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May 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

May 3<sup>rd</sup> Falkland Avenue

May 10<sup>th</sup> Friern Barnet Road

May 17<sup>th</sup> Hastings Road

May 24<sup>th</sup> High Road

May 31<sup>st</sup> Highview Gardens

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](https://twitter.com/pauls_n11)

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

Zoom meetings- please find link on weekly email

# From the Vicar

Hello!

Well, lockdown continues. It is such a strange time – and people’s experiences are so wide ranging. Amongst it all, with both serious sadness and difficulties and yet with some joys too, I’ve been reminded recently of the importance of rhythm, and of rest.

Whether we’re feeling under more pressure than ever at work, or quite the opposite – being furloughed and having extra time with the children (too much time?) there is something to be said for routine. Routine can help with loneliness and isolation, grief and sadness, as much as when we are super busy and under pressure.

This is something monks know well. Now, I don’t know if you’ve visited many monasteries or nunneries but there is a remarkable texture to these places; rich in the rhythms of prayer, study, work and rest. Now, of course we don’t live in monasteries but nonetheless keeping these four things in balance is a good thing to reflect on. We might also want to add other things important to us, such as making time for friends and family. Building a gentle structure into life, a so-called ‘rule of life’ can be enabling and life-giving, especially when we’re in a sea of change like we are today.

So here’s a few practical ideas which you might be interested in, which I’ve been exploring recently too.

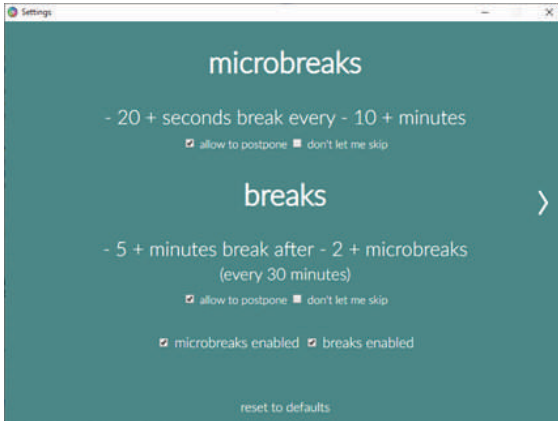
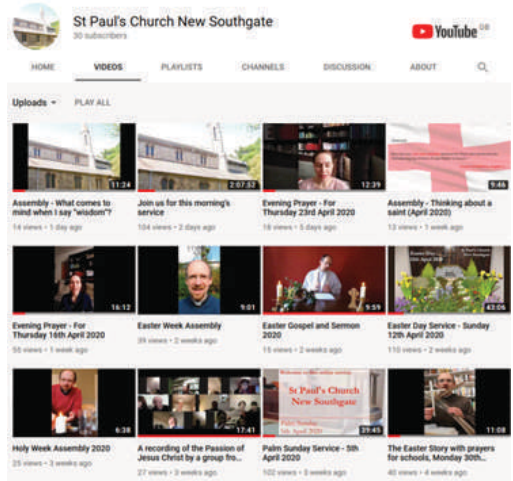


Micro-Habits:

<https://www.youtube.com/watch?v=aHDvEfiSipo>

Want to get praying more, doing more exercise or learning a new skill? An approach called ‘mini-habits’ might be the way forward.

Discover church online: If you've not already found St Paul's Church New Southgate on YouTube do have a look. You can view past services, as well as watch short (10 minutes) school assemblies. Why not join in Evening Prayer on a Thursday, 6.30pm?



Too much time working at the computer or on your phone? This little “micro-break” App helps remind you to take breaks and get stretching... Neck, shoulder and arm pain is common when you're at a computer a lot.

<https://hovancik.net/stretchly/>

As you'll have gathered from by selection above, I'm a big fan of technology. Thinking about the monastery again, I've met a few monks who have gone digital but for many people technology is more a distraction than something helpful. It's a joy to me that the Kindle and PDFs didn't kill off books – quite the opposite! Books remain a beautiful source of wisdom and relaxation – with no annoying ‘pings’ or interruptions.

Perhaps in the next Vision readers might write in and recommend some good books for these lockdown days?

**Father Matt**

# Christopher Writes

## THE MARCH 2020 DIOCESAN SYNOD

The Diocesan Synod met on 12 March, at St Paul's Church, John Adam Street (part of the parish of All Souls, Langham Place). It was intended to be a session very much run by young people, with a large part of the meeting devoted to issues raised by them, notably mental health and serious youth violence, and with the discussion on Vision and Strategy for 2030 focussing on 'Connected Young People'. Some weeks earlier, the Bishop of London had excused herself as she was due to be part of a UK delegation to a United Nations conference in New York on the Status of Women.

That, of course, had all been planned in a world blithely unconcerned about potential hazards of coronavirus! In the event, the Bishop was present, the virus having forced the postponement of her conference, but the young people were not, it having been decided that it would be too hazardous for them to travel into Central London. It was also the first Synod I have attended where I was greeted at the door by copious supplies of hand sanitiser, and found the seats arranged two metres apart.

Despite the circumstances, Synod was well attended, and the Opening Remarks consisted of a briefing from the Bishop on coronavirus, and the potential implications for worship and continuity of services in church. This, of course, has now been overtaken by the absolute ban on such services. This was followed by a briefing from Bishop Rob on last year's ALMA Pentecost Appeal in support of work to respond to the hurricane damage in Mozambique, particularly repairs to churches and church infrastructure. This raised over £35,000, and Bishop Rob indicated that a similar appeal was planned for 2020.

Formal business proved significantly more diverse and lively than usual. Six questions had been submitted, on turnout in Diocesan elections; homelessness; parish Annual Meetings; climate change; the loss of PCC fees for funerals at crematoria; and guidance on the application of the new Church Representation Rules. Approval of

Schemes for the representation on Deanery Synods of Bishop's Mission Order worshipping communities that wish to be so represented (none had made such a request in our Deanery) was a formality; they are treated for this purpose essentially as if they are parishes. However, a rather different type of Scheme, for the representation of St Paul's Cathedral, was much discussed and ultimately not approved, principally because those promoting the Scheme could not tell Synod how many members it would add to the City Deanery Synod.

Bishop Rob opened a truncated session on young people with the sobering statistic that 66% of Church of England churches have five or fewer members aged 16 and under. Sam Donohue, who heads up the Diocesan staff on children's ministry, then reminded Synod of the proposed 2030 aim of 'creating a Diocese where young people thrive'. He reported some encouraging signs, particularly of increased engagement with Youth Ministers and significant levels of clergy interest in developing this area.

The final item was a discussion of the Diocese's Environmental Policy, into which had been incorporated an affirmation of a recent General Synod resolution calling on parishes and other parts of the Church to look at what would be required to reach net zero emissions by 2030, in order that a plan of action can be drawn up to achieve that target. Although there is much in the Policy that makes sense, including support for the Eco Church scheme, a number of Synod members, myself included, were unable to support it as we do not believe the 2030 target to be realistic.

***Christopher Ward***  
***Reader***

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# **Vision needs You!**

Contributions for publication should be sent directly to Vision's email address: [Stpaulsvision6@gmail.com](mailto:Stpaulsvision6@gmail.com) by the 21<sup>st</sup> day of the month.

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

# Brian Parsons

I will miss 'The Stoic and Dashing' Brian Parsons. For many years I watched him take a wreath to the altar on Remembrance Sunday wearing his smart navy jacket and slacks. Actually, he was not Navy but Army! When Gordon Watson (real ex-navy) died, Chris Bettis asked Brian to take up the Navy wreath, as she thought he LOOKED a navy type! So, legends are made!

He lovingly supported his sons David and Christopher throughout their school days at St Paul's Church of England School. Father Mark Elliot-Smith did not succeed in getting Brian to attend St Paul's Church, but Father Mark McAulay did and Brian's Confirmation took place on 8th June 2014.

Father Mark McAulay was devastated when he heard Brian had died. 'It was an absolute pleasure having Brian as my friend, this last 13 years' he said.

Father Mark used to refer to Brian as 'The Bank of Brian. Whenever the two were out together on Father Mark's day off Brian would step in and help if Father Mark ran out of money = Bank of Brian, I always enjoyed that!

Brian was married to Joan for 54 years and they loved travelling from Brian's Army days in Hong Kong. One of their favourite places was Sri Lanka. they had four Holidays there and really loved the country, people and mountains. Another favourite- was two trips with David to New York and then Chicago.

Brian was a loyal member of the Congregation and editor of Vision from 2005 to 2019.

He will be remembered for repairing the fresco above the wood panelling in The Lady Chapel and on another occasion, painting the red background of a picture in The Lady Chapel. The ladder unfortunately slipped and down came Brian- he said he was OK but Shola insisted on calling an Ambulance.



As soon as they arrived Brian:

Stated his name

Where he was

Where he lived

The day of the week

Time -

Medics, 'you know the ropes'!

Brian's time with the Army Medics in Hong Kong and Ambulance Service here prepared him for the medics' arrival.

I spoke to Joan Parsons on Tuesday 28th April and asked her what Brian's faith meant to him:-

She said it was simple, he always believed In God.

He didn't appreciate Church technicalities at first, but he soon made it his own.

His Philosophy was – 'Try and do your Best For People' and that's how he lived his life.

Brian will be sorely missed.

***Lynette Clarke***



Brian Parsons was always very kind to me – even when I was late with the flower-rota for the magazine, he would just smile and say “a bit late dear, maybe next time”. As Vision editor he recorded a series of interviews with my grandad about his early life. When grandad died he gave us the tapes which we still treasure today. That was the type of man he was, Brian will be missed.

***Kim Pope***

# What is the lockdown doing to us?

So desperate were they for thrills that, with no thought for their safety, the Treasurer climbed onto his shed roof to try and get down a deflated helium balloon which had entwined itself into the neighbour's tree, and the Churchwarden decided to grasp tin and paintbrush and hang out of her bedroom window to re-varnish the outside of the window frames!!



What other adventures will these two aging daredevils seek out to spice up isolation?

Perhaps something less risky like transforming a jam jar (not very skilfully) into a pencil pot!!

Or they could just respect their age and sit back and re-watch the inspiring and joyous services that Matt has so skilfully put together and presented, supported by readers, musicians and singers. The services can be viewed at any time on You Tube. How blessed we are to have Matt as our leader.



**Margaret Parker**

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# Desert Island Hymns

If you were marooned on a desert island, which six hymns would you like to have with you? The current coronavirus lockdown has led me to reflect on this, in the manner of that ever popular radio programme Desert Island Discs.

So I would like to invite each of you to send me the titles or first lines of the six hymns you personally would like to have recordings of with you in these circumstances. Please feel free to add, if you so wish, a single sentence for each saying why you have chosen it. And then tell me which of them is your favourite, the one you would hope survived if the other five were lost in the shipwreck.

Add too, if you wish, a book that you would like to have with you for spiritual solace and comfort. The island comes with a Revised English Bible, with Apocrypha.

Email your contributions to me on [wardcrm@btinternet.com](mailto:wardcrm@btinternet.com). There is no upper or lower age limit, so all members of the family can send in their personal choices. When we get back to a hard copy Vision, and the coronavirus lockdown is no more, I will put together an article analysing the choices.

**Christopher Ward**  
**Reader**

# May Day: unbridled merriment

May is the month when the ancient pagans used to get up to 'all sorts'! The Romans held their festival to honour the mother-goddess Maia, goddess of nature and growth. (May is named after her.) The early Celts celebrated the feast of Beltane, in honour of the sun god, Beli.

For centuries in 'Olde England' the people went mad in May. After the hardship of winter, and hunger of early Spring, May was a time of indulgence and unbridled merriment. One Philip Stubbes, writing in 1583, was scandalised: 'for what kissing and bussing, what smooching and slabbering one of another, is not practised?'

Henry VIII went 'maying' on many occasions. Then folk would stay out all night in the dark rain-warm thickets and return in the morning for dancing on the green around the May pole, archery, vaulting, wrestling, and evening bonfires.

The Protestant reformers took a strong stand against May Day, and in 1644 May Day was abolished altogether. Many May poles came down - only to go up again at the Restoration, when the first May Day of King Charles's reign was 'the happiest Mayday that hath been many a year in England', according to Pepys.

May Day to most people today brings vague folk memories of a young Queen of the May decorated with garlands and streamers and flowers, a May Pole to weave, Morris dancing, and the intricacies of well dressing at Tissington in Derbyshire.

May Day is a medley of natural themes such as sunrise, the advent of summer, growth in nature, and - since 1833 - Robert Owen's vision of a millennium in the future, beginning on May Day, when there would be no more poverty, injustice or cruelty, but harmony and friendship. This is why, in modern times, May Day has become Labour Day, which honours the dignity of workers. And until recently, in communist countries May Day processions were in honour of the achievement of Marxism.

There has never been a Christian content to May Day, but nevertheless there is the well-known 6am service on the top of Magdalen Tower at Oxford where a choir sings in the dawn of May Day.

An old May carol includes the lines:

*The life of man is but a span, it flourishes like a flower  
We are here today and gone tomorrow - we are dead within an hour.*

There is something of a sadness about it, both in words and tune, as there is about all purely sensuous joy. For May Day is not Easter, and the joys it represents have always been earth-bound and fleeting.



This is a little fun thing to do!

Quarantine Exercise: Can you find the names of sixteen (16) books of the Bible hidden in the paragraph below?

I once made a remark about the hidden books of the Bible (merely by a fluke). It kept people looking so hard for the facts and for others it was a revelation. Some were in a jam, especially since the name of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now.

There really are sixteen names of books hidden in this story!

# Our moment in time

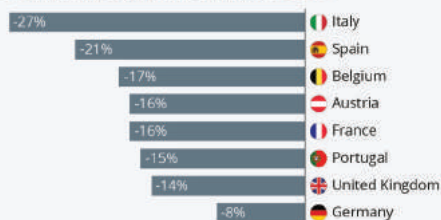
If you get the regular email from the church each week, you may have noticed a brief mention of a special service planned for a time when the virus has retreated and the world returns to normal. There aren't any concrete plans for this yet, just a few thoughts bandied about between friends. The need for a service of thanksgiving, celebration, relief and of course remembrance, will definitely be common in churches throughout the world. Remembrance for those who have died or suffered loss or survived the long period of fear and isolation; but also a remembrance or clear celebration of "what we went through" so that the memory is not lost, or pushed aside, to be recorded in a few pages of newsprint while we move quickly forward with our lives.

We need a reminder for future generations about how resilient human beings are when they too are faced with their own time of difficulty – as inevitably they will be. After all our situation is not unique in history. We did it all before: Spanish flu, wars, disasters, bubonic plague – and are bound to face future difficulties. We still have to deal with climate change!

History books never really do more than record facts; number of deaths, dates of events, who was to blame and what were the consequences. If we want to know about the reality of living through a time we have to turn to the experiences of ordinary people and the records they left of their thoughts, actions and daily small battles and accomplishments during extraordinary times

## How Covid-19 is affecting electricity consumption

Change in electricity consumption in selected countries on 8 April 2020 compared to 2019\*



\* Average peak hours consumption. Comparison with corresponding day of the week (10 April 2019). Percentages are adjusted for differences in temperature from 2019 to 2020.

Sources: Bruegel, ENTSO-E



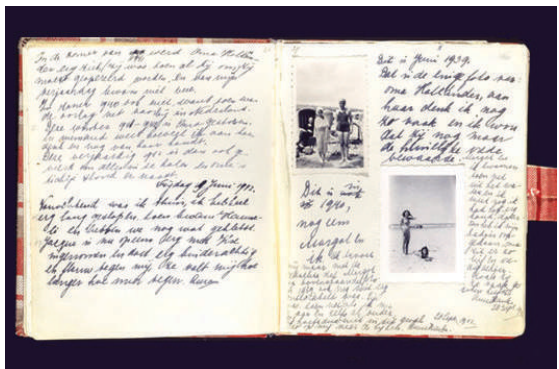
statista



Look back, Pliny recorded wonderful details of life during and after the eruption of Vesuvius in AD79 in his letters – you can almost smell the sulphur! Samuel Pepys filled his diaries during the great plague with scenes and references chillingly familiar for us today. He wrote “my Lord Mayor commands people to be within at 9 at night, all (as they say) that the sick may have liberty to go abroad for ayre” (Does it remind

you of those out exercising?) He also describes shops closing, the lack of doctors and apothecaries and the fear people had about buying new wigs, in case the hair they were made of had been cut off dead bodies!

The poignant diary of Anne Frank penned in isolation in the family’s hideout, is a brilliant example of what life was like for a 15-year-old dealing with 2 years of fear and isolation. Of course, some of our older generation will remember times in their childhood when they were sent away from families and



everything they knew while the war rolled on around them. (The BBC has a wonderful archive of evacuation stories on their People’s War Site)

So now its our turn. What will our contribution to the history of the Crisis of 2020 be? Will generations in the future get a true picture of our time from the things we leave behind. We are the first generation to have the technology to interact daily across the expanse of time and space. We can see and talk to people, stay in touch, still have access to food and services and be able to record our experiences, without having to laboriously write things down -

(although diaries are still one of the most brilliant ways of recording experiences). We can take photographs with our phones, record voices, sounds and actions, print out numerous copies and share the results instantly with thousands of people. We can buy plants for our gardens, paint for our homes and materials for our crafts without leaving our armchairs. We have all the tools to really make a record of our time during the crisis.

So when we have our service of remembrance we could display and document all the things that people did as we went through our trial. We want to be able to share our experiences with people outside our small community and say we did it like this, what did you do? We want a bank of resources for the future generations to access so they know how to get through there own “bad time” as well. Please help. Keep records take pictures, make quilts and gardens, share thoughts and fears and tips for cakes without flour. Tell your story so people will remember.

Anne Franks wrote “It’s utterly impossible for me to build my life on a foundation of chaos, suffering and death...and yet when I look up to the sky, I somehow feel that everything will change for the better.”

Her words echo though the ages. Will yours?

***Wendy***

PS. I understand the school have sent out some very useful prompts for children to record their life in isolation. This is a project for all ages, the whole family can take part. If you don’t like technology – use a pencil”



# I wonder

Will cash be phased out more and more?

Will hand sanitizer become a piece of your pocket or handbag junk - like your phone, keys and snotty tissues?

When we are allowed out, will it be like a 60's love-in everywhere or will people just nod at each other from across the road?

Will everyone carry on wearing face masks like they do in Japan and China?

Will the Eucharist go back to how it was and how many people will still not take wine each week?

Will the shops go back to the old-style high street, butcher, baker, candlestick-maker?

Will people bother to go grocery shopping or continue to have their groceries delivered each week?

Will holidays and flights be cheaper to try to coax you back, or go the other way and be stupidly expensive as people desperately try to recoup lost money?

Why are some people so horrible that they go around licking and spitting on things to contaminate others or take advantage of the situation to scam people online?

Will we ever go back to watching the news in my house?

What do you wonder?



# Lynette loves ZOOM!!

Zoom is a web-based video conferencing tool with a mobile app that allows users to meet online, with or without video. (Chris B-connects by phone)

Zoom users can choose to record sessions, collaborate on projects and share or annotate on one another's screen, all with one easy use platform with up to 500 participants!!

One week we had 15 - 20 members of St Paul's (UTTER WONDERFUL CHAOS) after our Live Streamed Sunday Eucharist-Thank You Fr Matt and Catherine

Fr Matt asked if we would like to split the group in 2 then shuffled us back. I'm not sure what buttons he pressed to divide the group, but it resulted in... UTTER WONDERFUL CHAOS part 2

Praise Be for my ZOOM opportunity during lockdown!.

I don't consider myself Techno Savvy, but after I heard how much fun the congregation were having at these meetings and with my desperate need to see people's faces, I promised myself I would give it a go.

After a couple of weeks of lockdown I pulled myself together and got hold of my mobile.

I got the app installed from Google, tapped in the pass words from our host Fr Matt...

First, I couldn't get a picture, it kept dropping in and out. One minute the group could see me, then they couldn't. Then I had sound issues- sometimes I needed my ear phones other times, I didn't. VOILA! I finally connected and saw a dozen smiles with Yelps of 'Hello Lynette, glad you could join us'.

'All your appearing and disappearing - This isn't Panto you know'. There followed more smiles, giggles, confused contorted faces, mums moving mobiles from room to room hunting down shy children, (with or without their toast) St Paul's wanted to see and say" HELLO!"

Everyone asked after Dad, I moved the mobile to show him sitting in his armchair, he waved and asked 'Are they in Church?'

Everyone is so excited, speaking over each other a wonderful sound of love.

It's so good to catch up.

Fr Matt generally goes around checking everyone is well, and coping with the Lockdown, encouraging us to contact as many members of St Paul's as we can. Maybe it's easier to attend Zoom instead of a church service.

Susan even got her sister Margaret FROM KENYA to sign into our Zoom meeting, the lockdown and curfew are far stricter there, I really wanted to ask her more questions but Zoom is not a private way. GLORIOUS!

This lockdown has forced me to try out new technology and keep connected - A Welcome Plus

***Lynette Clarke***



An early Zoom meeting from mid March

# International Conscientious Objection Day (May 15<sup>th</sup>)

Remembering all those who have struggled for  
the right to refuse to kill, throughout history and today.



*Every year on May 15th the nations of the world are invited to remember those who have refused to bear arms and participate in war, both in the past and today. At present, hundreds of people across the world are imprisoned or forced to flee their home countries for refusing to join the armed forces. On May 15th people are encouraged to stand in solidarity with them, as well as celebrating the memory of all those throughout history who have in good faith resisted conscription.*

Perhaps this May 15<sup>th</sup> you might like to join me in prayer, as we ponder the history of our world in times of war. You might like to use the prayer of St Francis:

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life. **Amen.**

**Fr Matt**

# The hymns of the Wesleys (May 24<sup>th</sup>)

Later this month the Church calendar celebrates the lives of John and Charles Wesley. John's great gift to the Christian cause was the little matter of founding the world-wide movement known as Methodism. His brother Charles had an equally profound impact through his hymns. He actually wrote over 6,000, most of which aren't sung nowadays, but among the ones we do still sing are all-time favourites – 'Love divine, all loves excelling', 'O for a thousand tongues to sing'. 'Jesu lover of my soul', 'Hark the herald angels sing' – and scores more.

40 years ago almost everybody knew quite a lot of hymns, but sadly that's no longer true. Traditional hymns aren't usually sung at school assemblies, not even in church schools, and while the audience for 'Songs of Praise' on BBC TV is substantial, most of those watching are over 50.

With only about ten per cent of the population even irregular church-goers there is inevitably a lack of familiarity with hymns of any kind. Christmas carols are an exception, as is 'Jerusalem' and 'Amazing Grace', because they are frequently heard outside church.

Singing hymns is a wonderful experience at its best – just ask a Welsh rugby crowd singing 'Bread of heaven'! It seems a pity to lose it.

It's not a bad idea to take ten minutes and think about what is your favourite hymn, and why – ancient or modern doesn't matter. Then try singing it in the bath or under the shower – a very purifying experience!

***Canon David Winter***

# Christian Aid Week

10th -16th May

Amanda Khozi Mukwashi, the CEO of Christian Aid, has written to all of those involved in helping with Christian Aid Week this month:

“Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections and delivery-only collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent lunches, where food is shared, cannot go ahead.

“We are working on alternative plans that will allow people to take part in Christian Aid Week in different, creative ways – by post, by text and online that strengthen our communities during this challenging time. Christian Aid Week is our single-most important fundraiser, so we would welcome your ideas on how we can creatively show love for our neighbours at home and abroad, as a community.”

As for the work of Christian Aid around the world, “Christian Aid and our partners already have experience of limiting the spread of infection during the Ebola crisis, and we will build on this experience. People in poorer countries are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps. They also do not have good healthcare infrastructures. We will be working on the ground to help prepare communities to limit the impact of Covid-19.

Make your own donation at: <https://www.christianaid.org.uk/>

Or reach out to ALL your contacts by creating eEnvelopes at: <https://envelope.christianaid.org.uk/>

## Three easy steps to spread the word of Christian Aid with an e-Envelope

### Create a message



Upload a photo or create a personalised video, use our message template, and choose from one of our stories to tell friends why you are supporting Christian Aid. Encourage them to join you and share with their friends too!

### Send your e-Envelope



After previewing your message and checking you're happy with how it looks and sounds, you are ready to send your e-Envelope. You can choose to send via email or to share your message on Twitter or Facebook.

### Raise funds



We need you and your friends to join us so we can achieve incredible things for some of the poorest people in the world. Each e-Envelope shared gives us a greater chance of securing vital funds to help those who are most in need.

# 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.



# Dahlias



During the random week of hot weather, I decided it was time to wake my dahlias up.

You see, I have what my brother would call, an annoying (because they take up so much space in the garden) and what mother would call, an expensive obsession with dinner plate dahlias. You can keep your pom-pom, cactus, anemone and other poxey small, flowered kinds, I like the big, flamboyant, whopper dahlias.

I first decided to start growing them a couple of years ago when looking for a waterlily for a wedding, I started the obligatory internet search and found that dahlias come in a variety of types, only some with waterlily like forms. This then led to finding Floret on Instagram. Floret is a farmer/writer in Washington who has a knack for photographing her flowers in that way that makes you go 'I want!'



I thought growing dahlias was going to be a pain, as you're advised to lift and store them each winter, because like potatoes if the tubers freeze they turn to mush. However, because I'm lazy and where we live in London - the weather not getting too cold- I've managed the winter with just covering them with fleece (no not the blankets you snuggle up on the couch with, but stuff you wrap around your plants in the winter)

This year I thought I should probably get them out of their pots and see how they were. Maybe split them for more plants (though I was told 'not this year there's no room') or see if I could take some cuttings. A grower on gardeners world was saying the colour of



flowers grown on a plant taken from a cutting is so much brighter. Well that perked up my little ears!

So, I started my task, which consisted of tipping the whole pot out, finding the dahlia, cleaning it up, cutting out the dead and then replanting in new compost.



My first pot was great, the tuber was huge! If I was allowed, it probably could have been split into 3 new plants, and then it went downhill.

Something had been eating my tubers! Little white grubs! I'm blaming them though I have suspicions about the woodlice and the worms, but the grubs took the brunt of my wrath, and the birds who run our garden had live dinner!



The wet winter hadn't helped either and some of the tubers had just rotted away. I'm not particularly surprised as I've learnt with these plants sometimes the grander the name - 'Dazzling sun' and 'Spartacus' - the more disappointing the plant.

It took me about a week to get through all the pots, a couple a day before getting bored and going off to poke at something else in the garden, but I'm glad I did it. Out of my 15, 3 didn't make it (who knows how many more might not have survived the 'Attack of the

Grubs!!') which has left room for the 6 new ones I got this year. SHHH! They're currently very small so he won't notice.

Next year maybe I'll go through the 13 that live at the allotments.

### **Kim Pope**



Our back garden



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P.S 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.

She 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."

# 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 19<sup>th</sup> May to Saturday 23<sup>rd</sup> May.

Guy Barker, chief horticulturalist at the RHS said: “Nurturing plants can make you less lonely and release you from troubles.”

Why not support the growers who were set to exhibit at this years show. Many are small growers who had to start their plants years in advance to get up to show quality.

<https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show/exhibitors?type=1>

# 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.

**Tim Lenton**



# How World War II stopped Tokyo's Olympic Games in 1940

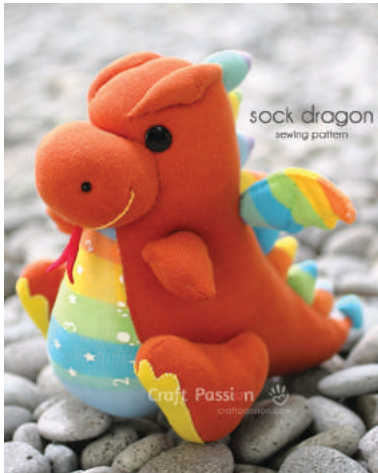
This year's Tokyo Olympic Games have been postponed for a year because of coronavirus. But 80 years ago, the Tokyo Games scheduled for May 1940 were cancelled completely, because of World War II.

Originally rescheduled for Helsinki, they were eventually abandoned, and the Olympic cycle did not restart until 1948 in London.

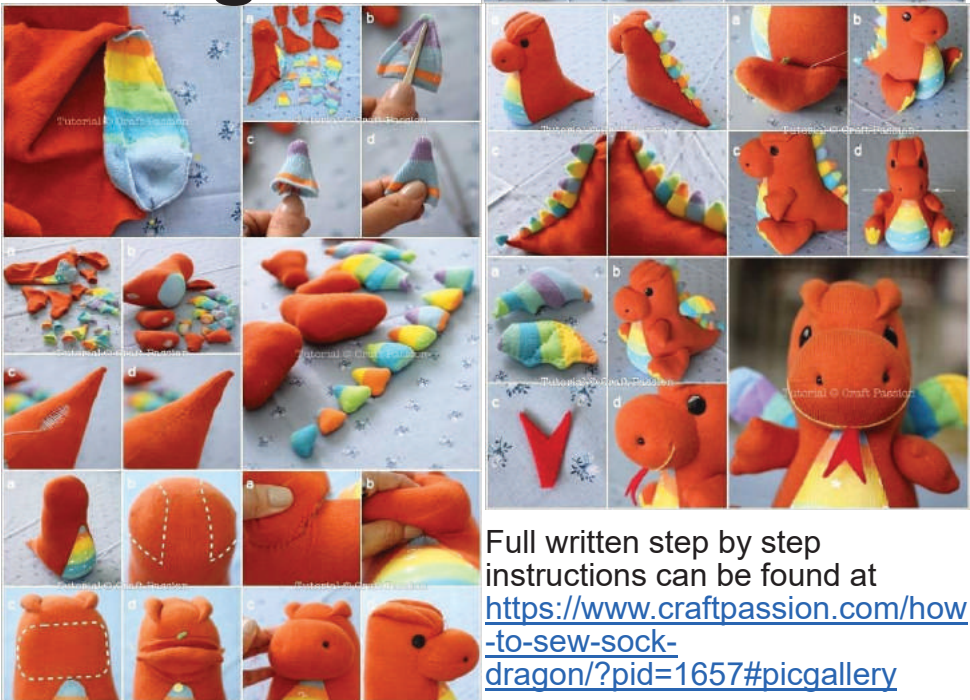
The cancellation proved to be a wise decision, because by the same month, May 1940, the war had escalated dramatically. On 10th May Prime Minister Neville Chamberlain resigned and was succeeded by Winston Churchill, and between then and 28th May Germany invaded Belgium, the Netherlands and Luxembourg.

Also, on 10th May Germany dropped its first bombs on England, at Chilham and Petham, near Canterbury, and on 13th May Churchill gave his first speech in the House of Commons, saying: "I have nothing to offer but blood, toil, tears and sweat."

The next day the Home Guard – Dad's Army – was established, and by the end of the month the battle for Dunkirk was raging, with nearly 340,000 soldiers being rescued by a makeshift fleet of about 800 boats, crossing the English Channel to avoid the onrushing German army. This prompted the phrase 'Dunkirk spirit', still in frequent use today.



# Make a Sock dragon



Full written step by step instructions can be found at <https://www.craftpassion.com/how-to-sew-sock-dragon/?pid=1657#picgallery>

Full written step by step instructions at <https://www.craftpassion.com/soc-k-bunny-lop-eared/>



# Make a sock bunny



# Hummingbird bakery

## muesli bars

With flour hard to come by at the moment these muesli bars don't need any. You can even be flexible with the ingredients and swap in your favourite nuts or dried fruit.

### Ingredients

320g unsalted butter

240ml golden syrup

250g soft light brown sugar

250g rolled oats

200g desiccated coconut

125g dried apricots, finely chopped

60g dried dates, finely chopped

125g cornflakes

125g sunflower seeds

60g dried cranberries

125g shelled walnuts, chopped

125g raisins



### Method

Put the butter, golden syrup and sugar in a large saucepan over medium heat and heat until melted and smooth, stirring occasionally.

Put the oats, coconut, apricots, dates, cornflakes, sunflower seeds, cranberries, walnuts and raisins in a large bowl and stir with a wooden spoon until everything is evenly mixed. Pour in the butter mixture and mix thoroughly until everything is well mixed and the dry ingredients are evenly dispersed.

Press this mixture into a prepared 33 x 24 x 5 cm baking tray that's lined with greasesproof paper. Use a tablespoon to flatten and



compress the mixture. Cover with a sheet of greaseproof paper, then a tray covered in jam jars or tins to apply pressure on the cake and compress it even more. Leave to cool, then refrigerate overnight.

Makes about 12 portions.

*Taken from the hummingbird bakery cookbook by Tarek Malouf and the Hummingbird Bakers*

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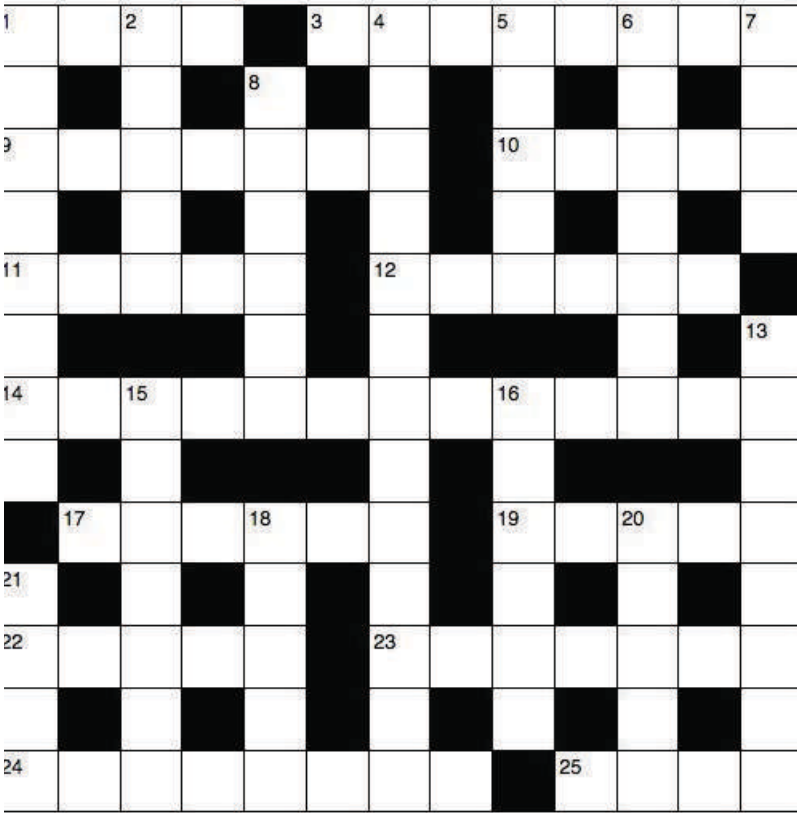
# Easter egg donations break records

This Spring a record breaking 3,000 Real Easter Eggs were bought and donated to food banks through a usually 'quiet' online scheme. The 'Donate an egg to a food bank scheme' is run by the Meaningful Chocolate Company which, for the past ten years, has been making The Real Easter Egg.

David Marshall CEO said: "What is moving is that people were donating their purchase to someone they will never meet or hear from, but they trust that the Easter story, which come with each egg, will make a difference and the chocolate egg give a treat. One customer told us she had a legacy from her father and wanted to use some of it to send a pallet of eggs to those in need.

"Ten years ago, churches and schools helped us create The Real Easter Egg, with its copy of the Easter story in the box, and its support of Fairtrade chocolate and charitable causes. There can be no more fitting a tribute than for us to continue to support, share and give to those in need. "





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

## Across

- 1 'Therefore let us — passing judgment on one another'  
(Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas  
(Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the  
Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be  
disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)

## Down

- 1 The name of the street where Judas lived in Damascus and  
where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as  
righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster  
Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13)  
(7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility'  
(Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for  
his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC  
(6)
- 18 'No one can — the kingdom of God unless he is born of  
water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties  
(Jeremiah 46:11) (4)

# Happy May Day!



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# Visit the C of E online page

There is now a range of digital resources for to you connect with God at this difficult time. These include:

Time to Pray app (<https://www.chpublishing.co.uk/apps/time-to-pray>) which is free and has an accompanying daily audio offering on SoundCloud and iTunes.

Mental health reflections (<https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>)

Tips to tackle isolation (<https://www.churchofengland.org/faith-action/mental-health-resources/dealing-loneliness-and-isolation-five-top-tips>)

Finally, there are the Church's smart speaker apps, which provide a range of Christian resources.

<https://www.churchofengland.org/our-faith/our-smart-speaker-apps>  
In March alone, the number of people using the Alexa app rose by more than 70 per cent.

More details at: <https://www.churchofengland.org/more/media-centre/church-online>



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

I lost Friday last week! When I woke up on Saturday, I was convinced it was Friday. I even thought something was wrong with my iPad, because it was showing the date and weather for Saturday. It took some convincing from several people before I could reconcile myself to the reality. My son says it's because I hadn't got outside much last week with the changeable weather, so I had difficulty distinguishing one day from another. I expect he's right (he usually is), it is hard to realise that we have been living under current restrictions for six weeks already. It's always tricky trying to establish new routines, when you have spent years getting up at set times to do various things each day. It was quite confusing when I first retired and had to reset the pattern and now, everyone has had to reset again. I expect it has been even harder for families with school age children and parents working. There just aren't the little time-hooks to anchor your life to.

It's different when you go on holiday, you make a conscious effort to slow down, relax, go at a slower pace, but when its imposed on you, it's so much harder.

I'm sure that's one of the reasons why it has been so good, having the Sunday morning services on You Tube each week. A regular part of normal life to look forward to, followed by a few minutes of fellowship and contact with people outside the walls. We go to church as normal; we worship God together as normal and we meet up together as normal. It gives us back that anchor to the real world.

One of the Christian values taught in church schools these days is Koinonia – a wonderful word from the Greek New Testament. It means fellowship or communion with God and fellow Christians. A sense of sharing, supporting and valuing others - as the early disciples did when they were a small isolated group of people. Koinonia has really grown in our church since the lockdown thanks to the technology and commitment of Father Matt and all the people who take part. It's good to know that many people who have not gone to church regularly are following and taking part in the on-line

services as well. How wonderful it would be if that sense of belonging continued when we finally start up again.

Have a good May – try to get out in the fresh air each day.

*Wendy*

# April's answers

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

# Parish Directory

The Reverend Matt Harbage	St Paul's Vicarage, 11 Woodland Rd, London N11 1PN	07746 444179 <a href="mailto:matthew.harbage@london.anglican.org">matthew.harbage@london.anglican.org</a>
Reader	Dr Christopher Ward	020 8360 3828 <a href="mailto:wardcrm@btinternet.com">wardcrm@btinternet.com</a>
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 <a href="http://www.stpaulsn11.org.uk/">http://www.stpaulsn11.org.uk/</a>	
St Paul's Young Church	Church Hall Sunday 10:30am	
Leader	Wendy Pope	020 8245 7663
24 <sup>th</sup> 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 <sup>rd</sup> 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