had been teaching for 48 years and there had never been the right opportunity – money, time, commitments etc – to go. It only comes around every 10 years as well, so finally the timing was just perfect. Or so I thought! The church attached to my school was planning a party trip for September 2020 so I paid my deposit, set savings aside and started looking forward. I nearly bought the suitcase!!

Unfortunately, it looks like that dream, will stay just that a dream! The Corona pandemic has put paid to the play, it has been cancelled for at least a couple of years.

If I'm disappointed, I can't imagine how devastating this must be for the villagers who make up the cast of the play. Their lives are intrinsically woven round the production of the play. For many it would have been a long-awaited achievement, a final opportunity or a chance to belong (people have to live in the area for 20 years before being allowed to take part)

It is significant that the play originated as a thankyou and promise to God for sparing the village during a plague epidemic in 1633. The vow to perform the Passion tragedy has been fulfilled every 10 years since 1634. How sad that it won't take place this year.

It made me think though about how we will celebrate or mark the passing of this pandemic. Will there be services of Thanksgiving and Remembrance for those saved, those who serve and those lost? Will there be a complete change in the life-style of all who survive, or will everyone just want to forget as quickly as possible and return to 'normal'? If we have faith and hope in God we know we will emerge from this awful time but I wonder what we will do to thank God.

I'm already making plans, are you?

Wendy

Parish Directory

The Reverend Matt Harbage	St Paul's Vicarage, 11 Woodland Rd, London N11 1PN	07746 444179 matthew.harbage@london.anglican.org
Reader	Dr Christopher Ward	020 8360 3828 wardcrm@btinternet.com
Church Wardens	Margaret Parker	020 8368 7998
	Shola Soyoye	020 8245 5574
Hon PCC Treasurer	Martin Parker	020 8368 7998
Hon PCC Secretary	Pip Kenny	07525 621215
Church Hall Secretary		
Stewardship Recorder	S Hennem	020 8594 4228
St Paul's School & Nursery	The Avenue, Friern Barnet, London, N11 1NF Tel 020 8368 4839 http://www.stpaulsn11.org.uk/	
St Paul's Young Church	Church Hall Sunday 10:30am	
Leader	Wendy Pope	020 8245 7663
24 th Southgate Scout Group		
Group Scout Leader	Francis Mudford	020 8368 3902
Beaver Scouts	Grove Road Christian Centre, Thursday 5:30-6:30pm	
Cub Scouts	St Paul's Church Hall Thursday 6:15-7:30pm	
Scouts	Grove Road Christian Centre Thursday 7:00-8:30pm	
3 rd New Southgate (St Paul's)		
Brownie Pack	St Paul's Hall Mondays 6:00-7:30pm	
Brown Owl	Mrs C Bettiss	020 8368 7600
Rainbow Unit	St Paul's Hall Monday 5:00-6:00pm	
Leader	Mrs C Bettiss	020 8368 7600